

# Week One

	Breakfast	Morning Tea	Lunch	Afternoon Tea	Dinner	Late Meal
Monday	Summer Fruit Compote Time: 5 minutes	Fruit 'n' Cheese Crisp Breads Time: 5 minutes	Prawn, Smoked Salmon, Horseradish and Rocket on Rye Time: 5 minutes	Strawberry Yogurt Delight Time: 3 minutes	Tuna and Tomato Salad Time: 5 minutes	Crannachan Fruit Dessert Time: 1 Hour, 5 minutes
Tuesday	Flavour Burst Bowl Time: 5 minutes	Cream Cheese and Smoked Ham Tortilla Triangles Time: 5 minutes	Open-Topped Crunchy Tuna Sandwich Time: 5 minutes	Quick Smoked Mackerel Pâté with Crackers Time: 10 minutes	Chilli Chicken and Roasted Capsicum Couscous Time: 30 minutes	Grilled Mediterranean Fruit with Honey Lime Drizzle Time: 10 minutes
Wednesday	Maple Syrup Bacon Crumpet Time: 8 minutes	Oat Cake Toppers Time: 10 minutes	Tangy Lemon Tuna Pockets Time: 5 minutes	Rice Cakes with Spicy Tomato Cheese Time: 3 minutes	Steak and Chips Time: 15 minutes	Hot Banana Caramel Creams Time: 10 minutes
Thursday	Summer Fruit Compote Time: 5 minutes	Energize Up & Go Time: 0 mins	Chicken and Chilli Chickpea Salad Time: 10 minutes	Guacam'oa'tly Time: 5 minutes	World's Most Filling Soup Time: 6 minutes	Vanilla Fruit Parfait Time: 1 Hour, 5 minutes
Friday	Flavour Burst Bowl Time: 5 minutes	Strawberry Yogurt Delight Time: 3 minutes	Hot Smoked Salmon and Watercress Salad Time: 5 minutes	Rice Cakes with Spicy Tomato Cheese Time: 3 minutes	Rice, Salmon and Pesto Salad Time: 10 minutes	Energize Up & Go Time: 0 mins
Saturday	Maple Syrup Bacon Crumpet Time: 8 minutes	Yogurt Dip with Apple Time: 3 minutes	Tangy Lemon Tuna Pockets Time: 5 minutes	Cottage Cheese with Banana Honey Drizzle Time: 3 minutes	Fresh Chilli Scallops and Spaghetti Time: 15 minutes	Crannachan Fruit Dessert Time: 1 Hour, 5 minutes
Sunday	<b>REWARD DAY</b>	<b>REWARD DAY</b>	<b>REWARD DAY</b>	<b>REWARD DAY</b>	<b>REWARD DAY</b>	<b>REWARD DAY</b>

	CALORIES	PROTEIN	CARBOHYDRATES	FAT	FIBRE
MONDAY	1435	130	177	18	19
TUESDAY	1827	146	222	32	29
WEDNESDAY	1703	147	220	31	21
THURSDAY	1536	129	187	24	30
FRIDAY	1718	155	177	40	20
SATURDAY	1728	153	212	26	22
<b>WEEKLY AVERAGE</b>	<b>1658</b>	<b>143</b>	<b>199</b>	<b>29</b>	<b>24</b>

# My Weekly Shopping List: Quick Start Meal Planner Week 1

(ingredients based on 1 serving per meal)

<b>Dairy</b>	<p>730mls fat-free natural bio yogurt            260mls low-fat natural fromage frais            350g low-fat strawberry yogurt            315mls low-fat natural Greek yogurt            905g low-fat cottage cheese            20g extra light cream cheese            10g parmesan cheese            30g reduced-fat grated cheddar cheese            1 medium egg</p>	<b>Meats &amp; Seafoods</b>	<p>95g smoked salmon      115g 'hot' smoked salmon            125g fresh salmon fillets            75g medium peeled ready cooked prawns            5 fresh wild scallops            35g smoked mackerel fillets            50g extra lean smoked ham slices            200g extra lean thin sliced back bacon            140g skinless chicken breast            100g sirloin steak</p>
<b>Fresh Fruits</b>	<p>2 medium lemons      1 medium lime            3 medium plums      1 ripe medium nectarine            1 medium apricot      310g raspberries            115g blueberries      60g pineapple            20g black seedless grapes 1 medium orange            2 medium apples      3 small bananas            1 small ripe avocado</p>	<b>Fresh Vegetables</b>	<p>2 cups watercress      3 cups rocket leaves            1 small red lettuce      13 large cherry tomatoes            5 medium tomatoes      1 small cucumber            4 celery stalks      1 small red onion            1 small brown onion      4 garlic cloves            150g carrots      1 red capsicum            1 yellow capsicum      1 green capsicum            2 fresh red chillies      2 large flat mushrooms</p>
<b>Cereals, Grains, Nuts &amp; Seeds</b>	<p>65g oatmeal      40g grams muesli            5g walnuts      20g flaked almonds            6g pine nuts      1tsp golden flaxseeds            100g 2-minute microwave brown rice            75 grams whole-wheat spaghetti            50g dry couscous</p>	<b>Breads &amp; Crackers</b>	<p>6 mini oatcakes      2 dark Ryvita crisp bread            2 No-No crackers      4 slices rye bread            60g wholemeal crusty bread            1 medium wholemeal flour tortilla            3 wholemeal pita bread            2 wholemeal crumpet            4 brown rice cakes</p>
<b>Cooking Staples</b>	<p>cooking oil spray      extra virgin olive oil            wooden skewers      garlic granules            red wine vinegar      paprika            sea salt      dried mixed herbs            mild chilli powder      soft brown sugar            ground coriander            dried oregano            white wine            fat-free Italian dressing            Flora Extra Light margarine            freshly ground black pepper            stevia extract powder (or sugar substitute)            concentrated liquid chicken stock</p>	<b>Fresh Herbs, Condiments Etc</b>	<p>1 small bunch coriander      ½ tsp grain mustard            1 small bunch chives      1 small bunch flat leaf parsley            1 small bunch basil leaves      1 small bunch mint leaves            3tsp horseradish sauce      1tsp chilli oil            1Tbsp tomato paste            2Tbsp mild chilli tomato salsa            2Tbsp sweet chilli dipping sauce            30mls reduced-fat ready-made basil pesto            60mls pure Canadian maple syrup            50ml runny honey            40ml apple juice</p>
<b>Tinned &amp; Frozen Foods</b>	<p>380g tinned tuna steak in spring water            160g tinned chickpeas            125g tinned red kidney beans            600g tinned chopped tomatoes            100g low-fat, steak-cut oven chips</p>	<b>Supplements</b>	<p>30g strawberry whey protein powder            14g natural whey protein powder            105g vanilla whey protein powder            2 x Energize Up &amp; Go</p>