



No.1<sup>TM</sup>  
super  
fast  
diet  
...

## 1600 CALORIE MEAL PLANS

The SuperFast lifestyle isn't about flavourless food. Tuck into these low-calorie recipe ideas that are as tasty as they are healthy.

# 1600 calorie days<sup>™</sup>

The Part-Day method definitely doesn't mean eating partly yummy meals. This delish menu is filled with ideas to help you get nourished with healthy, low calorie foods. Just remember to consume your calories within an 8-hour window.



## DAY ONE

- » **Breakfast:** 2 boiled eggs, 1 piece wholegrain toast with 1 tsp margarine, Tea or coffee  
= 224 cal
- » **Lunch:** 100g shredded chicken, green salad, 1 slice cheese in wrap bread, 1 small apple  
= 504 cal
- » **Snack:** 1 packet soup  
= 100 cal
- » **Dinner:** 200g BBQ steak, Steamed veges, 1 jacket potato, 1 glass wine  
= 750 cal

**TOTAL: 1578 CALORIES**



## DAY TWO

- » **Breakfast:** 40g oats, 1 cup milk, 1 banana, Tea or coffee  
= 275 cal
- » **Lunch:** 2 pieces wholegrain bread, ½ avocado, Spinach leaves, 1 tomato, 1 slice cheese, 50g ham, 1 glass fresh orange juice  
= 660 cal
- » **Snack:** Cappuccino  
= 75 cal
- » **Dinner:** 300g grilled chicken breast in soy and garlic, 1 roasted sweet potato, Steamed carrot (sliced) and beans (cup), 2 tbs gravy  
= 530 cal

**TOTAL: 1540 CALORIES**





## DAY THREE

- » **Breakfast:** 1 middle rasher bacon, 2 eggs scrambled with  $\frac{1}{4}$  cup milk and cracked pepper, 2 slices wholegrain toast with 2 tsp margarine, Tea or coffee  
= 480 cal
- » **Lunch:** 50g smoked salmon, 1 bagel, 1 tbs cream cheese, dill  
= 500 cal
- » **Snack:** 1 orange  
= 62 cal
- » **Dinner:** 400g roast turkey breast, 1 cup mashed pumpkin, Steamed green veges  
= 550 cal

**TOTAL: 1592 CALORIES**



## DAY FOUR

- » **Breakfast:** 2 crumpets with 2 tsp margarine, 1 tbs honey, Tea or coffee  
= 264 cal
- » **Lunch:** 3 chicken and avocado sushi rolls, cappuccino  
= 546 cal
- » **Snack:** 4 Vita Weets, 1 slice cheese  
= 180 cal
- » **Dinner:** Thai night! 280g Pad Thai, 2 glasses wine  
= 630 cal

**TOTAL: 1620 CALORIES**



## DAY FIVE

- » **Breakfast:** 2 slices wholegrain toast with 2 tsp margarine, 2 slices cheese, 1 sliced tomato (grilled), Tea or coffee  
= 420 cal
- » **Lunch:** Green salad, 1 slice zucchini frittata, 1 latte  
= 450 cal
- » **Snack:** 1 pack sultanas  
= 123 cal
- » **Dinner:** 300g lean lamb steak, 2 wedges baked pumpkin, Steamed green vege  
= 600 cal

**TOTAL: 1593 CALORIES**



## SAMPLE SATURDAY

- » **Breakfast:** Kids sport option: 2 pieces bread, 1 slice bacon, 1 egg, Tea or coffee  
= 320 cal
- » **Breakfast:** Lunch with the girls: Grilled barramundi, Side salad, cappuccino  
= 450 cal
- » **Dinner:** Out with friends! 2 pieces pizza, 3 glasses wine (not condoning!)  
= 850 cal

**TOTAL: 1620 CALORIES**



## SAMPLE SUNDAY

- » **Breakfast:** Brunch at the café: Poached egg, Smoked salmon 100g, Bagel, Latte  
= 758 cal
- » **Snack:** 1 ice cream cone, soft serve  
= 208 cal
- » **Dinner:** Sunday roast: 150 g lamb roast, 2 baked potatoes, ½ cup peas, Steamed carrots, 2 tbs gravy  
= 600 cal

**TOTAL: 1564 CALORIES**

\*All calories estimated based on industry averages