

yummy low cal meals[™]

You've got your recommended calorie intake. Now what? The trick to sticking to your calories is planning ahead. We've done some of the calculating for you! These example meal plans are a great guide for your fast-day menu.

EXAMPLE ONE

	1000 CALS	1200 CALS	1400 CALS	1600 CALS	1800 CALS	2000 CALS
MEAL 1	1 boiled egg Tea or coffee = 62 cals	2 boiled eggs 1 piece wholegrain toast with 1 tsp marg Tea or coffee = 224 cals	2 boiled eggs 1 piece wholegrain toast with 1 tsp marg Tea or coffee = 224 cals	2 boiled eggs 1 piece wholegrain toast with 1 tsp marg Tea or coffee = 224 cals	2 boiled eggs 1 piece wholegrain toast with 1 tsp marg Tea or coffee = 224 cals	2 boiled eggs 2 pieces wholegrain toast with 2 tsp marg Tea or coffee = 324 cals
MEAL 2	100g shredded chicken, green salad, in wrap bread 1 small apple = 404 cal	100g shredded chicken, green salad, in wrap bread 1 small apple = 404 cal	100g shredded chicken, green salad, 1 slice cheese in wrap bread 1 small apple = 504 cal	100g shredded chicken, green salad, 1 slice cheese in wrap bread 1 small apple = 504 cal	100g shredded chicken, green salad, 1 slice cheese in wrap bread 1 small apple = 504 cal	100g shredded chicken, green salad, 2 slices cheese in wrap bread 1 small apple = 604 cal
MEAL 3	200g BBQ steak Steam veges = 550 cal	200g BBQ steak Steam veges = 550 cal	200g BBQ steak Steam veges 1 glass wine = 750 cal	200g BBQ steak Steam veges 1 jacket potato 1 glass wine = 750 cal	200g BBQ steak Steam veges 1 jacket potato 1 glass wine = 750 cal	300g BBQ steak Steam veges 2 jacket potatoes 1 glass wine = 750 cal
SNACKS				1 packet soup = 100 cal	1 packet soup = 100 cal 1 mango = 200 cal	1 packet soup = 100 cal 1 mango = 200 cal



EXAMPLE TWO

	1000 CALS	1200 CALS	1400 CALS	1600 CALS	1800 CALS	2000 CALS
MEAL 1	1 piece of toast with tsp margarine Tea or coffee = 100 cals	2 boiled eggs 1 piece wholegrain toast with 1 tsp marg Tea or coffee = 224 cals	2 boiled eggs 1 piece wholegrain toast with 1 tsp marg Tea or coffee = 224 cals	2 boiled eggs 1 piece wholegrain toast with 1 tsp marg Tea or coffee = 224 cals	2 boiled eggs 2 pieces wholegrain toast with 2 tsp marg Tea or coffee = 324 cals	2 boiled eggs 2 pieces wholegrain toast with 2 tsp marg Tea or coffee = 324 cals
MEAL 2	2 pieces wholegrain bread Spinach leaves 1 tomato 1 slice cheese 50g ham = 410 cal	2 pieces wholegrain bread Spinach leaves 1 tomato 1 slice cheese 50g ham = 410 cal	2 pieces wholegrain bread ½ avocado Spinach leaves 1 tomato 1 slice cheese 50g ham = 560 cal	2 pieces wholegrain bread ½ avocado Spinach leaves 1 tomato 1 slice cheese 50g ham 1 glass fresh orange juice = 660 cal	2 pieces wholegrain bread ½ avocado Spinach leaves 1 tomato 1 slice cheese 50g ham 1 glass fresh orange juice = 660 cal	2 pieces wholegrain bread ½ avocado Spinach leaves 1 tomato 1 slice cheese 50g ham 1 glass fresh orange juice 1 bunch grapes (20) = 760 cal
MEAL 3	300g grilled chicken breast in soy and garlic 1 roasted sweet potato, Steamed carrot (sliced) and beans (cup), 2 tbs gravy = 530 cal	300g grilled chicken breast in soy and garlic 1 roasted sweet potato, Steamed carrot (sliced) and beans (cup), 2 tbs gravy = 530 cal	300g grilled chicken breast in soy and garlic 1 roasted sweet potato, Steamed carrot (sliced) and beans (cup), 2 tbs gravy = 530 cal	300g grilled chicken breast in soy and garlic 1 roasted sweet potato, Steamed carrot (sliced) and beans (cup), 2 tbs gravy = 530 cal	300g grilled chicken breast in soy and garlic 1 roasted sweet potato, 1 baked potato, Steamed carrot (sliced) and beans (cup), 2 tbs gravy = 630 cal	300g grilled chicken breast in soy and garlic 1 roasted sweet potato, 2 baked potatoes, Steamed carrot (sliced) and beans (cup), 2 tbs gravy = 730 cal
SNACKS			1 cappuccino = 75 cal	1 cappuccino = 75 cal 1 banana = 100 cal	1 cappuccino = 75 cal 1 banana = 100 cal	1 cappuccino = 75 cal 1 banana = 100 cal



EXAMPLE THREE

	1000 CALS	1200 CALS	1400 CALS	1600 CALS	1800 CALS	2000 CALS
MEAL 1	2 eggs scrambled with ¼ cup milk and cracked pepper = 180 cal	2 eggs scrambled with ¼ cup milk and cracked pepper 1 slice wholegrain toast with 1 tsp margarine Tea or coffee = 280 cal	2 eggs scrambled with ¼ cup milk and cracked pepper 1 slice wholegrain toast with 1 tsp margarine Tea or coffee = 280 cal	1 middle rasher bacon 2 eggs scrambled with ¼ cup milk and cracked pepper 2 slices wholegrain toast with 2 tsp margarine Tea or coffee = 480 cal	1 middle rasher bacon 2 eggs scrambled with ¼ cup milk and cracked pepper 2 slices wholegrain toast with 2 tsp margarine Tea or coffee = 480 cal	1 middle rasher bacon 2 eggs scrambled with ¼ cup milk and cracked pepper 2 slices wholegrain toast with 2 tsp margarine 1 latte = 615 cal
MEAL 2	50g smoked salmon 4 Vita Weets 1 tbs cream cheese dill = 300 cal	50g smoked salmon 2 slices wholegrain bread 1 tbs cream cheese, dill = 400 cal	50g smoked salmon 1 bagel 1 tbs cream cheese dill = 500 cal	50g smoked salmon 1 bagel 1 tbs cream cheese dill = 500 cal	50g smoked salmon 1 bagel 1 tbs cream cheese dill = 500 cal	50g smoked salmon 1 bagel 1 tbs cream cheese Dill = 500 cal
MEAL 3	400g roast turkey breast 1 cup mashed pumpkin Steamed green veges = 550 cal	400g roast turkey breast 1 cup mashed pumpkin Steamed green veges = 550 cal	400g roast turkey breast 1 cup mashed pumpkin Steamed green veges = 550 cal	400g roast turkey breast 1 cup mashed pumpkin Steamed green veges = 550 cal	400g roast turkey breast 1 cup mashed pumpkin 2 roast potatoes Steamed green veges = 750 cal	400g roast turkey breast 1 cup mashed pumpkin 2 roast potatoes Steamed green veges = 750 cal
SNACKS			1 orange = 62	1 orange = 62 cal	1 cappuccino = 75 cal 1 orange = 62 cal	1 cappuccino = 75 cal 1 orange = 62 cal





EXAMPLE FOUR

	1000 CALS	1200 CALS	1400 CALS	1600 CALS	1800 CALS	2000 CALS
MEAL 1	1 crumpet with 1 tsp margarine Tea or coffee = 100 cal	1 crumpet with 1 tsp margarine Tea or coffee = 100 cal	2 crumpets with 2 tsp margarine 1 tbs honey Tea or coffee = 264 cal	2 crumpets with 2 tsp margarine 1 tbs honey Tea or coffee = 264 cal	2 crumpets with 2 tsp margarine 1 tbs honey Tea or coffee = 264 cal	2 crumpets with 2 tsp margarine 1 tbs honey 1 latte = 399 cal
MEAL 2	2 chicken and avocado sushi rolls cappuccino = 364 cal	3 chicken and avocado sushi rolls cappuccino = 546 cal	3 chicken and avocado sushi rolls cappuccino = 546 cal	3 chicken and avocado sushi rolls cappuccino = 546 cal	4 chicken and avocado sushi rolls cappuccino = 728 cal	4 chicken and avocado sushi rolls cappuccino = 728 cal
MEAL 3	Thai night! 280g Pad Thai 1 glass wine = 530 cal	Thai night! 280g Pad Thai 1 glass wine = 530 cal	Thai night! 280g Pad Thai 2 glasses wine = 630 cal	Thai night! 280g Pad Thai 2 glasses wine = 630 cal	Thai night! 280g Pad Thai 2 glasses wine = 630 cal	Thai night! 280g Pad Thai 2 glasses wine = 630 cal
SNACKS				4 Vita Weets 1 slice cheese = 180 cal	4 Vita Weets 1 slice cheese = 180 cal	4 Vita Weets 1 slice cheese = 180 cal



EXAMPLE FIVE

	1000 CALS	1200 CALS	1400 CALS	1600 CALS	1800 CALS	2000 CALS
MEAL 1	1 slice wholegrain toast with 1 tsp margarine 1 slice cheese 1 sliced tomato (grilled) Tea or coffee = 220 cal	1 slice wholegrain toast with 1 tsp margarine 1 slice cheese 1 sliced tomato (grilled) Tea or coffee = 220 cal	1 slice wholegrain toast with 1 tsp margarine 1 slice cheese 1 sliced tomato (grilled) Tea or coffee = 220 cal	2 slices wholegrain toast with 2 tsp margarine 2 slices cheese 1 sliced tomato (grilled) Tea or coffee = 420 cal	2 slices wholegrain toast with 2 tsp margarine 2 slices cheese 1 sliced tomato (grilled) Tea or coffee = 420 cal	2 slices wholegrain toast with 2 tsp margarine 2 slices cheese 1 sliced tomato (grilled) Tea or coffee = 420 cal
MEAL 2	Green salad 1 slice zucchini frittata = 315 cal	Green salad 1 slice zucchini frittata = 315 cal	Green salad 1 slice zucchini frittata 1 latte = 450 cal	Green salad 1 slice zucchini frittata 1 latte = 450 cal	Green salad 1 slice zucchini frittata 1 latte = 450 cal	Green salad 1 slice zucchini frittata 1 latte = 450 cal
MEAL 3	200g lean lamb steak 2 wedges of baked pumpkin Steamed green v = 420 cal	300g lean lamb steak 2 wedges of baked pumpkin Steamed green v = 600 cal	300g lean lamb steak 2 wedges of baked pumpkin Steamed green v = 600 cal	300g lean lamb steak 2 wedges of baked pumpkin Steamed green v = 600 cal	400g lean lamb steak 2 wedges of baked pumpkin Steamed green v = 740 cal	400g lean lamb steak 2 wedges of baked pumpkin 2 baked potatoes Steamed green v = 940 cal
SNACKS		15 grapes = 75 cal	1 pack sultanas = 123 cal	1 pack sultanas = 123 cal	1 pack sultanas = 123 cal 1 cappuccino = 75 cal	1 pack sultanas = 123 cal 1 cappuccino = 75 cal





EXAMPLE SIX (WEEKEND)

	1000 CALS	1200 CALS	1400 CALS	1600 CALS	1800 CALS	2000 CALS
MEAL 1	Tea or coffee	Tea or coffee	1 piece toast with margarine Tea or coffee = 100 cal	Kids sport option: 2 pieces bread 1 slice bacon 1 egg Tea or coffee = 320 cal	Kids sport option: 2 pieces bread 1 slice bacon 1 egg Tea or coffee = 320 cal	Kids sport option: 2 pieces bread 1 slice bacon 1 egg Tea or coffee = 320 cal
MEAL 2	Lunch with the girls: Grilled barramundi Side salad = 375 cal	Lunch with the girls: Grilled barramundi Side salad cappuccino = 450 cal	Lunch with the girls: Grilled barramundi Side salad cappuccino = 450 cal	Lunch with the girls: Grilled barramundi Side salad cappuccino = 450 cal	Lunch with the girls: Grilled barramundi Side salad cappuccino = 450 cal	Lunch with the girls: Grilled barramundi Side salad cappuccino = 450 cal
MEAL 3	Out with friends! 2 pieces pizza 1 glass wine = 650 cal	Out with friends! 2 pieces pizza 2 glasses wine = 750 cal	Out with friends! 2 pieces pizza 3 glasses wine (not condoning!) = 850 cal	Out with friends! 2 pieces pizza 3 glasses wine (not condoning!) = 850 cal	Out with friends! 2 pieces pizza 3 glasses wine (not condoning!) = 850 cal	Out with friends! 3 pieces pizza 3 glasses wine (not condoning!) = 1050 cal
SNACKS					1 pack sultanas = 123 cal 1 cappuccino = 75 cal	1 pack sultanas = 123 cal 1 cappuccino = 75 cal



EXAMPLE SEVEN (WEEKEND)

	1000 CALS	1200 CALS	1400 CALS	1600 CALS	1800 CALS	2000 CALS
MEAL 1	Tea or coffee	Tea or coffee	Tea or coffee	Tea or coffee	Kids sport option: 1 piece bread 1 slice bacon 1 egg Tea or coffee = 220 cal	Kids sport option: 2 pieces bread 1 slice bacon 2 eggs Tea or coffee = 382 cal
MEAL 2	Brunch at the café: Poached egg Smoked salmon 100g Bagel = 623 cal	Brunch at the café: Poached egg Smoked salmon 100g Bagel = 623 cal	Brunch at the café: Poached egg Smoked salmon 100g Bagel Latte = 758 cal	Brunch at the café: Poached egg Smoked salmon 100g Bagel Latte = 758 cal	Brunch at the café: Poached egg Smoked salmon 100g Bagel Latte = 758 cal	Brunch at the café: Poached egg Smoked salmon 100g Bagel Latte = 758 cal
MEAL 3	Sunday roast: 150 g lamb roast ½ cup peas Steamed carrots 2 tbs gravy = 400 cal	Sunday roast: 150 g lamb roast 2 baked potatoes ½ cup peas Steamed carrots 2 tbs gravy = 600 cal	Sunday roast: 150 g lamb roast 2 baked potatoes ½ cup peas Steamed carrots 2 tbs gravy = 600 cal	Sunday roast: 150 g lamb roast 2 baked potatoes ½ cup peas Steamed carrots 2 tbs gravy = 600 cal	Sunday roast: 150 g lamb roast 2 baked potatoes ½ cup peas Steamed carrots 2 tbs gravy = 600 cal	Sunday roast: 150 g lamb roast 2 baked potatoes ½ cup peas Steamed carrots 2 tbs gravy = 600 cal
SNACKS				1 ice cream cone, soft serve = 208 cal	1 ice cream cone, soft serve = 208 cal	1 ice cream cone, soft serve = 208 cal



*All calories estimated based on industry averages