



GEN'S 1000 CALORIE MEAL PLANS

Worried that 1000 calories won't be enough? This sample menu picked by co-founder Gen will show you just how much (and how tasty) food on the 3-Day method can be!



1000 calorie meal plans**

Gen has drawn from her own everyday menu to create this mouthwatering 3-Day meal plan. It's filled with all the nourishing goodness of Super Hero foods, thrown together in the most delicious ways. Bye-bye hunger, hello heaven!



DAY ONE

- ▶▶ **Breakfast:** Turmeric scrambled eggs ([click here to view recipe](#)), Coffee = 252 cals
- ▶▶ **Lunch:** Avocado, spinach, tomato and egg wrap ([click here to view recipe](#)) = 250 cals
- ▶▶ **Dinner:** Zucchini and Fetta folded fritter ([click here to view recipe](#)) = 264 cals
- ▶▶ **Snack:** 1 punnet of strawberries, Zesty dates with ricotta ([click here to view recipe](#)) = 198 cals

TOTAL: 964 CALORIES



DAY TWO

- ▶▶ **Breakfast:** Yoghurt and Muesli with fruit ([click here to view recipe](#)), Coffee = 235 cals
- ▶▶ **Lunch:** Cabbage and carrots with sesame and orange salad ([click here to view recipe](#)) = 245 cals
- ▶▶ **Dinner:** 200g chicken thighs, 3 tbsp soy sauce and garlic, 1 cup mashed cauliflower with 1 cube chicken stock and 2 tbs Greek yoghurt, Steamed chopped whole carrot = 475 cals
- ▶▶ **Snack:** 1 punnet of cherry tomatoes (250 grams) = 45 cals

TOTAL: 1000 CALORIES



DAY THREE

- ▶▶ **Breakfast:** Omelette with herbs ([click here to view recipe](#))
Coffee
= 149 cals
- ▶▶ **Lunch:** Pumpkin soup Darikay or home made
= 98 cals
- ▶▶ **Dinner:** Roast dinner: 200g chicken, 1 cup baked pumpkin, 1 baked potato, 1 diced, steamed carrot, 1 cup steamed broccoli, 2 tbs powdered gravy, 1 glass wine
= 595 cals
- ▶▶ **Snack:** 125g punnet of blueberries
= 87 cals

TOTAL: 929 CALORIES



DAY FOUR

- ▶▶ **Breakfast:** ¼ avocado, cottage cheese, 1 piece wholegrain toast with 1 tsp margarine, Coffee
= 270 cals
- ▶▶ **Lunch:** 1 mountain wrap, 4 medium falafels, 1 cup spinach leaves, 2 tbs hummus
= 353 cals
- ▶▶ **Dinner:** 2 serves French rack of lamb with Dijon and mint ([click here to view recipe](#))
= 322 cals
- ▶▶ **Snack:** 1 corn thin, 2 tablespoons Chobani dip
= 55 cals

TOTAL: 1000 CALORIES



DAY FIVE

- ▶▶ **Breakfast:** 1 large boiled egg, 1 mountain wrap, 1 cup spinach leaves, Cracked pepper, Coffee
= 191 cals
- ▶▶ **Lunch:** Zucchini and feta folded frittata as per our recipe ([click here to view recipe](#))
= 264 cals
- ▶▶ **Dinner:** 200g Barrumundi baked, 1 cup mashed cauliflower with 1 cube chicken stock and 2 tbs Greek yoghurt, 1 diced, steamed carrot, 1 corn cob steamed
= 484 cals
- ▶▶ **Snacks:** 1 small pear or equivalent piece of fruit
= 90 cals

TOTAL: 1029 CALORIES



DAY SIX

- ▶▶ **Breakfast:** 1 crumpet with 1tsp margarine and Vegemite, Coffee = 100 cals
- ▶▶ **Lunch:** 1 Darikay pumpkin soup whole tub, 1 piece wholegrain toast with margarine = 256 cals
- ▶▶ **Dinner:** Oven roasted capsicum with chick peas and couscous ([click here to view recipe](#)), 2 baked chicken drumsticks = 464 cals
- ▶▶ **Snacks:** 1 punnet strawberries, 2 squares of dark chocolate = 206 cals

TOTAL: 1026 CALORIES



DAY SEVEN

- ▶▶ **Breakfast:** 1 rasher bacon grilled, 1 tomato grilled, 1 poached egg = 196 cals
- ▶▶ **Lunch:** 100g diced cooked chicken, 1 packet konjac noodles, 3 tbsp soy sauce and garlic, 1 chopped carrot, 1 cup broccoli = 235 cals
- ▶▶ **Dinner:** Thai coconut soup with snapper and prawns ([click here to view recipe](#)) = 436 cals
- ▶▶ **Snacks:** Corn thins topped with ¼ avocado and coriander = 106 cals

TOTAL: 937 CALORIES