

A top-down view of a meal. In the foreground, a white bowl is filled with a rich, orange-brown curry. The curry contains chunks of tender chicken and bright orange pumpkin cubes. It is garnished with fresh green cilantro leaves and a drizzle of white cream. To the right, a small green and white patterned bowl is filled with fluffy white rice. In the background, a yellow woven basket holds a sprig of fresh basil and a small white bowl with a black rim, containing more white cream. The entire scene is set against a light, neutral background.

WEEK 1

No.1TM
**super
fast
diet**
...

2-DAY METHOD MEAL PLANS

This is your guide to #nailing your first week of fasting. And it's super simple. Feel free to shuffle as needed - remember, this is unbreakable and part-time!

meal plans made easy...

Make your first week on SuperFastDiet a cinch with these fun, fresh and fast meal ideas for both fasting and feasting days on the 2-Day Method. Just shop, serve and savour. #SoSimple!

NOTE: Women **TOTAL** calories 500 for Fast Day, 2000 for Feast Day
Men **TOTAL** calories 600 for Fast Day, 2400 for Feast Day



MONDAY (FAST DAY)

- » **Breakfast:** 2 corn thins, 1 slice cheese, ½ tomato, Coffee
= 125 cals (125 cals)
- » **Lunch:** Pumpkin soup e.g. Darikay brand or homemade
= 98 cals **ADD:** ½ slice of sourdough - 42g (180 cals)
- » **Dinner:** 1 piece of grilled fish 100g, 1 cup broccoli, 1 cup sliced carrot, 1 cup sliced mushrooms, 1 cup snow peas
= 234 cals (234 cals)
- » **Snack:** 2 Celery stalks, 2 tablespoons of Chobani yoghurt dip
= 44 cals (44 cals)

TOTAL: 501 CALORIES

TOTAL FOR MALES: 583 CALORIES



TUESDAY (FEAST DAY)

- » **Breakfast:** 2 eggs poached, 2 pieces wholegrain toast with 2tsp butter, grilled tomato, ¼ avocado, 1 latte
= 664 cals (664 cals)
- » **Lunch:** ½ cup cooked brown rice, 200g chicken, 1 onion, 1 cup mushrooms, 1 cup stock
= 406 cals **ADD:** another ½ cup of brown rice (528 cals)
- » **Dinner:** Asian Style Chicken – 200g chicken breast with 2 tbsp soy sauce, 1tsp sesame oil, lemon juice, garlic and ginger served with 1 cup of mixed stir fried vegetables and 1 cup of cauliflower rice or basmati rice. Top with chopped coriander and 1 diced mango
= 775 cals **ADD:** 15g raw, crushed peanuts (851 cals)
- » **Snack:** 1 carrot, 2 celery sticks, 4 tbs Greek yoghurt dip eg. Tzatsiki
= 137 cals
- » **Additional Men's Snack:** 1 medium banana, small tub Greek style strawberry yoghurt - 170g (226 cals)

TOTAL: 1982 CALORIES

TOTAL FOR MALES: 2406 CALORIES



WEDNESDAY (FEAST DAY)

- » **Breakfast:** Omelette with herbs as per our recipe, 2 crumpets with 1 tsp butter ([click here to view recipe](#)), 1 latte
= 549 cals (**549 cals**)
- » **Lunch:** ½ smashed avocado in lime juice, 1 wrap, 1 cup of spinach leaves, 100g refried beans, 2 tbs salsa
= 439 cals **ADD: 1 additional wrap, 100g beans, share filling over 2 wraps (729 cals)**
- » **Dinner:** Roast dinner: 200g chicken, 1 cup baked pumpkin, 1 baked potato, 1 baked carrot, 1 cup steamed broccoli, 1 glass wine
= 595 cals (**595 cals**)
- » **Snack:** 125g punnet of blueberries, 2 scoops ice cream
= 373 cals **ADD: 10 raw cashews - 15g (461 cals)**

TOTAL: 1956 CALORIES

TOTAL FOR MALES: 2334 CALORIES



THURSDAY (FAST DAY)

- » **Breakfast:** 1 boiled egg (50g), cracked pepper, 1 coffee
= 78 cals **ADD: 1 additional egg (139 cals)**
- » **Lunch:** 2 Corn thins, ¼ pack kaleslaw, 50g turkey breast
= 240 cals **ADD: 1 additional corn thin (263 cals)**
- » **Dinner:** ¼ jar pasta sauce, 1 pack konjac noodles, 1 cup sliced mushrooms, 2 tbs parmesan
= 155 cals (**155 cals**)
- » **Snack:** ½ punnet (140g) strawberries
= 40 cals (**40 cals**)

TOTAL: 513 CALORIES

TOTAL FOR MALES: 597 CALORIES



FRIDAY (FEAST DAY)

- » **Breakfast:** ¼ avocado, 30g feta, 2 pieces wholegrain toast with a handful of rocket, 1 latte
= 493 cals (**493 cals**)
- » **Lunch:** 1 wrap, 4 medium falafels, 1 cup spinach leaves, 2 tbs hummus
= 407 cals **ADD: 1 additional wrap, share filling over 2 wraps (614 cals)**
- » **Dinner:** 150 grams salmon with sesame seeds and lemon wedges, 1 cup cooked brown rice, 10 roasted cherry tomatoes, 1 tablespoon 50g Chobani yoghurt, 1 glass wine
= 576 cals (**576 cals**)
- » **Snack:** 1 corn thin, 1 banana, 20 grapes, ½ punnet strawberries, 1 latte
= 410 cals
- » **Additional Men's Snack:** 1 slice of date banana loaf (homemade or store bought) - 60g (**160 cals**)

TOTAL: 1886 CALORIES

TOTAL FOR MALES: 2253 CALORIES



SATURDAY (FEAST DAY)

- » **Breakfast:** Turmeric scrambled eggs ([click here to view recipe](#)), two pieces wholegrain toast with 2 tsp butter, 1 coffee
= 452 cals (**452 cals**)
- » **Lunch:** Avocado, spinach, tomato and tuna (95g) wrap ([click here to view recipe](#)), 1 banana
= 355 cals **ADD: 1 additional wrap with filling (605 cals)**
- » **Dinner:** Butter chicken curry ([click here to view recipe](#)), 1 cup cooked wild rice, 2 glasses wine. Followed by 2 scoops ice cream!
= 1015 cals (**1015 cals**)
- » **Snack:** 1 punnet of strawberries, Zesty dates with ricotta ([click here to view recipe](#))
= 198 cals
- » **Additional Men's Snack:** 1 small punnet of blueberries (78 cals)

TOTAL: 2020 CALORIES

TOTAL FOR MALES: 2348 CALORIES



SUNDAY (FEAST DAY)

- » **Breakfast:** 2 English muffins, ¼ avocado, 2 slices cheese, 1 sliced tomato, cracked pepper, 1 latte
= 738 cals (**738 cals**)
- » **Lunch:** Zucchini and feta folded frittata ([click here to view recipe](#)), 2 slices wholegrain toast, cracked pepper
= 464 cals (**464 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 **ADD: 1 small (100g) baked potato (560 cals)**
- » **Snacks:** 1 small pear or equivalent piece of fruit, 1 latte
= 290 cals
- » **Additional Men's Snack:** 1 x 42g protein ball (store bought or homemade), small tub of Greek style strawberry yoghurt - 170g (307 cals)

TOTAL: 1976 CALORIES

TOTAL FOR MALES: 2359 CALORIES