



WEEK 1

No.1TM
super
fast
diet
...

3-DAY METHOD MEAL PLANS

Your must-have guide to #winning at fasting in the first week. With these top tips, it'll be easy, effortless and enjoyable. Just jump in to get the low down... super fast!

meal plans made easy[™]

You're just a quick squizz away from a no-sweat 3-Day Method meal plan. You'll be feasting and fasting like a master in no time flat. Just pick up the essentials, prep like a #boss and dig in!

NOTE: Women **TOTAL** calories 1000 for Fast Day, 2000 for Feast Day
Men **TOTAL** calories 1200 for Fast Day, 2400 for Feast Day



MONDAY (FAST DAY)

- ▶ **Breakfast:** Turmeric scrambled eggs ([click here to view recipe](#)), 1 coffee = 252 cal **ADD: 1 tsp butter, 1 piece of whole grain toast (378 cal)**
- ▶ **Lunch:** Avocado, spinach, tomato and tuna (95g) wrap ([click here to view recipe](#)) = 250 cal **(250 cal)**
- ▶ **Dinner:** Zucchini and feta folded fritter ([click here to view recipe](#)) = 264 cal **(264 cal)**
- ▶ **Snack:** 1 punnet of strawberries, Zesty dates with ricotta ([click here to view recipe](#)) = 198 cal **(198 cal)**

TOTAL: 964 CALORIES

TOTAL FOR MALES: 1090 CALORIES



TUESDAY (FEAST DAY)

- ▶ **Breakfast:** 2 eggs poached, 2 pieces wholegrain toast with 2tsp butter, grilled tomato, ¼ avocado, 1 latte = 664 cal **ADD: ¼ avocado (720 cal)**
- ▶ **Lunch:** ½ cup cooked brown rice, 200g chicken, 1 onion, 1 cup mushrooms, 1 cup stock = 406 cal **ADD: ½ cup brown rice (528 cal)**
- ▶ **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 cal **ADD: 15g raw, crushed peanuts (851 cal)**
- ▶ **Snack:** 1 carrot, 2 celery sticks, 4 tbs Greek yoghurt dip eg. Tzatsiki = 137 cal
- ▶ **Additional Men's Snack:** 1 medium banana (99 cal)

TOTAL: 1982 CALORIES

TOTAL FOR MALES: 2335 CALORIES



WEDNESDAY (FAST DAY)

- ▶ **Breakfast:** Yoghurt and Muesli with fruit ([click here to view recipe](#)), coffee
= 235 cal (235 cal)
- ▶ **Lunch:** Cabbage and carrots with sesame and orange salad ([click here to view recipe](#))
= 245 cal **ADD: 150g grilled white fish (408 cal)**
- ▶ **Dinner:** 150g fillet steak, 1 medium baked sweet potato, steamed green beans tossed with lemon zest & pepper, 1 tsp Dijon mustard
= 450 cal (450 cal)
- ▶ **Snack:** 1 punnet of cherry tomatoes (250 grams)
= 45 cal (45 cal)

TOTAL: 975 CALORIES

TOTAL FOR MALES: 1138 CALORIES



THURSDAY (FEAST DAY)

- ▶ **Breakfast:** 2 crumpets with 1 tbs nut butter, 1 latte
= 458 cal (458 cal)
- ▶ **Lunch:** Warm Cauliflower Couscous with Grilled Chermoula Spiced Chicken, Roast Pumpkin and Capsicum ([click here to view recipe](#)), Toast in 1 wrap
= 527 cal **ADD: 1 additional wrap bread - fill over two (734 cal)**
- ▶ **Dinner:** Oven roasted capsicum with chick peas and couscous ([click here to view recipe](#)), 2 baked chicken drumsticks, 2 glasses wine
= 464 cal **ADD: 1 additional drumstick (647 cal)**
- ▶ **Snacks:** 1 punnet strawberries, 2 squares of dark chocolate, 1 latte, 1 slice cheese
= 476 cal (476 cal)

TOTAL: 1925 CALORIES

TOTAL FOR MALES: 2315 CALORIES



FRIDAY (FAST DAY)

- ▶ **Breakfast:** Omelette with herbs ([click here to view recipe](#)), 1 coffee
= 149 cal (149 cal)
- ▶ **Lunch:** Pumpkin soup Darikay or home made
= 98 cal **ADD: 1 sour dough roll (261 cal)**
- ▶ **Dinner:** Roast 200g chicken, 1 cup baked pumpkin, 1 baked potato, 1 baked carrot, 1 cup steamed broccoli
= 514 cal (514 cal)
- ▶ **Snack:** 125g punnet of blueberries, 85g of Greek natural yoghurt
= 161 cal **ADD: 10 almonds - 15g (251 cal)**

TOTAL: 922 CALORIES

TOTAL FOR MALES: 1175 CALORIES



SATURDAY (FEAST DAY)

- ▶▶ **Breakfast:** 2 rashers bacon grilled, 1 tomato grilled, 2 poached eggs, 1 sourdough roll with 1 tsp butter, 1 latte = 694 cal (694 cal)
- ▶▶ **Lunch:** 200g diced cooked chicken, 1 cup of cooked brown rice, 3 tbsp soy sauce and garlic, 1 chopped carrot, 1 cup broccoli = 560 cal **ADD: 1 small tub strawberry Greek yoghurt - 170g (687 cal)**
- ▶▶ **Dinner:** Thai coconut soup with snapper and prawns [\(click here to view recipe\)](#) = 436 cal (436 cal)
- ▶▶ **Snacks:** Corn thins topped with ¼ avocado and coriander, 1 latte = 306 cal
- ▶▶ **Additional Men's Snack:** 1 medium banana, 10 cashews - 15g (187 cal)

TOTAL: 1996 CALORIES

TOTAL FOR MALES: 2310 CALORIES



SUNDAY (FEAST DAY)

- ▶▶ **Breakfast:** ¼ avocado, 30g feta, 2 pieces wholegrain toast with handful of rocket, 1 latte = 493 cal (493 cal)
- ▶▶ **Lunch:** 1 wrap, 4 medium falafels, 1 cup spinach leaves, 2 tbs hummus = 407 cal **ADD: 1 additional wrap, share filling over 2 wraps (614 cal)**
- ▶▶ **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 cal (576 cal)
- ▶▶ **Snack:** 1 corn thin, 1 banana, 20 grapes, ½ punnet strawberries, 1 latte = 410 cal
- ▶▶ **Additional Men's Snack:** 1 slice of date & banana loaf (homemade or store bought - 60g) (160 cal)

TOTAL: 1886 CALORIES

TOTAL FOR MALES: 2253 CALORIES