



WEEK 1

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

PART-DAY METHOD MEAL PLANS

This plan will mean smooth sailing through your first week of part-day fasting. We've laid it all out for you, just hit the store, prep and power through! #EasyAsPie

meal plans made easy...

Remember, 1600 calories is plenty to play with, so don't sweat those #fastfails, enjoy your eight-hour feasting window and you'll be a master faster before you know it. Bring on the food!

NOTE: Women **TOTAL** calories 1600 for eight-hour Feasting window
Men **TOTAL** calories 2000 for eight-hour Feasting window



MONDAY

- » **Brunch:** Turmeric scrambled eggs ([click here to view recipe](#)), 1 slice wholegrain toast with 1 tsp butter, coffee
= 352 cals **ADD: 1 additional slice of wholegrain toast, 1 tsp butter (478 cals)**
- » **Lunch:** Avocado, spinach, tomato and tuna (95g) wrap
= 250 cals **ADD: additional wrap with filling (500 cals)**
- » **Dinner:** Butter chicken curry ([click here to view recipe](#)), 1 cup cooked wild rice. Followed by 2 scoops ice cream!
= 815 cals **(815 cals)**
- » **Snack:** 1 punnet of strawberries, Zesty dates with ricotta ([click here to view recipe](#))
= 198 cals **(198 cals)**

TOTAL: 1615 CALORIES

TOTAL FOR MALES: 1991 CALORIES



TUESDAY

- » **Brunch:** 2 eggs poached, grilled tomato, ¼ avocado, 1 latte
= 464 cals **ADD: 2 additional slices of wholegrain toast (644 cals)**
- » **Lunch:** ½ cup cooked brown rice, 200g chicken, 1 onion, 1 cup mushrooms, 1 cup stock
= 406 cals **ADD: another ½ cup of rice (528 cals)**
- » **Snack:** 1 carrot, 2 celery sticks, 4 tbs Greek yoghurt dip: Tzatziki
= 137 cals **ADD: 1 medium banana (236 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. Top with chopped coriander and 1 diced mango, 1 glass wine
= 575 cals **(575 cals)**

TOTAL: 1582 CALORIES

TOTAL FOR MALES: 1983 CALORIES



WEDNESDAY

- » **Brunch:** Omelette with herbs ([click here to view recipe](#)), 1 latte
= 349 cals **ADD: 2 additional slices of wholegrain toast (529 cals)**
- » **Lunch:** ½ smashed avocado in lime juice, 1 wrap, 1 cup of spinach leaves, 100g refried beans, 2 tbs salsa
= 439 cals **(439 cals)**
- » **Snack:** 125g punnet of blueberries & 2 scoops ice cream!
= 373 cals **ADD: 20 raw cashews (548 cals)**
- » **Dinner:** Roast dinner: 200g chicken, 1 cup baked pumpkin, 1 baked carrot, 1 cup steamed broccoli
= 395 cals **ADD: 1 small (100g) potato (471 cals)**

TOTAL: 1556 CALORIES

TOTAL FOR MALES: 1987 CALORIES



THURSDAY

- » **Brunch:** ¼ avocado, 30g feta, 2 pieces wholegrain toast with handful of rocket
= 369 cals **ADD: ¼ avocado (425 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)**
- » **Snack:** 1 corn thin, 1 banana, 20 grapes, ½ punnet strawberries
= 210 cals **ADD: 2 additional corn thins (256 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 **ADD: increase salmon portion to 200g (694 cals)**

TOTAL: 1562 CALORIES

TOTAL FOR MALES: 1989 CALORIES



FRIDAY

- » **Brunch:** 2 English muffins, ¼ avocado, 2 slices cheese, 1 sliced tomato, cracked pepper
= 538 cals **ADD: ¼ avocado, 1 slice of cheese, 1 latte (739 cals)**
- » **Lunch:** Zucchini and feta folded frittata as per our recipe ([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 medium (114g) baked sweet potato (583 cals)**
- » **Snacks:** 1 small pear or equivalent piece of fruit
= 90 cals **ADD: 10 raw cashews (15g) (178 cals)**

TOTAL: 1576 CALORIES

TOTAL FOR MALES: 1964 CALORIES



SATURDAY

- » **Brunch:** 2 crumpets with Vegemite, 2 slices of cheese
= 333 cals [\(333 cals\)](#)
- » **Lunch:** Warm Cauliflower Couscous with Grilled Chermoula Spiced Chicken, Roast Pumpkin and Capsicum [\(click here to view recipe\)](#)
toasted in 1 wrap
= 527 cals **ADD: 1 additional wrap, share filling over 2 wraps (739 cals)**
- » **Snacks:** 1 punnet strawberries, 2 squares of dark chocolate,
1 slice cheese
= 276 cals [\(276 cals\)](#)
- » **Dinner:** Oven roasted capsicum with chick peas and couscous
[\(click here to view recipe\)](#), 2 baked chicken drumsticks, 2 glasses wine
= 464 cals **ADD: 1 additional drumstick (647 cals)**

TOTAL: 1600 CALORIES

TOTAL FOR MALES: 1991 CALORIES



SUNDAY

- » **Brunch:** 2 rashers bacon grilled, 1 tomato grilled, 2 poached eggs,
1 sour dough roll with 1 tsp butter
= 494 cals **ADD: 1 latte (618 cals)**
- » **Lunch:** 200g diced cooked chicken, 1 cup of cooked brown rice,
3 tbsp soy sauce and garlic, 1 chopped carrot, 1 cup broccoli
= 560 cals [\(560 cals\)](#)
- » **Snacks:** Corn thins topped with ¼ avocado and coriander
= 106 cals **ADD: ¼ avocado, 2 corn thins, small tub Greek style
strawberry yoghurt - 170g (335 cals)**
- » **Dinner:** Thai coconut soup with snapper and prawns
[\(click here to view recipe\)](#)
= 436 cals [\(436 cals\)](#)

TOTAL: 1596 CALORIES

TOTAL FOR MALES: 1949 CALORIES