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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Checklist** |  |  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Week number : |  |  |  |  |  |  |  |  |
| lean dinner protein 7 oz |  |  |  |  |  |  |  |  |
|  | red meat 4/week |  |  |  |  |  |  |  |
|  | fish 2/week |  |  |  |  |  |  |  |  |
|  | other 1/week |  |  |  |  |  |  |  |
| lean lunch protein 3.5oz |  |  |  |  |  |  |  |  |
| whole grain bread 2 slices |  |  |  |  |  |  |  |  |
| fruit |  |  |  |  |  |  |  |  |  |
| fruit |  |  |  |  |  |  |  |  |  |
| high fiber cereal 1.5 oz |  |  |  |  |  |  |  |  |
| low fat milk 8 oz |  |  |  |  |  |  |  |  |
| low fat yogurt 8 oz |  |  |  |  |  |  |  |  |
| salad 1/2 cup |  |  |  |  |  |  |  |  |
| veggie 1 1/2 cup |  |  |  |  |  |  |  |  |
| veggie 2 1/2 cup |  |  |  |  |  |  |  |  |
| veggie 3 1/2 cup |  |  |  |  |  |  |  |  |
| veggie 4 1/2 cup |  |  |  |  |  |  |  |  |
| oil 3 tsp |  |  |  |  |  |  |  |  |  |
| low cal soup 1 cup |  |  |  |  |  |  |  |  |
| wine 10 oz 2/week |  |  |  |  |  |  |  |  |
| exercise 30 mins |  |  |  |  |  |  |  |  |
| 2L water |  |  |  |  |  |  |  |  |
| Women’s multi vitamin |  |  |  |  |  |  |  |  |

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| Aiming for, daily |  |  |
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|  |  |  |
| Food group | Daily amount |
| high fibre cereal | 1.5 oz |  |
| whole grain bread | 2 slices |  |
| low fat milk | 8 oz |  |
| low fat yogurt | 8 oz |  |
| lean red meat | 7 oz |  |
| lean chicken/turkey/fish | 3.5 oz |  |
| fruit | 2 medium pieces |
| veggies | 2.5 cups |  |
| canola oil/margarine | 3 tsp |  |
| wine | 2 glasses/week |
|  |  |  |
|  |  |  |
| OR |  |  |
| Food | Units | Each unit |
| cereal | 1 | 1.5 oz  |
| bread | 2 | 1 slice |
| veggies | 2.5 | 1 cup |
| fruit | 2 | 1 piece/cup |
| protein | 3 | 3.5 oz |
| fat | 3 | 1 tsp |

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| For example |  |  |  |  |
|  |  |  |  |  |
| Breakfast |  | Breakfast |  | Breakfast |
| Fiber cereal with milk and a piece of fruit |  | 2 slices whole grain toast with 1/4 avocado a cup of strawberries  |  | Oatmeal made with skim milk and berries |
|  |  |  |  |  |
| Morning tea |  | Morning tea |  | Morning tea |
| low fat yogurt |  | 16 oz low fat iced latte |  | Skim 8 oz latte |
|  |  |  |  |  |
|  |  |  |  |  |
| Lunch |  | Lunch |  | Lunch |
| 2 slices of whole grain bread, chicken and salad |  | chicken and 1 cup of salad (no cheese) |  | Chicken breast and salad sandwich |
|  |  |  |  |  |
|  |  |  |  |  |
| Afternoon tea |  | Afternoon tea |  | Afternoon tea |
| low fat soup |  | pop corn with sea salt (Pret) |  | low fat soup |
|  |  |  |  |  |
|  |  |  |  |  |
| Dinner |  | Dinner |  | Dinner |
| Beef and 4 veggie stir-fry |  | grilled salmon, asparagus, zucchini and squash  |  | steak and salad with broccoli  |
|  |  |  |  |  |
| After dinner |  | After dinner |  | After dinner |
| piece of fruit |  | Sugar free jello |  | piece of fruit |

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| Free list |
| Vegemite (!), celery sticks, sugar-free jello, green leafy veggies (broccoli, lettuce, brussel sprouts, cucumber, kale, spinach etc).Carrots, raw mushroom.Soy sauce, 1tsp oyster sauce, lemon/lime juice, herbs, lemongrass |
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| Good substitutes, max 2 per week |
| Pop corn for high fiber cerealLentils for proteinChickpeas for proteinEdemame for ½ cup veggiesTuna for chickenLow fat cheese for yogurtCorned beef for  |
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| Banned list |
| Full fat dairyChocolateFried everythingFruit juice>2 glasses wine/weekbeersugar sauces (ketchup, BBQ)Fat sauces & spreads (mayo, butter, white, cheese)> 1 high carb vegetable per day (potato, sweet potato, pumpkin, parsnip)High sugar cereals  |
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| Meat ideas |
| Stir-frySteamBake in parchment paper bagRoastGrillBBQ |
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