

# LOW GLYCEMIC

7 DAY  
MEAL  
PLAN



MON

1 SMALL BANANA  
1 SMALL (100G) TUB OF LOW-FAT FRUIT YOGHUR  
FROZEN BERRY YOGHURT

TUE

1 APPLE  
2 KIWI FRUIT  
3 X 10G SQUARES OF DARK CHOCOLATE

WED

1 ALMOND AND RASPBERRY MINI CAKE  
CARROT & CELERY STICKS WITH 1/3 CUP HUMMUS  
BERRY BOMBS

THU

30G ALMONDS + ½ CUP BLUEBERRIES  
1 APPLE  
½ CUP LOW GI GOLDEN NORTH ICE-CREAM + ½ CUP STRAWBERRIES

FRI

1 PEAR  
3 X 10G SQUARES OF DARK CHOCOLATE  
1 ALMOND AND RASPBERRY MINI CAKE

SAT

40G (2 SLICES) CHEDDAR CHEESE + 1 APPLE  
½ CUP STRAWBERRIES + 30G BRAZIL NUTS  
HONEY ROASTED PEARS WITH CHOCOLATE SAUCE

SUN

1 ORANGE  
2 KIWI FRUIT  
BERRY SUNDAE