

7-Day Weight Loss Meal Plan

	BREAKFAST	LUNCH	DINENR	SNACK
SUNDAY	Low-fat Greek yoghurt (150g) topped with 1 cup berries and 1 tsp flaked almonds	Serving of potato and asparagus omelette* small Greek salad; whole orange	Greek-style Lasagnes (square); side salad	Dried figs (2) and walnuts (30g)
MONDAY	1 cup diced watermelon topped with a few cubes low-fat feta cheese and sprinkled with nutmeg	3 mini stuffed capsicums* side salad	Serving of baked snapper with tomatoes and potatoes*; side of greens	Low-fat Greek yoghurt (150g); Slice rockmelon; almonds (8-10)
TUESDAY	Porridge made with 1 cup rolled oats and 1 cup skim milk topped with 1/2 cup berries	Toasted rye bread (2 slices) with grilled red capsicum, grilled eggplant, crumbled feta (200) and pitted olives (5-4)	Serving of mussels in tomato and white wine stew; slice of crusty bread; side salad	Dried dates (3) and almonds (30g)
WEDNESDAY	Slice toasted grain bread topped with 2 tbs ricotta and 1 tsp honey	Toasted rye bread (2 slices) with grilled red capsicum, grilled eggplant, crumbled feta (20g) and pitted olives (3-4)	Slice toasted grain bread topped with 2 tbs ricotta and 1 tsp honey	1/2 cup low-fat tzatziki dip served with sliced cucumber; carrot and red capsicum
THURSDAY	Low-fat Greek yoghurt (150g) topped with 1/2 cup berries and 1 tsp flaked almonds	Rocket, pear and walnut salad with small tin tuna; mandarin	Greek-style lasagne* (square); side salad	Rocket, pear and walnut salad with small tin tuna; mandarin
FRIDAY	Slice toasted grain bread topped with poached egg and slice of avocado, sprinkled with lemon juice and pepper	3 mini stuffed capsicums* side salad	Serving of mussels in tomato and white wine stew*; slice of crusty bread; side salad	1/2 cup low-fat tzatziki dip served with sliced cucumber, carrot and red capsicum
SATURDAY	Porridge made with 1 cup rolled oats and 1/2 cup skim milk topped with 1/2 cup berries	Rocket, pear and walnut salad with small tin tuna; mandarin	Mixed green salad topped with 4-5 pitted olives, 30g crumbled feta and 150g sliced chicken breast or 100g grilled sliced fillet steak; drizzled with olive oil and balsamic vinegar small seeded roll	Low-fat Greek yoghurt (150g); slice rockmelon almonds (8-10)