

# SAMPLE 7 DAY MEAL PLANNER

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Peanut Butter Shake (1 cup of water, 1/2 cup ice, 2 tsp of Low Fat Peanut Butter, 1 scoop of Chocolate Protein Powder)	Egg White Omelette with Spinach and 1 tbsp of Salsa 1 Glass of Water	Strawberry Shake (1 cup of water, 1/2 cup ice, 1 scoop of Strawberry Protein)	Egg White Omelette with Mushroom and Capsicum. 1 Glass of Water	Strawberry Shake (1 cup of water, 1/2 cup ice, 1 scoop of Strawberry Protein)	Egg White Omelette with Mushroom and Capsicum. 1 Glass of Water	Egg White Omelette with Spinach and 1 tbsp of Salsa 1 Glass of Water
SNACK	Low Sugar Yoghurt 1 Glass of Water	Raw vegetable sticks with 1 tbsp of Hummus 1 Glass of Water	Handful of Almonds 1 Glass of Water	Protein Shake 1 Glass of Water	Handful of Almonds 1 Glass of Water	Handful of Walnuts 1 Glass of Water	Low Sugar Yoghurt 1 Glass of Water
LUNCH	Tuna mixed with vegetables 1 Glass of Water	Grilled Chicken Breast Salad with Balsamic Vinegar 1 Glass of Water	Chef Salad (Low fat Deli Meat over lettuce and vegetables with Balsamic Vinegar 1 Glass of Water	Lean Beef with Bean Salad 1 Glass of Water	Turkey Breast Salad with Low Sugar Dressing 1 Glass of Water	Grilled Chicken Breast Salad with Balsamic Vinegar 1 Glass of Water	Tuna mixed with vegetables 1 Glass of Water
SNACK	Protein Shake 1 Glass of Water	Handful of Walnuts 1 Glass of Water	Protein Shake 1 Glass of Water	Low Sugar Yoghurt 1 Glass of Water	Protein Shake 1 Glass of Water	Raw vegetable sticks with 1 tbsp of Hummus	Protein Shake 1 Glass of Water
DINNER	Chicken Breast Wrap (Pound chicken breast and grill. In large lettuce leaves place the chicken breast, vegetables of your choice and low sugar dressing) 1 Glass of Water	Grilled Salmon with Broccoli 1 Glass of Water	Turkey Meat Balls (1 minced turkey breast with salt, pepper, garlic and Italian dressing rolled into small balls) Cook in 1/2 a cup of canned Tomatoes Salad with Balsamic vinegar 1 Glass of Water	Lean Red Meat with Broccoli and Cauliflower 1 Glass of Water	Chicken Breast with Red Capsicum, Cherry Tomatoes, Mushroom and Onions 1 Glass of Water	Chicken Breast Wrap (Pound chicken breast and grill. In large lettuce leaves place the chicken breast, vegetables of your choice and low sugar dressing) 1 Glass of Water	Lean Red Meat with Broccoli and Cauliflower 1 Glass of Water
DESSERT	Raw vegetable sticks with 1 tbsp of Hummus	Lite Aeroplane Jelly (No Sugar) - Optional	Raw vegetable sticks with 1 tbsp of Hummus	Lite Aeroplane Jelly (No Sugar) - Optional	Raw vegetable sticks with 1 tbsp of Hummus	Lite Aeroplane Jelly (No Sugar) - Optional	Raw vegetable sticks with 1 tbsp of Hummus

**BEFORE BED** Protein Shake containing multiple proteins

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