



Monday

Breakfast

Bran flakes with low-fat plain yoghurt, sliced banana and flaked almonds

Snack

Carrot and cucumber sticks with hummus

Lunch

Ostrich and bean wraps with finely  grated carrot

Snack

Apple pieces with cottage cheese

Dinner

Grilled fish with orange and olive salsa,  boiled baby potatoes and a green salad

Instructions: For the hummus, blend 200 g canned chickpeas (drained and rinsed), 2 tbsp lemon juice, 2 crushed garlic cloves, 1 tsp ground cumin, 100 ml tahini and 4 tbsp water to a thick purée. Drizzle with 2 tbsp olive oil and sprinkle with 1 tsp paprika.



Tuesday

Breakfast

Vegetable röstis with cottage cheese,  a boiled egg and sliced papaya

Snack

Melon or mango cubes with a serving of low-fat plain yoghurt

Lunch

Tabbouleh salad 

Snack

Small tub of low-fat or fat-free yoghurt

Dinner

Healthy lasagne with a large green  salad containing papaya cubes



Wednesday

Breakfast

Chopped fruit topped with low-fat plain yoghurt and flaked almonds

Snack

Wholewheat crackers with peanut butter

Lunch

Mini brown pitas filled with egg mayonnaise, chopped chives or spring onion and a small green salad

Snack

Handful of trail mix (dried fruit, seeds and nuts)

Dinner

Mushroom and lentil burgers  with guacamole and roasted sweet potato wedges



Thursday

Breakfast

Ham and egg cups with 1 slice of  seed bread and grated cheese

Snack

Peach or nectarine with a small handful of almonds

Lunch

Spicy chickpea and sweet potato cakes  with tzatziki and a green salad

Snack

Small tub of low-fat or fat-free yoghurt

Dinner

Tuna with an orange and ginger salad  and a small serving of wholewheat couscous



Friday

Breakfast

Super green smoothie

Snack

Unsalted macadamias and raisins

Lunch

Fishcakes and slaw 

Snack

Pineapple slices and a small tub of fat-free yoghurt

Dinner

Wholewheat pasta with chicken and ratatouille 

Instructions: For the super green smoothie, blend 1/2 a pear, 1/2 an apple, 1 kiwi fruit, 30 g raw spinach, 1 tbsp ground almonds, 4 mint leaves, 125 ml plain yoghurt and 125 ml ice.



Saturday

Breakfast

Mango cubes served with low-fat plain yoghurt and toasted muesli

Snack

Celery and red pepper sticks with tzatziki

Lunch

Beetroot, naartjie and pumpkin seed salad  with a slice of rye toast, chunky cottage cheese and spring onions

Snack

Wholewheat crackers with cottage cheese

Dinner

Pork, apple and sage casserole  with boiled baby potatoes and steamed vegetables

Instructions: For the toasted muesli, spread 1 cup of oats on a baking sheet and toast for 8-10 minutes at 180 °C. Toss with 1 tbsp olive oil, 1/2 tsp ground cinnamon and 100 g nuts and raisins. Return to the oven for another 10 min.



Sunday

Breakfast

Open vegetarian omelette  with sliced nectarine

Snack

Small tub of low-fat or fat-free yoghurt

Lunch

Chilli con carne 

Snack

Dried pear with a small handful of peanuts

Dinner

Chicken curry in a hurry  with brown rice and sambals



See our list of delicious recipes.