

	Option 1	Option 2	Option 3	Option 4
BREAKFAST	1 fist size portion of fruit 1 fist size portion of fat free yoghurt 1 rounded scoop Life Health Original Whey Protein	1/2 a fist size portion of fruit 30 grams (HER)/ 50 grams (HIM) of oats 1 rounded scoop Life Health Original Whey Protein	1/4 small avocado pear 60 grams of fat free cottage cheese 1 whole egg + 3 egg whites	1 fist size portion of fruit 1 fist size portion of fat free yoghurt 1 rounded scoop Life Health Original Whey Protein
MID-MORNING SNACK	Meal Replacement 1 rounded scoops Life Health original Whey Protein + 1 cup fat free milk (HIM) 3/4 scoops Life Health Original Whey Protein + 1 cup fat free milk (HER)	1 brown rice cake 60 grams of fat free cottage cheese 50 grams of salmon	2 corn cakes lightly spread with peanut butter (sugar free) 1 rounded scoop Life Health Original Whey Protein	1 teaspoon of peanut butter (sugar free) 30 grams (HER)/ 50 grams (HIM) of oats 1 rounded scoop Life Health Original Whey Protein
LUNCH	1 teaspoon of olive oil or coconut oil 1 palm size portion of chicken breast 1 fist size portion of mixed vegetables 1/2 fist size portion of cooked brown rice/ sweet potato	1 teaspoon of olive oil or coconut oil 1 palm size portion of chicken breast 1 fist size portion of green salad 1/2 a fist size serving of corn (off the cob)	1 teaspoon of olive oil or coconut oil 1 palm size portion of hake fillet 1 fist size portion of green salad 1/2 a fist size portion of baked sweet potato chips	1 teaspoon of olive oil or coconut oil 1 palm size portion of ostrich mince/ chicken mince 1 fist size portion of mixed vegetables 1/2 a fist size portion of cooked brown/ basmati rice
MID-AFTERNOON SNACK	Meal Replacement 1 rounded scoops Life Health original Whey Protein + 1 cup fat free milk (HIM) 3/4 scoops Life Health Original Whey Protein + 1 cup fat free milk (HER)	1 handful size portion almond/ cashew nuts 1 rounded scoop Life Health Original Whey Protein	1 handful size portion almond/ cashew nuts 1 palm size portion of lean biltong	Meal Replacement 1 rounded scoops Life Health original Whey Protein + 1 cup fat free milk (HIM) 3/4 scoops Life Health Original Whey Protein + 1 cup fat free milk (HER)
DINNER	1 teaspoon of olive oil or coconut oil 1 palm size portion of hake fillet 1 fist size portion of tomato and onion gravy (homemade)	1 teaspoon of olive oil or coconut oil 1 palm size portion of seared salmon 1 fist size portion of green vegetables (broccoli/ green beans)	1 teaspoon of olive oil or coconut oil 1 palm size portion of ostrich fillet or chicken breast 1 fist size portion of roasted vegetables	1 teaspoon of olive oil or coconut oil 1 palm size portion of chicken strips 1 fist size portion of green salad

Optional Add-ons

Life Health Pure Collagen Pro/ Collagen Pro Superfood	Life Health Omega 3 Fish Oils	Life Health Advanced Sleep Plus+	Life Health Meta Lean	Life Health CLA Softgels
1 serving, once per day on an empty stomach	1 softgel with breakfast	2 capsules, 30 minutes before bed	2 capsules 20 minutes before breakfast 2 capsules 20 minutes before lunch	1 softgel with lunch 1 softgel with dinner

DISCLAIMER: Before starting any new healthy eating plan and exercise program check with your healthcare practitioner. Not claimed to cure any cause, condition or disease and is intended for educational purpose. All advice is not intended as medical diagnosis or treatment.