



Everybody is unique. Every body is unique.

# Meal Plan...for the Regular Eater

Welcome and Enjoy!

ME for Me was designed and built for you. Monique has been a dietitian for nearly 20 years and succeeds at keeping 1000s of people inspired to stay on track and eat well. We want you to feel inspired to make delicious, nutritious food you love without cutting out whole food groups and being so restricted that it is not sustainable.

## Monique's Program

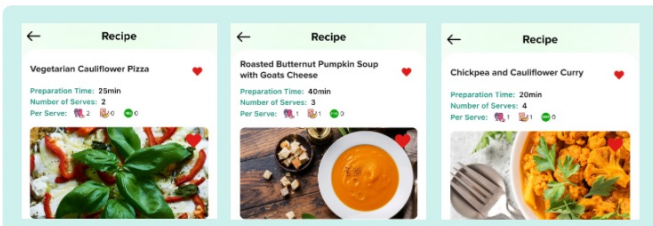
**Portions calculated for you:** Carbohydrates = 15gs | Protein - 15gs both = +- between 60-100 calories  
Combos and timing determined according to your eating habits

**Daily Nutritional Allowance:** DNA for the Regular eater

Breakfast: 1 Carb & 1 Protein | AM Snack: 1 Carb | Lunch: 1 Carb & 1 Protein | PM Snack: 1 Carb |  
Dinner: 2 Protein & 1 Carb

Three day rotation diet

| Breakfast   | AM Snack                  | Lunch  | PM Snack                             | Dinner   | Eve Snack           |
|---|---------------------------|--|--------------------------------------|--|---------------------|
| 1 toast + 1 egg + spinach and tomato                  | 2 cups of rockmelon       | Fresh salad (lettuce, carrot, tomato, cucumber) + 95g tuna + ½ cup corn                            | Cut up vegetables with 2 Tbls hummus | 200g chicken breast + 1 cup pumpkin + asparagus + broccoli + fresh salad | FREE: Sugar freezie |
| 170g Chobani yoghurt + 1 fruit serve (punnet berries) | 4 Vitaweats with vegemite | Simson's pantry wrap with 50g smoked salmon + rocket + pickles                                     | Farmers Union Squeezie yoghurt       | 1 cup mince meat + ½ cup patsa cooked + salad.                           | 2 passionfruit      |
| 1 toast + 2 tsp peanut butter                         | 12 almonds                | 1/3 cup cooked rice + 75g cooked chicken+ cut up free veggies (capsicum, cucumber, celery, carrot) | Carman's Aussie Oat Bar              | 200g salmon + 1/3 cup cooked quinoa + stirfried greens                   | Herbal Tea          |



ME for Me has recipes to keep you inspired and on track. Auto-linked to your meal planner, your shopping guide and your diary.

Sign up to receive ME for Me Monthly Edition!



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