



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

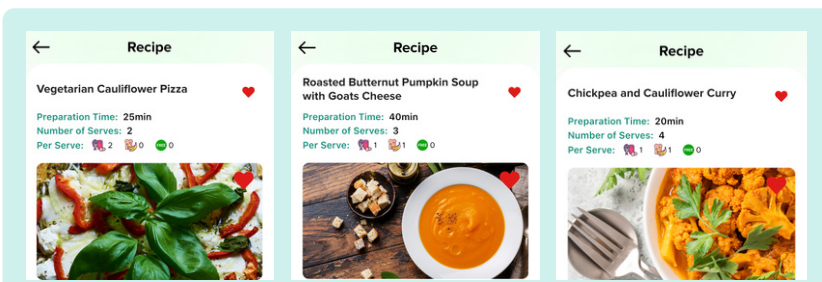
Portions calculated for you: Carbohydrates = 15gs | Protein - 15gs both = +- between 60-100 calories
Combos and timing determined according to your eating habits

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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