



THE ME PLAN



Love Monique

Hello and Welcome!

We are delighted that you have opted to try out the ME for Me 3 day plan. This is just a taste of how Monique's program works. There is enough here for you to have some workable options based on what works best for her clients. It will not show you how the ME for Me program works in the APP which is individualised and adaptive to you. Monique has distilled some aspects of her program below to help you implement change in your eating habits. Enjoy! **Remember...** we are looking for progress, not perfection. If you "fall over" one day, just pick it up again and keep going.

PROGRAM SNAPSHOT

- Your Daily Nutritional Allowance (**DNA**) is how Monique's program is applied. It is determined by Monique and guided by your description of your eating habits. This plan is a good starter option for any type of eating behaviour and will give you a framework to get the ball rolling towards feeling great.
- **Timing** is important. Eat regularly and don't skip meals.
- **1C = 1 Carbohydrate** = 15gs of carbohydrate
- **1P = 1 Protein** = 15gs of protein
- **Free Foods** are low in caloric value and are used to "bulk up" your meals. eg. steamed broccoli, baby spinach, cucumber, celery. List included.
- 3 teaspoons of additional **Fat** allocation per day. (dressing, butter, avo, mayo)
- Don't eat more than 2 pieces of **bread** per day and swap out grain carbs for starch vegetables where you can.
- **Drink 6-8 glasses of water per day**

Before you start, consider noting down some benchmarks for yourself. We like to think about the whole picture at ME for Me and Monique focusses on how you feel as a good guide for how you are going with your food. The scale doesn't tell the whole story.



Weigh yourself (plan to do this once per week).



How are you feeling?
How is your **mood**?



How are your **energy** levels? Are you tired?



How is your **sleep**? Do you wake up feeling good?





STARTER KIT

GOOD TO KNOW

Understanding matters. Knowing why something affects us the way it does matters. Especially if we want to change it. We must care about the food we eat because it can literally "make or break" us. This fundamental aspect of our lives deserves time, consideration and understanding. Take the time. *Enjoy! Monique*

FATS

Fats are high calorie. foods that provide our bodies with insulation. We need small amounts of fat which we can obtain naturally from food.

PROTEIN

Proteins are the building blocks of the body and are used for growth and repair. Meat, Fish, Cheese, Chicken, Legumes, Nuts and Eggs are all sources of protein. Eating too much of these can hinder weight loss.

CARBOHYDRATES

Carbohydrates are energy food. They are broken down into sugar then absorbed into the blood. The blood sugar is used to fuel the brain and our muscles. Carbohydrates such as breads, cereals, fruits and vegetables, provide good nutrition; however overeating these foods can lead to excess weight gain.

VITAMINS AND MINERALS

Vitamin and minerals are not required if you each a balanced and varied diet. This program will help you achieve this.

FREE FOODS Low caloric options to bulk up your meals or snack on when you are hungry or just need something!

Vegetables

Artichoke	Ginger	Snow peas
Asparagus	Green beans	Spinach
Broccoli	Green juice with no fruit	Sprouts
Brussel sprouts	Leek	Squash
Cabbage	Lettuce	Sugar freezies
Capsicum 2 large per day	Marrow	Sugar snap peas
Carrots	Mushroom	Tomato
Cauliflower/Cauli rice	Olives Max 6 per day	Tomato juice
Celery	Onion	Turnip
Chicory	Parsley	Unprocessed wheat
Chinese greens	Parsnip (Less than 1 cup p/d)	bran Vegetable Soup
Choko	Pickles	with no carbs
Cucumber	Pickles Radish	Watercress
Eggplant	Salad greens	Zoodles
Garlic	Slendier Konjac	Zucchini
Gherkins		

Drinks

Sometimes we mistake thirst for hunger. Make sure you are staying hydrated.	Celestial herbal tea	Avalanche Sugar free
	Kombucha	• Latte
	Nexba	• Cappuccino
	Vitarium	• 1 per day

What is the difference between counting calories and knowing how much food is the right amount for you? **The goal is to be able to "eyeball" actual food and know "I can have 1 piece of chicken, loads of salad, avoid too much dressing and a glass of wine"** at a dinner out and stay within your allocation for the meal. **Learning to appreciate portions** in the ME for Me way, over time becomes a natural part of your day. You will feel empowered. You will be in control of what you eat.



YOUR MENU

DAILY NUTRITIONAL ALLOWANCE

For the regular eater

DNA

1C = 1 Carbohydrate = 15gs of C

1P = 1 Protein = 15gs of P

Breakfast: 1 C & 1 P

AM Snack: 1 C

Lunch: 1 C & 1 P

PM Snack: 1 C



Dinner: 2 P & 1 C

- ✓ Free foods can be eaten between meals.
- ✓ Free foods are optional at each meal but remember that they help you stay full
- ✓ 3 tsp of additional fat per day (dressing, butter, avo, mayo).
- ✓ For coffee drinkers, 1 small coffee with milk (oat and rice milk excluded) is allowed over and above DNA.
- ✓ All meals and snacks need to be spaced 2 1/2 to 3 hours apart.

+/- between 60-100 calories Combos and timing determined according to your eating habits

Day 1



Breakfast Recipes Combos

Yoghurt and fruit  

Chobani Natural Light Yoghurt - 160g and Berries - 1 punnet

choose preferred protein yoghurt and fruit



Morning Snack Recipes Combos

Vitaweats  


Vitaweats Crackers - 7 round crackers

vegemite



Lunch Recipes Combos

Chicken Wrap  

Chicken Breast Fillet - no skin - 1/2 (100g raw/75g cooked) and Simson's Pantry Wrap - 1

Adjust your preferred bread  Load with free salad, pickles



Afternoon Snack Recipes Combos

Yoghurt  


Farmers Union Fruit Pouch - 130g

Swap with your favourite yoghurt from the list

Dinner Recipes Combos



Mince and Pasta  

2 x Beef Mince - 1/2 cup (100g) and Pasta (cooked) - 1/2 cup

Choose your preferred meat  Bulk with zoodles and have fresh salad on the side



Day 2

Breakfast Recipes Combos


Toast with peanut butter  

Peanut Butter - 2 tsp and Bread - Sourdough - 1 slice (30g)



Morning Snack Recipes Combos

Dried Fruit  


Dried Dates - 3

Pick your favourite dried fruit to enjoy  or opt for 12 Almonds



Lunch Recipes Combos

Chicken and rice  

Chicken Breast Fillet - no skin - 1/2 (100g raw/75g cooked) and TipTop Sandwich Thins - 1 thins (2 slices together)

or opt for pumpkin or sweet potato  Load with free salad, use mustard as a spread



Afternoon Snack Recipes Combos

Crackers with Vegetable Sticks...  


Rice Crackers GF - 10 crackers

Cut up your favourite vegetables to have with crackers

Dinner Recipes Combos



Burger with the Lot  

Beef Mince - 1/2 cup (100g), Sliced Cheese - 1 slice (20g), and Tip Top Burger Thins - 1 thins (2 slices together)


choose your favourite protein for the burger filling  Add free toppings to fill out the meal

Day 3



Breakfast Recipes Combos

Muesli and Yoghurt  


Chobani Natural Light Yoghurt - 160g and Carman's Muesli - 1/4 cup = 1 carb

Swap for your preferred cereal and yoghurt on the list  add a passionfruit on top for extra sweetness if needed



Morning Snack Recipes Combos

Yoghurt  


Tamar Valley No added sugar Yoghurt Tubs - 125g

Swap with your favourite yoghurt from the list  Yoghurt pouches are great for on the go



Lunch Recipes Combos

Tuna salad with corn  

Sirena Lite Tuna - 95g and Corn - 1/2 cup or 125g tin

Tuna in springwater, brine or oil drained  Mixed lettuce, carrots, tomato, cucumber



Afternoon Snack Recipes Combos

Biscuit (2)  

Scotch Finger - 1

Choose your preferred biscuit and enjoy with tea or a black coffee

Dinner Recipes Combos

Poke Bowl (extra protein)  

2 x Sirena Lite Tuna - 95g and Rice (cooked) - 1/3 cup cooked (1 1/2 Tbsp dry)

Why Should We Go to a Dietitian?



MONIQUE AND HER PROGRAM

Understanding weight loss goes beyond just knowing what to eat. It's common to think that if you know the basics like cutting back on bread, switching your milk, or reducing snacks; you're set. But there's more to it. It can be tough to navigate the complexities of dieting, especially when it feels like you're doing everything right but not seeing results.

My program is designed to make this journey clearer and more achievable. It offers practical steps to help you manage your weight while still enjoying the foods you love. It offers practical steps to help you manage your weight while still enjoying the foods you love.

We focus on making small, sustainable changes that don't just work on paper but feel doable in real life.

Calorie counting can be useful, but it's not the whole story. It's important to understand how different foods, like carbs, proteins, and fats, fit together and affect your body. This holistic approach helps with losing weight and maintaining it, ensuring you feel supported and capable throughout your health journey.

Enjoy! Monique

Losing weight and staying healthy can feel very hard sometimes. Especially alone. We are here to give you that extra support to help you hold the changes you want and be your best self.

In my practice, I often see that people want to eat healthily but face challenges that prevent them from doing so effectively:

- **Being Time Poor:** Many struggle with finding the time to eat well. My program addresses this by scheduling regular meals throughout the day to prevent hunger and keep energy levels stable. Even on the busiest days, taking just 15 minutes to eat can make a big difference.
- **Lack of Nutritional Knowledge:** Many people don't realise the nutritional content of their diets. For instance, a common issue is consuming too many carbs, sometimes the equivalent of 12 pieces of bread in a day! Understanding what's in your food is crucial.
- **Uncertainty About Healthy Choices:** Deciding what to eat can be surprisingly challenging. My program provides a Daily Nutritional Allowance (DNA) tailored to include real foods that fit your preferences and nutritional needs, avoiding the pitfalls of strict calorie counting.

Ultimately, the goal is to help you enjoy food more and stress about it less, fostering a healthier relationship with your meals without having to constantly do the math.

Eat well. Feel great.

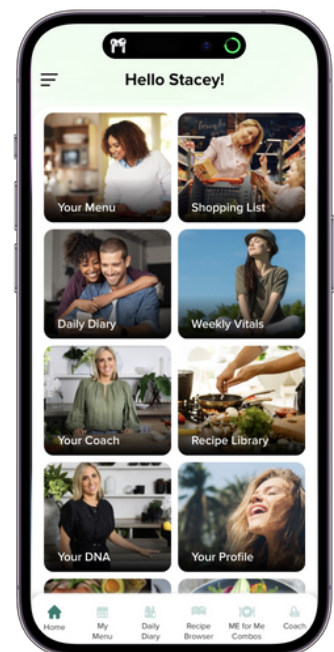


WANT A PERSONALISED MEAL PLAN?

You don't understand what your body needs. The way you eat isn't benefitting your body. You want a quick fix to a problem where the foundations aren't right. You listen to too much information that isn't proven, proved and time tested.

- ✓ 7 days free trial
- ✓ No min. subscription
- ✓ Cancel anytime

Start today



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We ask that you commit to this plan **for you**

We are passionate about helping you learn how to feel great by fuelling yourself in a nutritious way that still allows you to enjoy all your favourite foods.

This is not something that has an end date. This plan is a way of eating and living. Trust that you have come to this for a reason and you are ready to make the changes.