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Special Weight Loss Series

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Complete Workout

# PACK ON MUSCLE!

YOUR COMPLETE 3-MONTH WORKOUT & MEAL PLANNER

NOTE: This meal plan, by dietician Jade Campbell, has been specifically designed for weight loss using an average of 9 000kJ per day towards a goal weight of 85kg. Should you have any pre-existing medical conditions, you should seek medical approval before using this eating programme.

MEAL PLAN	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>BREAKFAST</b>	<b>High-fibre Cereal with Peanuts &amp; Raisins</b>	<b>Scrambled Eggs on Low GI Toast</b>	<b>Mixed Berry Oats</b>	<b>Ham, Avo &amp; Mustard on Seed Bread</b>	<b>Winter Fruit Salad with Yoghurt &amp; Almonds</b>	<b>Banana and Peanut Butter Oats</b>	<b>Smoked Salmon on Rye Toast</b>
<b>½ Milk Unit / 1 Protein Unit</b>	1 cup low-fat milk (250ml)	2 large eggs (100g), scrambled	1 cup low-fat milk (250ml), cooked into oats	4–6 slices shaved ham (80g)	1 cup low-fat yoghurt (250ml)	1 cup low-fat milk (250ml)	5–6 slices smoked salmon (80g)
<b>2 Starch Units</b>	1 cup high-fibre cereal (50g)	1 slice low GI toast (60g)	1 cup cooked oats (120g)	1 slice seed loaf (60g)	2 guavas (150g), 1 orange (150g), 1 apple (150g), all sliced/cubed according to preference	1 cup cooked oats (120g)	2 slices rye toast (60g)
<b>1 Fruit Unit</b>	1 tbsp raisins	½ cup mango juice (125ml)	¾ cup (140g) mixed frozen berries cooked into oats	½ medium grapefruit (140g)	(used above)	1 small banana (90g), mashed into oats	1 small glass tropical fruit juice (250ml)
<b>2 Fat Units</b>	2 tbsp peanuts	2 tsp canola margarine on toast	2 tsp canola margarine added to oats	½ small avocado, sliced (60g)	2 tbsp flaked almonds	4 tsp peanut butter stirred into oats	2 tsp canola margarine on toast
<b>SNACK (1 Fruit Unit)</b>	2 medium guavas	3 plums	7 rings dried apple (50g)	1 small banana (90g)	4–5 slices dried mango (30g)	2 naartjies (150g)	(used above)
<b>LUNCH</b>	<b>Tuna Mayo Wholewheat Roll</b>	<b>Chicken Pesto Pasta Salad</b>	<b>Ready-made Beef &amp; Veg Soup</b>	<b>Cottage Cheese, Cucumber &amp; Tomato on Provitas</b>	<b>Tinned Salmon Jacket Potato</b>	<b>Using Leftovers: Beef Stew &amp; Brown Rice</b>	<b>Roast Chicken</b>
<b>3 Protein Units</b>	1 tin tuna (100g), ½ round feta (30g)	1 medium chicken breast (120g)	1 bowl beef soup (300ml)	1 cup fat-free cottage cheese (240g)	150g tinned salmon	1 cup beef stew (about 90g beef)	1 medium chicken breast-skin removed (120g)
<b>2 Starch Units / 1 Fruit Unit &amp; 1 Starch Unit</b>	1 small wholewheat roll (60g)	1 cup cooked pasta (130g)	1 large slice rye toast (60g)	6 Provitas topped with sliced cucumbers, tomatoes and cottage cheese	1 medium potato (180g), boiled/roasted	1 cup cooked brown rice (130g)	6 baby potatoes (180g) roasted with garlic, red onions & rosemary
<b>2 Fat Units</b>	2 tbsp low-fat mayo (30ml)	4 tsp basil pesto stirred into pasta	2 tsp canola margarine on toast	10 cashew nuts	1 tbsp low-fat mayo (15ml)	2 tsp olive oil (used for cooking stew)	2 tsp olive oil used for roasting potatoes
<b>Vegetables</b>	finely chopped onions added to tuna & mayo, & lettuce, tomatoes & cucumbers added to roll	chopped cherry tomatoes, sliced red onions & basil leaves added to pasta	(used above)	(used above)	serve with large salad of baby spinach leaves, rocket, cucumber & olives (5)	stew bulked up with carrots, onions, tomatoes, baby marrows etc.	serve with steamed butternut, green beans & peas
<b>1 Fruit Unit</b>	1 bunch of grapes (15)	2 dates (30g)	2 naartjies (150g)	1 medium pear (140g)	1 medium apple (150g)	2 medium guavas (150g)	1 cup chopped fruit salad (140g)
<b>SNACK</b>	<b>Afternoon Snack</b>	<b>Afternoon Snack</b>	<b>Afternoon Snack</b>	<b>Afternoon Snack</b>	<b>Afternoon Snack</b>	<b>Afternoon Snack</b>	<b>Afternoon Snack</b>
<b>1 Fruit Unit</b>	2 naartjies (150g)	1 medium apple (120g), chopped into yoghurt	1 bunch grapes (15)	2 dates (30g)	3 plums (150g)	1 medium orange (150g)	1 medium pear (140g)
<b>½ Milk Unit / 1 Protein Unit</b>	2–3 slices mozzarella cheese (30g)	¾ cup fat-free plain yoghurt	1 skinny cappuccino (made with ½ cup low-fat milk)	2–3 sticks lean biltong (30g)	1 large boiled egg (50g)	½ cup fat-free flavoured yoghurt	1 cup hot chocolate made with ½ cup (125ml) low-fat milk, 1 tsp cocoa powder & sucralose-based sweetener
<b>DINNER</b>	<b>Meatballs &amp; Tomato Sauce</b>	<b>Fish Curry</b>	<b>Chicken à la King</b>	<b>Ostrich Mince Tortillas</b>	<b>Beef Stew</b>	<b>Grilled White Fish with Sweet Potato Chips</b>	<b>Lunch Leftovers: Chicken &amp; Peppadew</b>
<b>4 Protein Units</b>	2 lean beef meatballs, ready-made (120g), grilled	1 large hake fillet (210g), cubed, ½ cup lentils (70g), fry the hake in the olive oil until cooked through, add a low-fat cook-in curry sauce together with the lentils	2 small chicken breasts (160g), sliced	8 tbsp cooked ostrich mince (placed into tortilla)	120g cubed beef, browned in a hot pan	1 large fillet white fish (210g), topped with sliced lemon & crushed garlic & ½ round (30g) crumbed feta & bake for 15–20 minutes until cooked through	2 large eggs beaten together with some low-fat milk & made into omelette. 1 small chicken breast (80g), shredded & added to cooked omelette
<b>2 Starch Units</b>	1 cup cooked wholewheat pasta (130g)	6 baby boiled potatoes (180g), sliced & added to curry	1 cup cooked basmati rice (130g)	1 small wholewheat tortilla (60g)	1 cup cooked brown rice (130g)	1 medium sweet potato (180g), sliced into thin rounds, tossed in olive oil & roasted until crispy on the edges	1 slice seed bread (60g)
<b>2 Fat Units</b>	2 tsp olive oil	2 tsp olive oil	2 tsp olive oil	½ small avo (60g) mashed together with lemon juice & placed into tortilla	2 tsp olive oil used to brown meat, once meat is browned, add beef stock & some red wine & bulk up with vegetables	2 tsp olive oil (sweet potato chips)	2 tsp olive oil to grease pan
<b>Vegetables</b>	sauté onions & garlic in the olive oil, add tomatoes (fresh and tinned) & reduce, serve with meatballs together with steamed gem squash halves	serve curry with steamed broccoli, carrots & patty pans	sauté onions & mushrooms until soft, then add the chicken & fry until browned all over, stir in a ready made low-fat white sauce & serve with roast beetroot and butternut mix	serve the tortilla with chopped salsa (chillies, onions, tomatoes & coriander) & a plain green salad	bulk up the stew with carrots, onions, tomatoes, baby marrows etc.	served with stir-fried spinach, cabbage, onion & mixed peppers	chop the peppadews & add to the omelette, serve with the leftover vegetables from lunch

1 Monounsaturated fat = 1 tsp olive oil, 5 olives, ¼ avocado, 1 tsp canola oil, 1 tsp canola margarine

## RESTAURANT CHOICES

Eating out is a way of life for most people – use the following meal swaps for ideas of what to choose when you are at your favourite restaurants.

RESTAURANT	FOOD OPTION
<b>Italian</b>	Tomato-based chicken/beef/tuna pasta (watch portions) OR focaccia bread topped with smoked salmon and served with a large salad.
<b>Indian</b>	Tandoori chicken or a lentil and bean curry, avoid roti and naan bread and control the rice portions.
<b>Greek</b>	For starters, stick to dips like hummus and tzatziki. Avoid deep fried options.
<b>Fish</b>	Always request the fish to be dry-grilled. Swap the chips with a baked potato or rice.
<b>Steak</b>	Rump or fillet – skip the onion rings and chips and choose a baked potato and veg.
<b>Thai</b>	Choose stir-fries and avoid fried rice or noodles, rather order plain rice.
<b>Sushi</b>	Portion control is important. Start with miso soup or edamame beans. Sashimi is a great option, if the sushi contains rice then stick to a 6–8 piece portions.

## THE POWERFOODS:

Here are the total kilojoules, protein and fat content of high-protein foods. Effective post-workout recovery protein should be paired with a portion of carbohydrate like: 3 high fibre crackers, 1 small potato (90g), 1 slice wholewheat bread, ½ cup cooked couscous/rice/pasta (65–130g). It's not only the protein content that is important, but also the fat content and total kilojoules. This means that fish (such as tuna, tinned salmon etc.) is a great option as it is high in protein and low in fat and total kilojoules.

FOOD ITEM	ENERGY (kJ)	PROTEIN	FAT
<b>Chicken breast (100g, skinless)</b>	638	28.6	4.1
<b>Beef fillet (100g)</b>	803	30.9	7.5
<b>Fish (100g)</b>	443	23.2	1.3
<b>Egg (100g)</b>	616	12.6	10.3
<b>Cold meats e.g. thinly shaved turkey (100g)</b>	571	18.4	6.2
<b>Milk (250ml fat-free)</b>	365	8.5	0.5

**MONTH 3**  
**MEAL PLAN**  
EAT RIGHT, START HERE!

Full  
Week's  
Menu

Nutrition  
Guide

Easy  
Meal  
Swaps

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