

Family-friendly Meal Plan

week
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Remember to take your AntaGolin®

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	2 Rashers lean bacon (on the toast) 20 g Cheddar cheese ½ slice low GI toast - Men can add ½ slice bread ¾ cup 120 g Mango Unlimited mushrooms (grilled) Unlimited tomato (grilled) ½ tsp Butter	150ml Full cream milk 1 Small tub full cream yoghurt ½ cup Mealie meal porridge - Men can add ½ cup porridge 1 Average apple 3 Almonds or macadamia nuts	2 Small tub full cream yoghurt 1 cup All Bran Flakes - Men can add ½ cup All Bran Flakes ½ tsp Sunflower seeds	150ml Full cream milk 1 Small tub full cream yoghurt 1 pkt Oats-so-easy (original) - Men can add ½ pkt oats 3 Almonds or macadamia nuts	150ml full cream milk 1 Small tub full cream yoghurt 1 cup All Bran Flakes - Men can add ½ cup All Bran Flakes ½ tsp sunflower seeds	1 Large egg (poached, dry fry or scrambled) 2 Rashes lean bacon 1 Slice low GI (toast) - Men can add ½ slice bread ½ tsp Butter	1150ml full cream milk 1 Small tub full cream yoghurt 1 pkt Oats-so-easy (original) - Men can add ½ pkt oats Sprinkle with cinnamon (optional) 1 Tbs Sunflower seeds
LUNCH	80g Steak - Men can add 40g extra steak ½ cup Brown rice ¾ cup sweet potato Unlimited green beans 1 cup of sauce made with: Chopped tomatoes, onion, green peppers, 1 cup mushrooms & oregano 1 tsp Olive oil for cooking	90g Chicken breasts - Men can add 45g chicken 2 Slices rye bread Unlimited: tomato, gherkins and onions for sandwich Unlimited asparagus spears Unlimited gem squash ½ cup butternut 1 Tbs Lite mayonnaise	1 Hake fillets - Men can add 1 extra hake fillet 40g feta cheese ¾ cup Durum wheat pasta Unlimited green pepper Unlimited tomato Unlimited cucumber Unlimited onion Unlimited baby spinach (shredded) ½ cup Carrots 1 Tbs Lite mayonnaise	80g Beef fillet - Men can add extra 40g beef fillet ⅔ cup Durum wheat pasta Unlimited green beans Unlimited red pepper ¼ cup Peas 1Tbs Lite mayonnaise	Health sandwich: 45g Chicken breasts - Men can add extra 45g chicken 60g Cottage cheese (regular) 1 Slice low GI bread Unlimited tomato, cucumber and lettuce on bread. Unlimited sugar snap peas ½ cup Carrots 1 Tbs Lite mayonnaise	Biltong salad ½ cup Beef biltong (lean) 40g Feta cheese 6 Provita biscuits Unlimited salad made with tomato, cucumber & baby spinach 1 tsp Olive oil NB: Starchy veg have been swapped out for an extra portion of protein.	¼ cup Beef biltong (lean) - Men can add 1 extra ½ cup biltong 65g Cottage cheese (regular) 1 Slice low GI bread Unlimited tomato, cucumber and lettuce on bread. ¼ cup Beetroot Unlimited green beans 1 Tbs Lite mayonnaise
SUPPER	135g Chicken breasts - Men can add extra 45g chicken (prepare extra for lunch tomorrow) 2 Rashers lean bacon Unlimited cauliflower couscous* ½ cup Butternut 1 cup Spinach Wrap breasts in bacon on grill, turning frequently. Prepare cauliflower mash as per recipe. Top with onions fried until soft and serve with broccoli on the side.	2 Hake fillets - Men can add 1 extra hake fillet (Prepare extra for lunch tomorrow) 40g Cheddar cheese (over fillet) Unlimited cauliflower Unlimited green beans ½ cup Carrots 1 tsp Butter	160g Beef fillet - Men can add 1 extra 40g fillet (Prepare extra for lunch tomorrow) 1 cup of sauce made with: Chopped tomatoes, onion, green peppers & oregano Unlimited cup broccoli ¼ cup Beetroot 1 tsp Butter	135g Chicken breasts - Men can add 1 extra 45g chicken (Prepare extra for lunch tomorrow) 20g Cheddar cheese 2 Large mushrooms (grilled) use as burger bun ¼ cup Butternut Unlimited green beans Olive oil to taste chicken	60g Mini frikkadells (Woolworths) - Men can add an extra 30g frikkadell 2 Rashers lean bacon 20g Cheddar cheese Broccoli and cauliflower salad: Unlimited broccoli Unlimited cauliflower (Mix with cheese and mayonnaise) Unlimited gem squash ½ cup Mix veggies 1 Tbs Lite mayonnaise	120g Beef mince - Men can add an extra 30g mince Unlimited sliced mushrooms Unlimited red/yellow pepper ½ cup Carrots Unlimited broccoli Unlimited cabbage (shredded): 1 tsp Olive oil (to prepare mince) Use ginger, chilli & soya sauce for added flavour	4 Hake fillets - Men can add 1 extra hake fillet Unlimited cauliflower couscous* ½ cup carrots Unlimited patty pans Unlimited broccoli 1 tsp Olive oil to cook hake fillets Use curry powder, ginger, garlic and turmeric to curry fish and vegetables

SHOPPING LIST

<input type="checkbox"/> ANTAGOLIN®	<input type="checkbox"/> Mincd beef (lean)	<input type="checkbox"/> Milk	<input type="checkbox"/> Provita	<input type="checkbox"/> Banana	<input type="checkbox"/> Garlic	<input type="checkbox"/> Patty pans	<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Olive oil	<input type="checkbox"/> Almonds / macadamia nuts
PROTEIN	<input type="checkbox"/> Mini Frikkadells (wvw)	<input type="checkbox"/> Yogurt	<input type="checkbox"/> Rye/Brown Bread roll	<input type="checkbox"/> Beetroot	<input type="checkbox"/> Gem squash	<input type="checkbox"/> Peppers	FRUIT	<input type="checkbox"/> Sunflower seeds	<input type="checkbox"/> Desiccated coconut
<input type="checkbox"/> Bacon (lean)	<input type="checkbox"/> Steak (lean)	CEREALS	<input type="checkbox"/> Toast - Low GI (pre-sliced)	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Green beans	<input type="checkbox"/> Sugar snap peas	<input type="checkbox"/> Apple	SPICES	<input type="checkbox"/> Gherkins
<input type="checkbox"/> Beef fillet		<input type="checkbox"/> All Bran, HF ^[Kelllogg's]	GRAIN	<input type="checkbox"/> Butternut	<input type="checkbox"/> Ginger	<input type="checkbox"/> Radishes	<input type="checkbox"/> Pear	<input type="checkbox"/> Chilli powder	<input type="checkbox"/> Salad dressing
<input type="checkbox"/> Beef Biltong	DAIRY	<input type="checkbox"/> Durum pasta	<input type="checkbox"/> Durum pasta	<input type="checkbox"/> Carrots	<input type="checkbox"/> Lettuce	<input type="checkbox"/> Rocket	<input type="checkbox"/> Mango	<input type="checkbox"/> Curry powder	<input type="checkbox"/> Soya Sauce
<input type="checkbox"/> Chicken breast	<input type="checkbox"/> Cheese	<input type="checkbox"/> Mealie meal porridge	<input type="checkbox"/> Brown wheat rice	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Mix vegetables	<input type="checkbox"/> Spinach (baby)	FATS	<input type="checkbox"/> Oregano	<input type="checkbox"/> Tomato paste
<input type="checkbox"/> Hake	<input type="checkbox"/> Cottage cheese	<input type="checkbox"/> Muesli (low fat, low GI)	VEGETABLES	<input type="checkbox"/> Corn on the cob	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Spring onions	<input type="checkbox"/> Butter	<input type="checkbox"/> Tumeric	<input type="checkbox"/> Worcestershire sauce
<input type="checkbox"/> Ham (sliced)	<input type="checkbox"/> Egg	<input type="checkbox"/> Oats-so-easy (original)	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Onion	<input type="checkbox"/> Sweet potato	<input type="checkbox"/> Mayonnaise	OTHER	
	<input type="checkbox"/> Feta cheese	BREADS							

AntaGolin® is available at all pharmacies.

*See recipes in the Insulin-friendly (C.A.P.E.) meal plan. www.mnilifestyle.co.za