



3-Week Meal Plan Examples

Below we have provided 3 unique meal planners that you can utilize throughout your Fiit Chick Program.

These planners can be manipulated, as you feel necessary.

If you do not like a specific food we have listed, you can substitute it for a food of equal quality. Just ask your trainer.

Please be advised that these plans are examples and can be altered accordingly. Seek medical advice if you have any food allergies or special requirements.

Day	Breakfast	Snack	Lunch	Snack	Dinner
Mon	Scrambled 2 eggs, 1 tbsp low fat cottage cheese, mushrooms, baby spinach	Rye mountain bread w almond and chia spread w mashed banana & green tea	Turkey rissoles w green beans, asparagus cooked in coconut oil	2 boiled eggs & green tea	Salt & pepper chicken w your choice of salad
Tues	Brekkie smoothie- Thermo Curves vanilla, handful baby spinach, banana, strawberries, 1/3 oats, water, sf maple syrup, ice	2 eggs scrambled & green tea	Grilled fish layered on top of baby spinach, cucumber, avo and fresh lemon and herb dressing	Carrot sticks and 10 almonds	Cheesy herbed stuffed chicken w steamed broccoli, zucchini, beans
Wed	1/2cups oats cooked in water, add almond milk, sf maple syrup, chia seeds, Thermo Curves vanilla, banana, cinnamon	2 mini quiches & Green tea	Emily's Special	Thermo Curves Chocolate & raw nuts	San Boy Chow
Thur	Clean Pancakes	Aussie Bodies protein bar low carb range & green tea	Herbed grilled chicken breast w sweet potato, squash, fresh lemon	Chickpea & avo dip w veggie sticks	Garlic prawns w green beans, cashews cooked in juice from prawns, coconut and garlic
Fri	Mushroom Stack- BBQ mushroom cooked in olive oil and garlic topped with wilted spinach, turkey rissole, poached egg	Fresh veggie juice & raw nut mix	Lean Beef Strips in garlic w brown rice and your choice of salad	Thermo Curves Chocolate & piece of fruit	Home made soup- 1L salt reduced stock, 2 can SR crushed tomatoes, lentil mix, garlic, chilli, celery, onion, sweet potato, carrot, zucchini, silver beat, tofu (make enough to freeze)
Sat	Frittata & green tea	Thermo Curves vanilla piece of fruit	Grilled salmon steak on brown rice, snow peas, zucchini	Protein bar low carb range & green tea	2 bush tomato kanga bangas salad of your choice (kangaroo sausages)
Sun	Oats cooked in water add almond milk, sf maple syrup, cinnamon, chia seeds, blueberries, Thermo Curves vanilla	Canned tuna, raw nuts & green tea	Eye fillet steak stack- Mashed sweet potato and wilted spinach and top with steak	2 mini quiches	Cheesy tomato stuffed chicken breast w steamed vegetables

Portion control: Don't be a plate cleaner. Learn to stop eating when you feel comfortably full, not stuffed.

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Day	Breakfast	Snack	Lunch	Snack	Dinner
Mon	Scrambled 2 eggs, 1 tbsp low fat cottage cheese, mushrooms, baby spinach, cherry tomatoes & green tea	Jalna full fat yoghurt w Thermo Curves vanilla, LSA, goji berries, frozen blueberries	Emily's @ home clean sushi-tuna salad	Watermelon or piece of fruit & raw cashews	Spaghetti bolognese- lean veal, garlic, chilli, fresh basil, 1-2cans Salt reduced crushed tomatoes, 2 big handfuls baby spinach leaves, grated zucchini. Serve on Slim pasta
Tues	Protein brekkie smoothie- Thermo curves vanilla, water, strawberries, raspberries, LSA, chia seeds, ice	1 boiled egg, raw nuts & green tea	Turkey rissoles w green beans, asparagus cooked in coconut oil (make extra 1 for breakfast tomorrow)	Banana split- slice from top to bottom, top with natural peanut butter, goji berries and organic shredded coconut	Home made soup from batch made up in freezer
Wed	2 poached eggs, sliced tomato, garlic sautéed mushrooms, wilted spinach 1 turkey rissole, 6 almonds	protein bar low carb range & green tea	Mashed sweet potato topped with green beans, asparagus and piece of white fish and fresh lemon	Avo berry smoothie	Lean Beef Strips in garlic and your choice of salad
Thur	Green machine smoothie	Thermo Curves Chocolate & raw nuts	2 boiled eggs mashed with lettuce on rye mountain bread s&p green tea	Fresh apple slices w natural peanut butter	Grilled chicken & avo w salad of your choice
Fri	1-2 poached egg, 2 sweet potato cakes, wilted baby spinach	Full fat Jalna vanilla yoghurt, fresh strawberries sprinkled with organic shredded coconut	Emily's special	Celery sticks & fresh hummus	Chilli garlic prawn noodle salad- slim pasta
Sat	1/2cups oats cooked in water, add almond milk, sf maple syrup, chia seeds, Thermo Curves vanilla, banana, cinnamon	Canned tuna, carrot sticks & green tea	Scrambled eggs, cherry tomatoes on rye mountain wrap	Fresh fruit and veg juice (mostly veg) raw nuts	Paleo burgers
Sun	Breakfast protein smoothie- Thermo curves vanilla, spinach leaves, banana, strawberries, cinnamon, water, ice	protein bar low carb range & green tea	Herbed grilled chicken breast salad of your choice & fresh lemon	Kale chips	Home made soup from batch

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Mon	Mushroom Stack- BBQ mushroom cooked in olive oil and garlic topped with wilted spinach, turkey rissole, poached egg	Cranberry nut power balls 2-3 & green tea	Emily's @ home clean sushi-tuna salad	Sweet potato chips green tea	Wilted spinach topped with eye fillet and garlic sautéed mushrooms
Tues	Clean pancakes & green tea	Banana & raw almonds	Turkey rissoles w green beans, snow peas	Kale chips and green tea	Coconut chicken w chia seeds & salad of your choice
Wed	Frittata	Paleo apple muffins & green tea	Emily's special	Cranberry nut power balls 2-3 & green tea	Spaghetti bolognese- lean veal, garlic, chilli, fresh basil, 1-2cans Salt reduced crushed tomatoes, 2 big handfuls baby spinach leaves, grated zucchini. Serve on Slim pasta
Thur	Oats cooked in water add almond milk, sf maple syrup, cinnamon, chia seeds, blueberries, Thermo Curves vanilla, 1 tbsp coconut oil	Banana almonds & green tea	Grilled salmon steak on wilted spinach and brown rice	2 mini quiches	Chicken satay skewers w steamed vegetables
Fri	2 poached eggs, sliced tomato, ¼ avocado, garlic sautéed mushrooms, wilted spinach 1	Canned tuna, carrot sticks & green tea	Lean Beef Strips in garlic and your choice of salad	Sweet potato chips green tea	Home made soup from batch
Sat	Protein brekkie smoothie- Thermo curves vanilla, water, strawberries, raspberries, LSA, chia seeds, ice	Full fat Jalna vanilla, frozen raspberries, LSA	Scrambled eggs, cherry tomatoes on rye mountain wrap	Cranberry nut power balls 2-3 & green tea	Bush tomato kangaroo bangas sweet potato and broccoli
Sun	Green machine smoothie	Paleo apple muffins & green tea	Cheesy tomato stuffed chicken breast w steamed vegetables	Kale chips & green tea	Fresh barramundi w your choice of salad and fresh lemon

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