Choose any 5 or 6 of the meals below and inter space them by 2.5 - 3 hrs.

Meal	Time	Description
No. 1	Breakfast	Serving of SSN 100% whey
		1/4 cup jungle oatmeal (before cooking) with cinnamon
		half medium grapefruit
No. 2	Mid -morning	100g chicken breast strips (or can of water packed tuna with lemon juice or balsamic vinegar to taste)
		half cup brown or basmati rice (cooked)
		small green salad
No. 3	Lunch	100g chicken breast strips
		1 medium baked sweet potato
		1 cup steamed green vegetables
		*can use tsp. of tomato sauce lite (Pick n' Pay
No. 4	mid-afternoon	40g SSN MRP
		with a small piece of low GI fruit (apple,pear,spanspek)
No. 5	Supper	100g salmon or chicken breast
		2 cups steamed green vegetables
		1 tbsp olive oil
No. 6	before bed	250g fat free smooth cottage cheese
		1 tbsp flaxseed oil
		*can use sugar free diabetic hot chocolate to sweeten (from Pick n' pay)

Breakfast	A serving of Oats / All Bran flakes / Wheat-Bix mixed with 1 heaped Tablespoon of Vanilla or Chocolate SSN Whey and fat free milk.
Mid-Morning	1 Serving of SSN MRP
Lunch	1 Chicken breast or Ostrich Fillet, medium baked sweet potato, cup of steamed green vegetables
Mid-Afternoon	1 serving of fruit + 1 serving of SSN Whey
Supper	Omelette made with 4-6 egg whites and 1 or 2 yolks, topped with onions, mushrooms, tomatoes, peppers etc

Meal 1 –	**Meal 2 –**	**Meal 3 –**	**Meal 4 –**	**Meal 5 –**	**Meal 6 – if hungry before bed**
Two med/small slices* of Rye or Whole-wheat toast topped with fat free cottage cheese and 3-4 egg whites (only one yolk) boiled / poached / scrambled. (*or 1 slice + 1 small fruit eg. naartjie or 100-150g strawberries)	25g (± 2 Tablespoons) of SSN 100% Whey Protein + ½ small sweet potato or potato (or 2 rice cakes lightly coated with fat free cottage cheese)	½-¾ can water packed tuna or piece of grilled chicken breast or fresh fish + ½ cooked cup basmati or brown rice (±75g cooked weight) (optional extra - steamed vegetables or salad)	1 Serving of SSN MRP (Cold water or half water half fat free milk – no low fat milk) optional extra 2 rice cakes lightly coated with fat free cottage cheese	Omelette made with 4-5 egg whites and 1 yolk, topped with onions, mushrooms, tomatoes, peppers etc (optional extra - steamed vegetables or salad)	1 Serving of SSN MRP – mix with a little ice cold water into an instant pudding consistency and eat this. Cinnamon sprinkled on the Cookies & Cream flavour tastes pretty good.