

Thank you for downloading our FREE
'taste tester' recipe & menu plan
...enjoy! Kate x

If you like this sample,
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which includes:

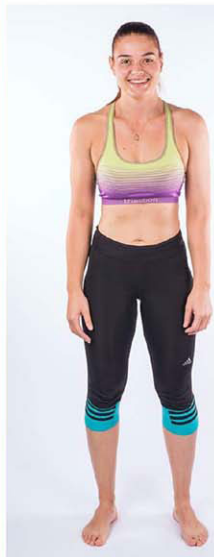
24 separate 1500 calorie meal
plans with 40 dinner recipes...

developed by dieticians, our
specialised 1500 cal meal plans
paired with a weekly exercise regimen
build inner strength and keep you
feeling confident, healthy & happy.



OUR
MEAL PLANS ARE
DESIGNED TO THE
AUSTRALIAN
DIETARY
GUIDELINES

Yes, it works



AFTER



BEFORE



AFTER



BEFORE

Meet
Christina

Winner of one of our
12 Week Bootcamp
challenges

...she lost 9kg
Drop in 7% BF
Shrunk 70 cms!!

MEAL PLAN 1

APPROX 1500 CALORIES



MEAL	CALS	SUGGESTIONS
BREAKFAST		
1 Grain/Cereal	120	1 slice thick toast – grain or rye
1 Dairy	85	½ cup low fat ricotta cheese or 40g Coon Light and Tasty
1 Vegetable	65	Fresh slices of tomato, baby spinach and basil leaves (dress with balsamic vinegar)
MORNING TEA		
1 Grain	100	Uncle toby's crunchy choc chip muesli bar
1 Fruit	70	2 Kiwi Fruit
LUNCH		
1 Meat/meat alternatives	130	80g chicken breast grilled (90-100g raw or 1/3 of chicken breast)
1 Grain/cereal	140	180g roast sweet potato/spray oil only
1 Vegetable	25	Bay spinach leaves and red capsicum
½ Dairy	48	20g low fat feta cheese
1 Extra	20	Low calorie salad dressing (balsamic)
AFTERNOON TEA		
1 Fruit	70	Medium banana
1 Dairy	148	Tamar Valley greek yoghurt
DINNER		
1 ½ Meat/meat alternatives	359	Delish fish *Recipe 1
3 Vegetable		
1 Grain	120	½ cup steamed brown rice/quinoa
TOTAL	1500	

DAILY INTAKE

Grains/cereals	4	Serves
Vegetables	5	serves
Meat and meat alternatives	2 ½	Serves
Dairy	2 ½	Serves
Fruit	2	Serves
Extras	1	Serve



Notes:

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DISCLAIMER: Disclaimer: This Fact sheet is provided for your information only and does not replace qualified medical advice. The information supplied may not apply to every person or all situations. A medical practitioner should be consulted for all treatment and education.

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