

BSc 7 DAY EATING PLAN

by Susie Burrell Nutritionist



▶ Always carry a protein rich snack with you. A great option is a BSc Shake.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	 Shake	 Shake	 Shake	 Shake	 Shake	 Shake	2 egg omelette
Morning Tea	Piece of fruit	100g low fat yogurt + mixed berries	4 wholegrain crackers + 2 slices reduced fat cheese	Piece of fruit + small skim latte	100g low fat yogurt + mixed berries	Piece of fruit	1 Serve of Bircher Muesli
Lunch	100g tin Tuna or Salmon + 130g tin mixed beans + corn + mixed salad + 1 teaspoon light balsamic dressing	100g grilled chicken breast + 2 slices flat bread + mixed salad + ¼ small avocado	¾ cup brown rice + tin Tuna mixed with red capsicum and sweet chilli sauce	100g tin tuna/salmon + 130g tin mixed beans + 1 flat bread + mixed salad + 30g reduced fat feta	100g grilled chicken breast + 2 slices flat bread + mixed salad	Jacket potato topped with red salmon + 1/3 cup cottage cheese + tomato + 1 fruit	100g lean beef strips + 2 Flat bread wraps + salad
Afternoon Tea	10 walnuts + Piece of fruit	Cut up vegetables + 1/3 cup hommus	Nut based muesli bar	1 fruit + 15 almonds	2 corn thins + thin spread avocado + apple	Nut based muesli bar	2 Protein Balls
Dinner	150g peice grilled fish + vegetables stir fried in 1tsp olive oil	150g lean steak fillet + salad	150g grilled chicken + salad	200g piece grilled fish + vegetables stir fried in 1tsp olive oil	150g lean lamb + vegetables	small (150g) tuna fillet with Asian Vegetables	vegetable soup + 150g grilled Atlantic Salmon

▶▶ **Planning** is the key to dietary success.