

NutriFit Eating Plan Template – Non-Exercise Day

Meal	Meal Choices	Example Meals (complete yourself)
Meal 1	<ul style="list-style-type: none"> • Egg and vegetable omelet with piece of fruit • Scrambled eggs with vegetables and piece of fruit • Protein shake and toast (use peanut butter and/or marmite) • Fresh fruit salad with low-fat natural yoghurt and LSA • Green tea and 3 fish oil capsules 	
Meal 2	<ul style="list-style-type: none"> • Fruit salad with low-fat plain yoghurt and LSA • Protein shake and piece of fruit • Low-fat cheese and crackers with piece of fruit • Fruit with mixed nuts and seeds • Yoghurt and nut/protein bar 	
Meal 3	<ul style="list-style-type: none"> • Multigrain roll/bread with lean meat/fish and veggie filling (beetroot, spinach, capsicum, tomato etc.) • Sushi with meat/fish salad • Chicken/beef wraps with veggies • Stir fry chicken/beef and veggies with spinach salad • Piece of fruit and green tea 	
Meal 4	<ul style="list-style-type: none"> • Carrots, celery, hummus dip • Fruit with mixed nuts and seeds • Yoghurt and nut/protein bar • Peanut butter sandwich and fruit 	
Meal 5	<ul style="list-style-type: none"> • Lean beef/poultry, mashed garlic cauliflower, large spinach salad with low-fat dressing • Lean beef/poultry or fish with veggie stir-fry 	
Meal 6	<ul style="list-style-type: none"> • Protein shake • Fruit salad with low-fat plain yoghurt and LSA • Low-fat vanilla custard with peaches and LSA • Green tea 	

NutriFit Eating Plan Template – Morning Exercise Day

Meal	Meal Choices	Example Meals (complete yourself)
<p>Exercise – drink sports drink or water during workout and a protein/carbohydrate replacement drink directly after exercise</p>		
Meal 1	<ul style="list-style-type: none"> • Rolled oats with berries and whey protein • Breakfast cereal or muesli • Yoghurt and fruit • Protein pancakes • Green tea and 3 fish oil capsules 	
Meal 2	<ul style="list-style-type: none"> • Fruit salad with low-fat plain yoghurt and LSA • Protein shake • Low-fat cheese and crackers with piece of fruit • Fruit with mixed nuts and seeds • Yoghurt and nut/protein bar 	
Meal 3	<ul style="list-style-type: none"> • Multigrain roll/bread with lean meat/fish and veggie filling (beetroot, spinach, capsicum, tomato etc.) • Sushi with meat/fish salad • Chicken/beef wraps with veggies • Stir fry chicken/beef and veggies with spinach salad • Piece of fruit and green tea 	
Meal 4	<ul style="list-style-type: none"> • Carrots, celery, hummus dip • Fruit with mixed nuts and seeds • Yoghurt and nut/protein bar 	
Meal 5	<ul style="list-style-type: none"> • Lean beef/poultry, mashed garlic cauliflower, large spinach salad with low-fat dressing • Lean beef/poultry or fish with veggie stir-fry 	
Meal 6	<ul style="list-style-type: none"> • Protein shake • Fruit salad with low-fat plain yoghurt and LSA • Low-fat vanilla custard with peaches and LSA • Green tea 	

NutriFit Eating Plan Template – Afternoon Exercise Day

Meal	Meal Choices	Example Meals (complete yourself)
Meal 1	<ul style="list-style-type: none"> • Egg and vegetable omelet with piece of fruit • Scrambled eggs with vegetables and piece of fruit • Protein shake and toast (use peanut butter and/or marmite) • Fresh fruit salad with low-fat natural yoghurt and LSA • Green tea and 3 fish oil capsules 	
Meal 2	<ul style="list-style-type: none"> • Fruit salad with low-fat plain yoghurt and LSA • Protein shake • Low-fat cheese and crackers with piece of fruit • Fruit with mixed nuts and seeds • Yoghurt and nut/protein bar 	
<p>Exercise – drink sports drink or water during workout and a protein/carbohydrate replacement drink directly after exercise</p>		
Meal 3	<ul style="list-style-type: none"> • Multigrain roll/bread with lean meat/fish and veggie filling (beetroot, spinach, capsicum, tomato etc.) • Sushi with extra rice and veggies • Chicken/beef wraps with veggies • Pasta or Rice with stir fry chicken/beef and veggies • Fruit salad with low-fat plain yoghurt 	
Meal 4	<ul style="list-style-type: none"> • Carrots, celery, hummus dip • Fruit with mixed nuts and seeds • Yoghurt and granola/nut bar • Shake 	
Meal 5	<ul style="list-style-type: none"> • Lean beef/poultry, mashed garlic cauliflower, large spinach salad with low-fat dressing • Lean beef/poultry or fish with veggie stir-fry 	
Meal 6	<ul style="list-style-type: none"> • Protein shake • Fruit salad with low-fat plain yoghurt and LSA • Low-fat vanilla custard with peaches and LSA • Green tea 	

NutriFit Eating Plan Template – Evening Exercise Day

Meal	Meal Choices	Example Meals (complete yourself)
Meal 1	<ul style="list-style-type: none"> • Egg and vegetable omelet with piece of fruit • Scrambled eggs with vegetables and piece of fruit • Protein hake and toast (use peanut butter and/or marmite) • Fresh fruit salad with low-fat natural yoghurt and LSA • Green tea and 3 fish oil capsules 	
Meal 2	<ul style="list-style-type: none"> • Fruit salad with low-fat plain yoghurt and LSA • Protein shake • Low-fat cheese and crackers with piece of fruit • Fruit with mixed nuts and seeds • Yoghurt and nut/protein bar 	
Meal 3	<ul style="list-style-type: none"> • Multigrain roll/bread with lean meat/fish and veggie filling (beetroot, spinach, capsicum, tomato etc.) • Sushi with meat/fish salad • Chicken/beef wraps with veggies • Stir fry chicken/beef and veggies with spinach salad • Fruit salad with low-fat plain yoghurt 	
Meal 4	<ul style="list-style-type: none"> • Carrots, celery, hummus dip • Fruit with mixed nuts and seeds • Yoghurt and nut/protein bar • Protein shake 	
<p>Exercise – drink sports drink or water during workout and a protein/carbohydrate replacement drink directly after exercise</p>		
Meal 5	<ul style="list-style-type: none"> • Lean beef/poultry, mashed potato, large spinach salad with low-fat dressing • Lean beef/poultry or fish with veggie stir-fry and pasta/rice 	
Meal 6	<ul style="list-style-type: none"> • Protein shake • Fruit salad with low-fat plain yoghurt and LSA • Low-fat vanilla custard with peaches and LSA • Green tea 	