

MELALEUCA WEIGHT MANAGEMENT PROGRAMME



Suggested Menu Plan For more menu suggestions and recipes visit VitalityforLife.com.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Breakfast Kick start the day! Aid absorption.	<i>FibreWise Drink</i> Cereals with skim milk <i>Daily for Life/Vitality Pack</i> with food 1 x portion fruit	<i>FibreWise Drink</i> Porridge with skim milk <i>Daily for Life/Vitality Pack</i> with food 1 x portion fruit	<i>FibreWise Drink</i> 2 x slice of toast + low fat spread <i>Daily for Life/Vitality Pack</i> with food 1 x portion fruit	<i>FibreWise Drink</i> Cereals with skim milk <i>Daily for Life/Vitality Pack</i> with food 1 x portion fruit	<i>FibreWise Drink</i> Bowl of fruit & yoghurt <i>Daily for Life/Vitality Pack</i> with food	<i>FibreWise Drink</i> 2 x slice of toast + low fat spread <i>Daily for Life/Vitality Pack</i> with food 1 x portion fruit	<i>FibreWise Drink</i> 2 x boiled eggs + 2 x slice of toast + low fat spread <i>Daily for Life/Vitality Pack</i> with food 1 x portion fruit
2 Snack Aid absorption. Hunger control. Re-hydrate.	2 x crisp breads with mushroom pate Cool boiled water with slice of lemon	<i>Attain Shake</i> 250mL with water	<i>FibreWise Bar</i> <i>Attain Shake</i> 250mL with water	Cool boiled water with slice of lemon	<i>FibreWise Bar</i> <i>Attain Shake</i> 250mL with water	Cool boiled water with slice of lemon	<i>FibreWise Bar</i> 1 x portion of fruit
Lunch	Salad with tuna or chicken 1 x portion fruit Glass of water	Low calorie (300kcal) sandwich 1 x portion fruit	Low calorie vegetable soup 1 x portion fruit	Low calorie pasta salad 1 x portion fruit	Salad with tuna or chicken 1 x portion fruit	Low calorie vegetable soup 1 x portion fruit Meringue with low sugar jelly & no fat yoghurt	Med portion sunday lunch e.g. chicken with vegetables 1 x portion fruit & glass of water
3 Snack Hunger control. Re-hydrate.	<i>Sustain</i> drink	<i>FibreWise Bar</i> <i>Sustain</i> drink	Carrots & celery sticks <i>Sustain</i> drink	1 x banana or other fruit <i>Sustain</i> drink	<i>Sustain</i> drink	<i>FibreWise Bar</i> <i>Sustain</i> drink	<i>Sustain</i> drink
Dinner Aid absorption. Top-up vitamins	Low calorie sweet & sour chicken with brown rice & vegetables <i>Daily for Life/Vitality Pack</i> with food Glass of water	Low calorie poached fish with vegetables <i>Daily for Life/Vitality Pack</i> with food Glass of water	Low calorie vegetable lasagne with vegetables &/or salad <i>Daily for Life/Vitality Pack</i> with food Glass of water	Low calorie chicken breast grilled with vegetables &/or salad low fat yoghurt <i>Daily for Life/Vitality Pack</i> with food Glass of water	Low calorie pork chop grilled with vegetables &/or salad 1 x portion fruit <i>Daily for Life/Vitality Pack</i> with food Glass of water	Heart smart beef and stir-fried vegetables <i>Daily for Life/Vitality Pack</i> with food Glass of water	Low calorie (300kcal) sandwich <i>Daily for Life/Vitality Pack</i> with food Glass of water
Late Evening Optional	<i>FibreWise Bar</i> or fruit/vegetable sticks	<i>FibreWise Bar</i> or fruit/vegetable sticks	<i>FibreWise Bar</i> or fruit/vegetable sticks	<i>FibreWise Bar</i> or fruit/vegetable sticks	<i>FibreWise Bar</i> or fruit/vegetable sticks	<i>FibreWise Bar</i> or fruit/vegetable sticks	<i>FibreWise Bar</i> or fruit/vegetable sticks
Physical Activity/ Exercise Anytime, 3-5 x per week		<i>Access Bar</i> <i>Sustain</i> drink or water The <i>Access Bar</i> works best when no other food or drink is consumed for at least 30 mins		<i>Access Bar</i> <i>Sustain</i> drink or water The <i>Access Bar</i> works best when no other food or drink is consumed for at least 30 mins		<i>Access Bar</i> <i>Sustain</i> drink or water The <i>Access Bar</i> works best when no other food or drink is consumed for at least 30 mins	

Note: Results may vary. This menu plan is only a suggestion on how the Melaleuca products can help in weight management. For best results use in conjunction with a low calorie diet. Check with your Doctor prior to starting this programme should you have a medical condition or wish to take advice. A daily calorie allowance guide for weight loss is 1400-1500 for women and 1700-1800 for men. It is advised never to follow a diet below 1200 calories for more than 2 weeks.

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Chart your progress — 90 days

Week-by-Week

Starting Weight: kg/stones

Target Weight (+/-10%): kg/stones

Week	Weight	Loss or gain from previous week	Total loss/gain
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Follow your inch loss

It is such a great feeling when the clothes that were tight become more comfortable and even loose. Chart your progress, it gives you an instant morale boost. Only measure every 4 weeks to allow you to have realistic goals on how your shape can change.

Inches or cms	Start	Week 4	Week 8	Week 12
Waist				
Hips				
Right Thigh				

For your waist, measure one inch, 2.5cms above the navel.
Measure your hips at the maximum width and your right thigh just below the buttocks.



www.VitalityforLife.com for tips and tricks in the learning centre.