



MEN'S DIET TIPS

****Water is the key – drink as much as you can during the day****

BREAKFAST: Try these food groups

Poached eggs (add spinach and grilled tomato)

Egg white omelettes – 4 whites and 1 yolk (no butter) add spinach or smoked salmon and tomato if desired

Lean bacon (1 day only on weekend)

Cereal with skim milk

Mixed fruit - with low fat natural yoghurt and honey

Wholegrain toast with vegemite / low fat cottage cheese / 100% jam with no added sugar / honey and low fat ricotta - try to go without butter or margarine

Limit: White bread and fruit juice (as too many KJ's)

Coffee and tea as desired but with low fat milk and no sugar if possible

MID MORNING

Protein shake

Tuna sachet in brine (not oil)

Almonds

Piece of fruit or small fruit salad

NO – muffins / pastries (too many kilojoules and fat)

LUNCH

Lean Ham / Chicken / Fish

As much mixed salad as you like (with fat free dressing or balsamic vinegar or teaspoon 97% fat free mayo)

Wholegrain salad sandwich – NO BUTTER, with chicken breast or tuna

- if desired have a scraping of hummous or avocado

- salad = beetroot, mushrooms, asparagus, tomato, cucumber, carrot, lettuce

(Tuna is tuna in brine and not with mayonnaise)

Limit white bread intake

TIP: If at a business lunch and feel like eating meat order lean steak – no heavy sauces – eat steamed vegies or salad instead of chips and mashed potato

MID AFTERNOON

Snack as per mid morning

99% fat free protein drink available from most supermarkets and convenience stores – PROTEIN REVIVAL / MUSASHI or similar

DINNER

Grilled steak / fish / chicken

Steamed vegies – as much as desired (does not include potato / pumpkin)

Rice – one cup cooked (brown rice preferred)

Spaghetti Bolognese – use lean / trim mince and no oil and 1 cup of wholemeal pasta (try adding fresh tomatoes to the Bolognese sauce to make it more hearty and fill you up)

DESSERT

Coffee and tea as desired with low fat milk, no sugar

Fruit salad

Small tub of diet jelly

If you are hungry before bed eat an apple or similar

NOTES:

- You should be aiming to exercise 4-5 times a week at least 45 mins at a time – cardio combined with light weights – try to go for a light jog on the weekend and make sure you stretch it out
- Speak to your trainer or nutritionist before taking supplements to find out what works best for you

NOTE to beer drinkers

- If heading to the pub try to keep the schooners to a minimum as this will end up on weight around your stomach. Always try to drink a glass of water before you start drinking to make you feel fuller. (If possible drink light beer or stick with midi's)