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#PhlyJuly Weekly Meal Plan

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	Oats Cinnamon Almond milk Protein powder	Green smoothie (Spinach, kale, cucumber, ginger, beetroot, orange & pineapple)	Grilled chicken breast Greek salad (no dressing, only freshly squeezed lemon and olive oil)	Carrot sticks ½ cup plain fat-free cottage cheese	Salmon Steamed vegetables
Day 2	Two poached/boiled eggs Grilled portobello mushrooms Sautéed spinach	½ cup strawberries Protein shake	1 baked sweet potato Green veggies Ostrich steak	Celery slices with natural nut butter	Tuna salad (no mayo or dressing, just olive oil & fresh lemon)
Day 3	½ cup oats with almond milk & cinnamon Baked egg in ½ avocado Baby tomatoes	Green smoothie (spinach, cucumber, ginger, beetroot & pineapple)	Homemade chicken and greens soup (no packet or instant soup)	Plain fat-free Greek yoghurt & 12 walnuts	Hake fillet with cauliflower and broccoli mash
Day 4	Omelette with spinach and mushrooms	Melon slices Protein shake	Brown rice, chicken and veg stirfry	Cucumber sticks ½ cup plain fat free cottage cheese	Asparagus stalks Ostrich steak
Day 5	Tofu scramble with onion, peppers and coriander	1 cup blueberries Protein shake	Salmon Greek salad - no dressing	Half a grapefruit 12 Almonds	Grilled chicken breast Steamed veggies
Day 6	Homemade muesli - raw oats, pumpkin seeds, cranberries, sunflower seeds, flax seeds, sesame seeds Protein powder Fat free plain Greek yoghurt	1 Orange ½ cup fat-free plain cottage cheese	Chicken breast Cucumber and avo salad without dressing	Green smoothie	Broccoli tuna casserole (no pasta)

As with any eating plan, use these menu suggestions according to your personal health requirements and specific dietary needs. This serves as a guide which is not intended as medical advice and does not serve as a substitute for medical counseling by a physician or dietitian.