

WINE LOVERS MEAL PLAN

This plan was written for one of my clients who just could not give up her evening wine & coffee.

This plan still had her lose around 700g per week.

- MEAL 1:** Granola & Skim Milk
- MEAL 2:** Piece of fruit & bounce ball (or peanut butter ball)
- MEAL 3:** Lean meat (turkey, roast beef etc) & salad wrap (wholegrain or rye or wholemeal).
- MEAL 4:** Protein Pancake & Piece of fruit
- MEAL 5:** Lean meat, salad or steamed veggies & ½ cup cous cous or brown rice or pasta or sweet potato mash.
- MEAL 6 (Optional):** Protein shake with skim milk – have this immediately after your workout or at night if you have had a rest day.

COFFEE: 2 a day if instant made with skim and only 1 sugar and 1 a day if a café style coffee.

WINE: Stick to 6 units a week and no more (this is 6 x 100ml of wine).

NOTE: Recipes for protein balls and protein pancake are on the recipe page.