



CHI FITNESS HEALTHY EATING PLAN FOR MEN AND WOMEN

CHIFIT.CO



This meal plan is designed to be used in conjunction with Chi Fit Tea program and will promote healthy weight loss of 0.5kg per week.

It is a nutritionally balanced meal plan designed by an experienced Accredited Practicing Dietitian and is suitable to follow for as long as it takes to achieve your weight loss goal.

The energy and nutrition requirements used to prepare this meal plan are based on an adult's average required daily intake. Individual daily requirements will vary depending on factors such as height, build and level of physical activity.

For personalised nutrition and weight loss advice visit an Accredited Practicing Dietitian.





A NOTE ON FLUIDS

Avoid high-energy drinks such as alcohol, soft drink, fruit juice, tonic water, sports and energy drinks. Instead, stick to plain water (aim for at least 2L daily), diet cordial, diet soft drink (limit to 1 glass per week), tea, herbal tea, coffee (limit to 2 cups daily) and soda water.

IF YOU GET HUNGRY

It is normal and expected that you will feel more hungry on some days and less on others. Practice intuitive eating and listen to your body's hunger/fullness cues rather than under-nourishing or over-nourishing yourself for the sake of 'sticking to a diet'. If at any stage the content of the meal plan is insufficient to keep you feeling satisfied, try these low energy snack ideas to top you up:

- 2 cups of plain popcorn (no butter or salt)
- 2 egg whites (cooked any way but without adding additional ingredients)
- 1 cup of vegetable sticks (carrot, bell pepper, cucumber) with 1 tablespoon low fat tzatziki dip
- 2 plain Ryvitta wheat crackers
- Half a medium size piece of fruit

HOW TO ACHIEVE SUSTAINABLE WEIGHT LOSS

To ensure you not only achieve your weight loss goal but sustain the weight loss long term; do your best to practice the following behaviours:

- Eating slowly, chewing well and tasting every mouthful
- Making mindful food choices and minimising non-hungry eating such as when feeling stressed, anxious or bored
- Avoid feeling deprived by allowing yourself a little of the foods you love to eat
- Seek support from a dietitian, friends, family, social groups, a personal trainer because sustaining weight loss is challenging and you do not have to do it alone!



WEEK ONE

This meal plan provides an average per day of: 5910kJ or 1450cal 149g Carbohydrate 92g Protein 45g Fat

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 cup muesli or whole-wheat cereal like weetabix with 250ml skim milk	40g traditional rolled oats made with 250ml low fat milk	2 slices multigrain toast with 3 Tb mashed avocado mixed with lemon juice and pepper	1 cup muesli or whole-wheat cereal like weetabix with 250ml skim milk	40g traditional rolled oats made with 250ml low fat milk	Parafait In a glass layer 100g low fat yoghurt, ½ cup muesli, ½ punnet strawberries	1 slice multigrain toast topped with ¼ avocado and 2 boiled eggs
Snack	1 medium apple, 15 raw almonds	1 medium pear, 150g low fat yoghurt	1 medium orange, 15 raw almonds	1 small punnet strawberries, 150g low fat yoghurt	1 medium banana, 1-2 plain Ryvitta crackers	1 medium pear, 150g low fat yoghurt	1 small punnet strawberries, 150g low fat yoghurt
Lunch	Nicoise Salad Combine 95g tin tuna, 1 potato, handful green beans, boiled egg, tomato, 2 olives and dress with lemon juice, 1tsp olive oil	1 Rye bread or wrap filled with 100g grilled or roasted chicken breast, 2 cups garden salad, 1 Tb low fat mayonnaise	Tuna salad made with 3 cups of salad veggies, 95g tuna in olive oil (drained), dressed with lemon juice and 1tsp olive oil	1 Mountain bread (rye) wrap filled with 100g lean ham, 15g low fat cheese (1 slice), 2 cups garden salad, 1 Tb low fat mayonnaise	Mountain bread (rye) wrap filled with 100g turkey breast, 15g (1 slice) low fat cheese, 2 cups garden salad, 1 Tb low fat mayonnaise	Mexican Omelette Cook 100g diced bell pepper in 1 tsp. olive oil. Melt 5g butter; add 2 beaten eggs, 1Tb skim milk and bell pepper. Serve with thin slice sourdough bread	6 Ryvitta crackers topped with 100g tin salmon (drained), 2 cups salad vegetables and 1 Tb low fat mayonnaise
Snack	250g low fat yoghurt	Carrot sticks with 4 Tb hummus dip	250g low fat yoghurt	Carrot sticks with 4 Tb hummus dip	250g low fat yoghurt	1 small punnet blueberries + 150g low fat yoghurt	150g low fat yoghurt, 1 medium peach
Dinner	Red Curry Fish	Beef Burger	Lamb Souvlaki	Brown Rice Salad	Paprika Pork	Veggie Pizza	Chicken Stir-fry

NOTE: Recipes for all dinner meals are attached and are a portion for 1 person. If you are cooking for more than one, multiply the quantities by the number of serves you need.

WEEK TWO



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	½ cup natural muesli with 250ml skim milk	Banana Smoothie 100g low fat yoghurt, 125ml skim milk, 1 banana, 1tsp honey, cinnamon	½ cup natural muesli with 250ml skim milk	Banana Smoothie 100g low fat yoghurt, 125ml skim milk, 1 banana, 1tsp honey, cinnamon	200g low fat vanilla yoghurt with 1 small punnet strawberries	Parafait In a glass, layer 100g low fat yoghurt, ½ cup muesli, 1 sliced peach	1 slice multigrain toast topped with 2tsp tahini and 2 boiled eggs
Snack	3Tb sultanas	250g low fat yoghurt	3Tb sultanas	250g low fat yoghurt	1 medium apple, 10 walnuts	250g low fat yoghurt	1 medium orange, 15 raw almonds
Lunch	Lebanese Salad Combine ¾ cup chickpeas, ¼ cup bulgur, diced cucumber, parsley, mint and dress with crushed garlic, lemon juice and 1tsp olive oil	6 Ryvitta wheat crackers topped with 95g tin tuna (drained), 2 cups salad vegetables and 1 Tb low fat mayonnaise	Beef salad Combine 100g cooked beef strips, 3 cups salad of spring onion, lettuce, bean sprouts, bell pepper, radish dress with balsamic vinegar, 1tsp olive oil, lemon juice. Serve with 1 slice grain bread	6 Ryvitta wheat crackers topped with 100g tin salmon (drained), 2 cups salad vegetables and 1 Tb low fat mayonnaise	2 rice cakes topped with a wedge of laughing cow cheese, diced cucumber, diced tomato, lettuce and 100g lean ham	Mushroom Omelette Cook 100g sliced mushrooms in 1 tsp. olive oil. Melt 5g butter; add 2 beaten eggs, 1Tb skim milk and mushroom. Serve with thin slice sourdough or grain bread	2 rice cakes topped with a wedge of laughing cow cheese, diced cucumber, diced tomato, lettuce and 100g shaved turkey breast
Snack	250g low fat yoghurt	Cucumber sticks with 4Tb tzatziki dip, 10 walnuts	250g low fat yoghurt	Cucumber sticks with 4Tb tzatziki dip, 10 walnuts	2 whole boiled eggs, 4 Ryvitta wheat crackers	Cucumber sticks with 4Tb tzatziki dip, 10 walnuts	1 punnet raspberries, 150g low fat yoghurt
Dinner	Salmon & Veg	Chicken Burger	Bean Burrito	Chicken Salad	Pasta Bolognese	Fish & Chips	Beef Stir-fry

NOTE: Recipes for all dinner meals are attached and are a portion for 1 person. If you are cooking for more than one, multiply the quantities by the number of serves you need.



RED CURRY FISH

INGREDIENTS:

- 200g white fish
- 25ml coconut flavoured evaporated milk
- 1 lime
- 200g cooked basmati rice
- 2 cups green salad to serve

METHOD:

1. Combine the curry paste, evaporated milk, lime rind and juice in a small bowl
2. Dice the fish into 2cm chunks and coat in the marinade
3. Allow to chill for 20 minutes in the fridge. In the meantime you could cook up the basmati rice in a saucepan with boiling water
4. Heat a small non-stick frying pan and cook the fish. Add all of the excess marinade to the pan and simmer over medium heat until the fish is cooked through. If the curry becomes too dry add some water or a little extra evaporated milk
5. Serve the fish with the sauce from the pan on top of the rice. Serve with a green salad.

BEEF BURGER

INGREDIENTS:

- 1 wholegrain or sourdough roll
- 100g lean beef mince
- 1 egg white
- ¼ onion, finely diced
- 1 handful flat leaf parsley, chopped
- 1 slice low fat cheese
- Salt and pepper to season
- 1 tablespoon low fat mayonnaise
- 1 tablespoon salt tomato purée sauce
- 2 cups of your favourite salad vegetables to fill your burger with

METHOD:

1. Combine beef mince, onion, egg white, parsley and a pinch of salt and pepper in a small bowl until well combined. Form into a patty and cook in a non-stick frying pan until cooked through
2. Cut the bread roll in half and spread the mayonnaise and tomato sauce on the inside of the lid. Put the cheese slice on the bottom then the beef patty, add your veggies and enjoy!



LAMB SOUVLAKI

INGREDIENTS:

- 2 wholegrain tortillas
- 100g lean lamb steak, sliced
- 2 teaspoons olive oil
- 1 tablespoon dried mixed herbs
- 2 tablespoons tzatziki
- Shredded lettuce, sliced red onion, diced tomato and cucumber for filling

METHOD:

1. Marinate the lamb in a small bowl with the olive oil and mixed herbs
2. Heat a small non-stick frying pan over medium heat and cook lamb until cooked to your liking
3. Fill the tortilla with the lamb, tzatziki and salad.

BROWN RICE SALAD

INGREDIENTS:

- 1 cup cooked brown rice
- 100g green beans
- ¼ cup peas
- ¼ cup red pepper, diced
- 1 handful flat leaf parsley, chopped
- 100g chicken breast
- ½ teaspoon Dijon mustard
- 1 teaspoon olive oil
- 1 teaspoon white wine vinegar

METHOD:

1. Blanch the beans and peas in a saucepan of boiling water. The beans should be cooked but still crunchy
2. In a mixing bowl, combine the cooked rice, beans, peas, parsley, diced red pepper, Dijon mustard, olive oil and white wine vinegar. Toss until the salad is coated in the dressing
3. Meanwhile, heat a non-stick frying pan over medium heat with a splash of olive oil and put the oven on to 180 degrees Celsius
4. Season the chicken breast with a pinch of salt and pepper and cook on both sides for 4-5 minutes. Transfer to a baking tray and roast in the oven until cooked through (about a further 8 minutes of cooking time)
5. Once cooked, slice the chicken breast and serve over the brown rice salad



PAPRIKA PORK

INGREDIENTS:

- 150g pork fillet
- 2 teaspoons olive oil
- 1 tablespoon smoked paprika
- 2 medium potatoes or 3 small ones
- 2 cups green salad (use your favourite salad vegetables)
- 1 teaspoon red wine vinegar

METHOD:

1. Pre heat oven to 200 degrees Celsius
2. Rub the pork with 1tsp olive oil, pinch of salt and the paprika
3. Heat a non-stick frying pan and sear the pork on all sides
4. Transfer the pork to the oven and allow to cook for 10 minutes or until cooked through. Meanwhile,
5. Cut the potatoes into large cubes and boil until cooked
6. Put your salad vegetables into a bowl and toss with 1 teaspoon of olive oil and the red wine vinegar
7. Serve the pork with the salad and potatoes.

VEGGIE PIZZA

INGREDIENTS:

- 1 teaspoon olive oil
- ½ tin tomatoes
- ¼ onion, diced finely
- 1 tablespoon dried mixed herbs
- Pinch of salt
- 1 wholemeal pita bread or plain pizza base
- 3 cups of your favourite vegetables (such as capsicum, pumpkin, mushroom, zucchini, spinach)
- ½ cup grated low fat cheese

METHOD:

1. Pre heat oven to 200 degrees Celsius
2. To make tomato sauce, heat olive oil in a small non-stick frying pan. Add diced onion and sauté until soft. Pour in tin tomatoes and stir. Add dried herbs and a pinch of salt and allow to simmer for 5 minutes
3. Place pita on a baking tray, evenly spread over the tomato sauce
4. Top the pizza with your chosen vegetables (you may like to pre cook these but the recipe will still work if you don't, they will just be a little crunchier)
5. Evenly spread the grated cheese over the top
6. Put into the oven and cook for 10 minutes or until cheese is melted.



CHICKEN STIR-FRY

INGREDIENTS:

- 100g chicken breast, sliced
- 1 tablespoon oyster sauce
- 1 tablespoon soy sauce
- 1 teaspoon rice bran oil
- 2 cups of stir fry vegetables, thinly sliced (try capsicum, bok choy, carrot, zucchini)
- 200g cooked basmati rice

METHOD:

1. Marinate the chicken in a small bowl with half of the oyster sauce and half of the soy sauce. Allow to chill in the fridge for 10 minutes. Meanwhile, slice your vegetables and cook the rice.
2. Heat a medium size pan with the rice bran oil. Once hot, add chicken to the pan and cook about half way before adding the vegetables.
3. Add the remaining sauces and allow to cook for 8 minutes, stirring regularly
4. Serve the stir-fry on the basmati rice.

SALMON & VEG

INGREDIENTS:

- 200g salmon fillet
- 2 cups roasting vegetables such as potato, carrot and zucchini, cut into large chunks
- 1 teaspoon olive oil
- 1 teaspoon dried mixed herbs

METHOD:

1. Coat the vegetables in the olive oil and herbs. Put onto a roasting tray and put into the oven on 200 degrees Celsius for 15 minutes or until cooked
2. While the veg are cooking, heat a non-stick frying pan and cook the salmon fillet skin side down for 5-8 minutes then turn and finish cooking on the other side for a further 2-3 minutes or until done to your liking
3. Serve the salmon with the roasted veg.

CHICKEN BURGER

INGREDIENTS:

- 1 wholegrain or sourdough roll
- 100g chicken breast
- 1 teaspoon olive oil
- 1 handful fresh thyme
- 1 slice low fat cheese
- 1 tablespoon low fat mayonnaise
- 1 tablespoon wholegrain mustard
- 2 cups of your favourite salad vegetables to fill your burger with

METHOD:

1. Heat a non-stick frying pan over medium heat
2. Rub chicken with olive oil and thyme. Cook in frying pan, turning as required until cooked through
3. Cut the bread roll in half and spread the mayonnaise and mustard on the inside of the lid. Put the cheese slice on the bottom then the chicken, add your veggies.

BEAN BURRITO

INGREDIENTS:

- 250g tin tomatoes
- ¼ red pepper, diced
- A pinch each of cumin powder, chilli powder and paprika
- 1 teaspoon tomato paste
- 200g red kidney beans drained and washed
- A pinch of salt and pepper to season
- 2 wholemeal tortillas
- ½ cup grated low fat cheese
- 2 cups green salad (choose your favourite salad ingredients)

METHOD:

1. Pre heat oven to 200 degrees Celsius
2. Heat a medium size frying pan over medium heat and add tin tomatoes, red pepper, spices and tomato paste. Allow to simmer for 5 minutes. If the mixture becomes too dry add some hot water or vegetable stock. Once thickened, stir in the kidney beans and season with salt and pepper to taste.
3. Divide the mixture between the tortillas and wrap. Place onto a baking tray, top with grated cheese and put into the oven for 5 minutes or until cheese is melted and the tortillas are starting to brown.
4. Serve burritos with a green salad.



CHICKEN SALAD

INGREDIENTS:

- 100g chicken breast
- 1 medium pear, thinly sliced
- 30g shaved parmesan
- 2 cups salad leaves, washed
- 1 cup cherry tomatoes, halved
- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil
- Salt and pepper to season

METHOD:

1. Heat half of the olive oil in a pan and grill chicken, turning regularly until cooked through
2. In a salad bowl combine lettuce, tomatoes, pear and Parmesan and dress with remaining olive oil and the balsamic vinegar. Season with salt and pepper to taste
3. Serve chicken breast sliced over top of the salad.

PASTA BOLOGNAISE

INGREDIENTS:

- 1 teaspoon olive oil
- 1 cup diced vegetables (onion, mushroom, carrot & celery)
- 100g lean beef mince
- $\frac{3}{4}$ cup dried pasta
- 200g tin tomatoes
- $\frac{1}{2}$ cup salt reduced beef stock
- 1 teaspoon of your favourite fresh or dried herbs
- Garden salad to serve

METHOD:

1. Heat the olive oil in a pan, add the diced vegetables and cook over a medium heat until softened. Meanwhile, put on a saucepan of boiling water for your pasta.
2. Add the mince to the vegetables and cook until brown.
3. Add tin tomatoes and beef stock along with your favourite dried or fresh herbs (try oregano, parsley or thyme).
4. Turn heat down to a simmer and allow to reduce for about 10 minutes.
5. Put the pasta into the boiling water and allow to cook.
6. Serve the pasta with the bolognaise sauce on top.
7. Serve with a side of 2 cups of garden salad made using your favourite salad vegetables.



FISH & CHIPS

INGREDIENTS:

- 100g fish fillet
- 1 medium potato
- 3 cups garden salad using your favourite salad vegetables (you can try any combination such as lettuce/spinach, cucumber, carrot, red onion, tomatoes)
- 3 tsp. olive oil
- 2 tsp. lemon juice
- 1 Fresh rosemary sprig
- Salt and Pepper, to taste

METHOD:

1. Cut the potato into thin chips and coat with 1tsp of the olive oil, pinch of salt and rosemary sprig. Place onto a baking tray and roast in the oven until golden and cooked through. Meanwhile,
2. Heat a non-stick frying pan with 1tsp olive oil over medium heat. Season the fish with cracked pepper and a pinch of salt. When the pan is hot, cook fish (turning when required) until cooked through. While the fish is cooking, add 1tsp lemon juice to baste the fish keeping it moist and tasty.
3. Prepare your salad vegetables by washing and slicing them.
4. In a small bowl mix together the remaining olive oil and lemon juice and toss in salad. Serve with the cooked fish and chips.

BEEF STIR-FRY

INGREDIENTS:

- 100g lean beef steak, sliced
- 1 tablespoon oyster sauce
- 1 tablespoon soy sauce
- 1 teaspoon rice bran oil
- 2 cups of stir fry vegetables, thinly sliced (such as onion, carrot, bok choy, zucchini, capsicum)
- 200g cooked basmati rice

METHOD:

1. Marinate the beef in a small bowl with half of the oyster sauce and half of the soy sauce. Allow to chill in the fridge for 10 minutes. Meanwhile, slice your vegetables and cook the rice.
2. Heat a medium size pan with the rice bran oil. Once hot, add chicken to the pan and cook about half way before adding the vegetables.
3. Add the remaining sauces and allow to cook for 8 minutes, stirring regularly
4. Serve the stir-fry on the basmati rice.