



WEIGHTLOSS: Men | Lunch & Supper

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LUNCH						
Tuna Pasta Bake x 2 por	Thai Green Curry Chicken Wrap	Chicken Pie	Mild Curry Chicken Wrap	Mince Pie	Spaghetti bolognese	Chicken ala King x 2 por
SUPPER						
Beef Stew with Green Beans x 2 por	Cottage Pie	Macaroni Cheese	Hake Apricot x 2 por	Bobotie	Chicken & Broccoli Casserole	Mild Curry Chicken Wrap

Lunch should include half plate green salad

Supper should include half a plate vegetables and/ or salad. Easy to prepare vegetables include:

- Woolworth's steam-it vegetables
- McCain's steam it vegetables
- Frozen vegetables, Canned vegetables
- Woolworth's prepared salad, Woolworth's cherry tomatoes, baby beetroot etc.

