



...because you are what you eat!

Registered Dietitians PR: 8411824



WEIGHTLOSS: Women | Lunch & Supper

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LUNCH						
Unbelievable Chicken	Tuna Pasta Bake	Thai Green Curry Chicken	Beef Stew with Green Beans	Fish Cakes & Stuffed Butternut	Curried Chicken	Chicken ala King
SUPPER						
Cottage Pie	Mild Curry Chicken Wrap	Chicken and Broccoli Casserole	Thai Green Curry Chicken Wrap	Mince Pie	Macaroni Cheese	Chicken pie

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.

