

Active Program Meal Plan



Active Program Meal Plan

The Active Program: If you are one who loves to exercise and you want to continue with high intensity exercise, please ensure you follow the ACTIVE PROGRAM. The ACTIVE PROGRAM is also recommended for all Men without exercise as men need more protein to maintain their muscle mass. We also recommend the active program for those who lead an active lifestyle and doing high intensity exercise 3-5 times a week. Women use the 150gm protein serve size. Men use the 175gm protein size. Please note, only the Thinco Diet Capsules are used during the Thinco Active Program, not the Thinco Diet Drops.

DAY 1

Breakfast: Grilled chicken skewers. Grill 100-150 grams chicken breast (no skin and seasoned with herbs and spices to taste) with 1 cup zucchini chunks and 1 cup of onions plus unlimited cups of tea or coffee with stevia, no milk or 1 tablespoon of milk.

Snack: Baked rhubarb (1 cup) sweetened with stevia.

Lunch: Steak and veggies. 150-175 grams of lean steak (no fat or oil) seasoned with herbs and spices with bok choy and flat green beans/snow peas (3 cups altogether).

Snack: 1 x Melba toast OR grissini stick plus unlimited cups of tea or coffee sweetened with stevia, no milk.

Dinner: Cabbage wrapped meatballs. 150-175 grams of lean beef mince, seasoned with herbs and spices. Mix with 1 cup of tomatoes and 1 cup of onions. Use cabbage leaves to wrap each meatball and simmer until cooked.

Snack: 1 x Apple with Low calorie jelly plus unlimited cups of tea or coffee with stevia, and no milk. Plus 1 x grissini stick OR melba toast.

Drink 3.5 litres water a day

DAY 2

Breakfast: 2 Soft Boiled Eggs served with 1 to 3 cups of any allowed vegetables, plus unlimited cups of tea or coffee with stevia, no milk or 1 tablespoon of milk.

Snack: 1 x Orange plus unlimited cups of tea or coffee with stevia, no milk.

Lunch: Steamed spiced fish and flat green beans/snow peas. 150-175 grams steamed/baked white fish (no oil, use water), herbs and spices e.g. garlic powder, ground coriander, smoked paprika. Serve with 3 cups of flat green beans/snow peas.

Snack: 100 grams water watermelon plus unlimited cups of tea or coffee sweetened with stevia, no milk. Plus 1 x melba toast OR grissini stick.

Dinner: Spaghetti with meatballs. 150-175 grams ultra lean mince combined with onion powder, garlic powder, herbs & salt to taste then rolled into small balls & 3 cups of chopped fresh tomatoes with salt and herbs to taste. Combine tomatoes with veggie stock, add meatballs and slender konjac noodles and cook all together until meatballs are cooked through plus unlimited cups of tea or coffee with stevia, no milk.

Snack: 1 x Melba toast OR grissini Stick plus unlimited cups of tea or coffee with stevia, and no milk.

Drink 3.5 litres water a day



Active Program Meal Plan

tgcm c v Toasty cinnamon apple mess. Combine 1 diced apple and sweetened with stevia and cinnamon. Microwave until soft and serve with 100 grams of low-fat cottage cheese plus unlimited cups of tea or coffee with stevia, no milk or 1 tablespoon of milk. Snack. 1 x Melba toast OR grissini stick plus unlimited cups of tea or coffee sweetened with stevia, no milk.

Lunch. Chicken zucchini noodles. 150-175 grams of chicken breast (no skin) seasoned with herbs and spices served alongside peeled/spiralized zucchini (3 cups) boiled in water for 1 minute.

Snack. ½ grapefruit plus unlimited cups of tea or coffee with stevia, no milk. Plus 1 x melba toast OR grissini stick.

Dinner. Chickpea and Tomato Stew. Over medium heat, cook 2 chopped garlic cloves before adding 120-150 grams of chickpeas (drained and rinsed) and 2 cups of tomato puree and 1 cup of red cabbage. Season with herbs and spices of your choice. Simmer until thickened but still saucy.

Snack. 50 grams of cottage cheese stuffed into 2 x celery sticks with salt, pepper and herbs to taste.

8AM(

Breakfast. Baked frittata (mixed 1 whole egg plus 3 egg whites with tomato & onion OR spinach and asparagus with seasoning to taste then bake in non stick dish - no oil) plus unlimited cups of tea or coffee with stevia, no milk or 1 tablespoon of milk. Snack. 1 x Orange plus unlimited cups of tea or coffee with stevia, no milk.

Lunch. Chickpea lettuce cups. 120-150 grams chickpeas, drained and seasoned with herbs and spices to taste. Preheat oven to 200 degrees Celsius before roasting chickpeas on a foil-lined baking sheet. On another baking sheet, roast diced zucchini seasoned with herbs and spices to taste. Roast for 20 minutes, flip them around before baking for another 15-20 minutes until golden brown. Serve chickpeas and zucchini in lettuce cups.

Snack. 1 x Apple with Low calorie jelly plus unlimited cups of tea or coffee sweetened with stevia, no milk. Plus 1 x melba toast OR grissini stick.

Dinner. Chicken and veggies. 150-175 grams of chicken breast seasoned with herbs and spices. Serve with blanched spinach and flat green beans/snow peas (3 cups). Snack. 1 x Melba toast OR grissini stick x 1 plus unlimited cups of tea or coffee with stevia, no milk.



Active Program Meal Plan

DAY 5

Breakfast: Chickpea lettuce wraps. Add 120-150 grams chickpeas (drained), 2 tablespoons chopped onions, herbs and spices of your choice into a bowl. Smash with a fork and serve in lettuce cups.

Snack: 50 grams of cottage cheese stuffed into 2 x celery sticks with salt, pepper and herbs to taste.

Lunch: Chicken salad. 150-175 grams of chicken breast seasoned with herbs and spices. Shred the chicken before adding 2 cups of cucumber and 1 cup of lettuce. **Snack:** 6 x Strawberries plus unlimited cups of tea or coffee with stevia, no milk. Plus 1 x melba toast OR grissini stick.

Dinner: Beef curry (no oil, use water). 150-175 grams of cubed low fat beef cooked with onions, cabbage, celery, curry powder, chilli and spices to taste. Serve with konjac rice or noodles.

Snack: Baked apple crumble. Core 1 apple, crumble 1 x grissini stick and mix with stevia and cinnamon and stuff apple then bake in oven plus unlimited cups of tea or coffee with stevia, no milk.

DAY 6

Breakfast: Berry protein shake. Use low sugar, low carb, low calorie 20-30 grams protein powder, blended with water and 6 x Strawberries plus unlimited cups of tea or coffee with stevia, no milk or 1 tablespoon of milk.

Snack: 50 grams of baked curry chickpeas (toss chick peas in curry powder and spices to taste and bake until crunchy).

Lunch: Soy Chicken Salad. 150-175 grams of thinly sliced chicken breast pan fried (with water, onion, garlic and soy sauce) serve warm over mixed green lettuce and asparagus plus unlimited cups of tea or coffee with stevia, no milk.

Snack: 1 x Melba Toast OR Grissini Stick plus unlimited tea or coffee with stevia, no milk.

Dinner: Pan fried veal and baked zucchini. 150-175 grams veal pan fried (with water and vegetable stock). Serve with baked zucchini flavoured with Italian herbs.

Snack: 1 x Apple plus unlimited cups of tea or coffee with stevia, no milk. Plus 1 x melba toast OR grissini stick.

DAY 7

Breakfast: Eggs over asparagus spears. 2 poached eggs over 2 bunches asparagus (grilled and seasoned with herbs and spices to taste) plus unlimited cups of tea or coffee with stevia, no milk or 1 tablespoon of milk.

Snack: 1 x Apple with Low calorie jelly plus unlimited cups of tea or coffee with stevia, no milk. Plus 1 x melba toast OR grissini stick.

Lunch: Tofu and veggie stir fry (No oil, use water). 150-175 grams of tofu diced into cubes (with salt, pepper and soy sauce) with 2 cups of bok choy and 1 cup of flat green beans/snow peas.

Snack: 6 x Strawberries plus unlimited cups of tea or coffee with stevia, no milk. **Dinner:** 150-175 grams peppered steak (no oil, use water). Serve with a side of pan fried (with water and vegetable stock) tomato and onion (3 Cups).

Snack: 1 x melba toast OR grissini stick plus unlimited cups of tea or coffee sweetened with stevia, no milk.



Active Program Meal Plan

DAY 8

Breakfast: 100-150 grams of extra firm tofu with herbs and spices. Place in a saucepan with 1 cup of flat green beans/snow peas and 1 cup of celery plus unlimited tea or coffee with stevia, no milk or 1 tablespoon of milk. Plus 1 x melba toast or grissini stick. **Snack:** 100 grams watermelon plus unlimited cups of tea or coffee with stevia, no milk. **Lunch:** Beef tacos. 150-175 grams shredded beef (no fat or oil) herbs and spices to taste wrapped in lettuce leaves.

Snack: 1 x Apple with Low calorie jelly plus unlimited cups of tea or coffee sweetened with stevia, no milk. Plus 1 x melba toast OR grissini stick.

Dinner: Chicken salad. 150-175 grams of chicken breast seasoned with herbs and spices. Shred the chicken before adding 2 cups of cucumber and 1 cup of spinach. **Snack:** 50 grams of cottage cheese stuffed into 2 x celery sticks with herbs, salt & pepper and herbs to taste.

DAY 9

Breakfast: 100-150 grams of lean steak grilled with 2 tomatoes (herbs and spices to taste) plus unlimited cups of tea or coffee with stevia, no milk or 1 tablespoon of milk. **Snack:** Baked rhubarb sweetened with stevia. Plus 1 x melba toast OR grissini stick. **Lunch:** Chickpea and tomato stew. Over medium heat, cook 2 chopped garlic cloves before adding 120-150 grams of chickpeas (drained and rinsed), 2 cups of tomato puree and 1 cup of red cabbage. Season with herbs and spices and simmer until thickened but still saucy.

Snack: 1 x Orange plus unlimited cups of tea or coffee with stevia, no milk. Plus 1 x melba toast OR grissini stick.

Dinner: 150-175 grams of chicken breast (no skin) seasoned with herbs and spices served alongside peeled/spiralized zucchini (3 cups) boiled in water for 1 minute. **Snack:** 50 grams of baked curry chickpeas (toss chick peas in curry powder and spices to taste and bake until crunchy).

DAY 10

Breakfast: Smooth steamed eggs. Beat 2 whole eggs at room temperature while slowly adding 200ml warm water. Add herbs and spices if you wish. Strain the mixture through a sieve into a steam-proof dish. Place on steamer and seal with cling wrap. Steam the eggs for around 15 minutes on medium low heat until jiggly yet firm. Serve with tomatoes or spinach. Plus 1 x melba toast OR grissini stick.

Snack: 50 grams of baked curry chickpeas (toss chick peas in curry powder and spices to taste and bake until crunchy).

Lunch: Chicken lettuce sandwich. 150-175 grams shredded chicken breast (no skin), pickled cucumber, herbs and spices to taste wrapped in lettuce leaves.

Snack: ½ x Grapefruit with unlimited cups of tea or coffee with stevia, no milk or 1 tablespoon of milk. Plus 1 x melba toast OR grissini stick.

Dinner: Stuffed zucchini boats. (1 large zucchini cut in 1/2, scoop out flesh and mix with 150-175 grams of chicken mince, onion powder, garlic powder, herbs and spices to taste then fry with a little water). Stuff zucchini cases with cooked mixture, crumble 1 x grissini stick over the top and bake.

Snack: 1 x Apple with low calorie jelly. Plus unlimited tea or coffee with stevia, no milk.



Active Program Meal Plan

DAY 11

Breakfast: Omelette (3 egg whites + 1 whole egg no oil) served with spinach OR tomatoes plus unlimited cups of tea or coffee sweetened with stevia, no milk or 1 tablespoon of milk.

Snack: 1 x Orange plus unlimited cups of tea or coffee with stevia, no milk.

Lunch: Lemon pepper fish. 150-175 grams steamed/baked white fish (no oil, use water) herbs and spices e.g. lemon pepper. Serve with lettuce and fennel (3 Cups)

Snack: 1 x Melba toast OR grissini Stick plus unlimited cups of tea or coffee sweetened with stevia, no milk.

Dinner: Cabbage wrapped meatballs. 150-175 grams of lean beef mince, seasoned with herbs and spices. Mix with 1 cup of tomatoes and 1 cup of onions. Use cabbage leaves to wrap each meatball and simmer until cooked.

Snack: Baked Rhubarb sweetened with stevia. Plus 1 x melba toast OR grissini stick.

DAY 12

Breakfast: Lemon meringue tofu pudding. In a food processor, blend 100-150 grams of silken tofu, 2 stevia packets, 1 tablespoon of lemon juice and ½ tablespoon of grated lemon zest. Refrigerate at least 2 hours to allow it to thicken.

Snack: 50 grams of cottage cheese stuffed into 2 x celery sticks seasoned with herbs. **Lunch:** Steak and vegetables. 150-175 grams of lean steak (no fat or oil) seasoned with herbs and spices with bok choy and flat green beans/snow peas (3 cups altogether) **Snack:** Baked apple crumble. Core 1 apple, crumble 1 x grissini stick and mix with stevia and cinnamon and stuff apple then bake in oven plus unlimited cups of tea or coffee with stevia, no milk or 1 tablespoon of milk.

Dinner: Spaghetti with meatballs. (150-175 grams ultra lean mince combined with onion powder, garlic powder, herbs & salt to taste then rolled into small balls) with 3 cups of chopped fresh tomatoes with salt and herbs to taste. Combine tomatoes with veggie stock, add meatballs and slender konjac noodles and cook all together until meatballs are cooked through plus unlimited cups of tea or coffee with stevia, no milk. **Snack:** ½ x Grapefruit plus unlimited cups of tea or coffee with stevia, no milk. Plus 1 x melba toast or grissini stick.

DAY 13

Breakfast: Strawberry parfait. 100-150 grams of cottage cheese (sweetened to taste with stevia). Slice 6 x strawberries and create alternate layers.

Snack: 1 x Melba Toast OR Grissini Stick plus unlimited cups of tea or coffee sweetened with stevia, no milk or 1 x tablespoon of milk.

Lunch: Tofu and veggie stir fry (No oil, use water). 150-175 grams of tofu into cubes (salt, pepper and soy sauce) with 2 cups of bok choy and 1 cup of flat green beans/snow peas.

Snack: 100 grams of watermelon plus unlimited tea or coffee with stevia, no milk. **Dinner:** Beef curry (no oil, use water) 150-175 grams of cubed low fat beef cooked with onions, cabbage, celery, curry powder, chilli and spices to taste. Serve with konjac rice. **Snack:** 1 x Melba Toast OR Grissini Stick plus unlimited cups of tea or coffee sweetened with stevia, no milk.



Active Program Meal Plan

DAY 14

Breakfast: Apple parfait. 100-150 grams of cottage cheese (sweetened to taste with stevia). Slice 1 apple into chunks sprinkled with cinnamon and create alternate layers. **Snack:** 1 x Melba toast OR grissini stick plus unlimited cups of tea or coffee sweetened with stevia, no milk.

Lunch: Cabbage wrapped meatballs. 150-175 grams of lean beef mince, seasoned with herbs and spices. Mix with 1 cup of tomatoes and 1 cup of onions. Use cabbage leaves to wrap each meatball and simmer until cooked.

Snack: 1 x Orange plus unlimited cups of tea or coffee with stevia, no milk.

Dinner: 120-150 grams chickpeas, drained and seasoned with herbs and spices to taste. Preheat oven to 200 degrees Celsius before roasting chickpeas on a foil-lined baking sheet. On another baking sheet, roast diced zucchini seasoned with herbs and spices to taste. Roast for 20 minutes, flip them around before baking for another 15-20 minutes until golden brown. Serve chickpeas and zucchini in lettuce cups.

Snack: 1 x Grissini stick OR melba toast.

DAY 15

Breakfast: Omelette (3 egg whites + 1 whole egg no oil) served with spinach OR tomatoes plus unlimited cups of tea or coffee sweetened with stevia, no milk or 1 tablespoon of milk.

Snack: 1 x melba toast OR grissini stick plus unlimited cups of tea or coffee sweetened with stevia, no milk.

Lunch: Beef tacos. 150-175 grams shredded beef (no fat or oil) herbs and spices to taste wrapped in lettuce leaves.

Snack: 1 x Orange plus unlimited cups of tea or coffee with stevia, no milk.

Dinner: Baked chicken breast and veggies. 150-175 grams of baked chicken breast (no oil, use water) heaps of different herbs and spices e.g. Moroccan spice. Serve with a side of pan fried (with water and vegetable stock) asparagus and onion (3 Cups). **Snack:** Baked apple crumble. Core 1 apple, crumble 1 x grissini stick and mix with stevia and cinnamon and stuff apple then bake in oven plus unlimited cups of tea or coffee with stevia, no milk.

DAY 16

Breakfast: 2 to 3 celery sticks with 100-150 grams of low fat cottage cheese (season to taste) plus unlimited cups of tea or coffee with stevia, no milk or 1 tablespoon of milk. **Snack:** 1 x Melba toast OR grissini stick plus unlimited cups of tea or coffee sweetened with stevia, no milk.

Lunch: Lemon pepper fish. 150-175 grams steamed/baked white fish (no oil, use water) herbs and spices e.g. lemon pepper. Serve with lettuce and fennel (3 Cups).

Snack: 6 x Strawberries plus unlimited cups of tea or coffee with stevia, no milk. Plus 1 x melba toast OR grissini stick.

Dinner: Steak and veggies. 150-175 grams peppered steak (no oil, use water). Serve with a side of pan fried (with water and vegetable stock) tomato and onion (3 Cups). **Snack:** 1 x Orange plus unlimited cups of tea or coffee with stevia, no milk.



Active Program Meal Plan

DAY 17

Breakfast: Steak and tomatoes. 100-150 grams of lean steak grilled with 2 tomatoes (herbs and spices to taste) plus unlimited cups of tea or coffee with stevia, no milk or 1 tablespoon of milk.

Snack: 1 x Melba toast OR grissini stick plus unlimited cups of tea or coffee with stevia, with no milk.

Lunch: Baked chicken breast and veggies. 150-175 grams chicken breast pan fried (with water and vegetable stock) with bok choy, cabbage & garlic (3 Cups) plus unlimited cups of tea or coffee with stevia, no milk.

Snack: 100 grams watermelon plus unlimited cups of tea or coffee with stevia, no milk. Plus 1 x melba toast OR grissini stick.

Dinner: Spaghetti bolognese. 150-175 grams ultra lean mince cooked with fresh tomatoes, garlic and onion served with slender konjac fettuccine noodles plus unlimited cups of tea or coffee with stevia, no milk.

Snack: 1 x Apple with low calorie jelly plus unlimited cups of tea or coffee with stevia, with no milk.

DAY 18

Breakfast: 2 Poached eggs served with spinach OR tomatoes plus unlimited cups of tea or coffee with stevia, no milk or 1 tablespoon of milk.

Snack: 1 x Melba toast OR grissini stick plus unlimited cups of tea or coffee with stevia, with no milk.

Lunch: Fresh Prawn Salad. 150-175 grams fresh peeled prawns toss in lemon juice salt/pepper with fresh spinach, apple and celery (3 Cups).

Snack: 1 x Apple with low calorie jelly plus unlimited cups of tea or coffee with stevia, with no milk.

Dinner: Pan fried veal and baked zucchini. 150-175 grams veal pan fried (with water and vegetable stock), Serve with baked zucchini flavoured with Italian herbs.

Snack: Baked rhubarb sweetened with stevia. Plus 1 x melba toast OR grissini stick.

DAY 19

Breakfast: 2 Soft boiled eggs served with 1 to 3 cups of any allowed veg plus 1 x melba toast or grissini stick for dipping plus unlimited cups of tea or coffee with stevia, no milk or 1 tablespoon of milk.

Snack: 50 grams of cottage cheese stuffed into 2 x celery sticks with salt, pepper and herbs to taste.

Lunch: Shredded chicken salad. 150-175 grams shredded chicken breast (no skin) served with mixed green salad (lettuce & cucumber or asparagus & zucchini) with lemon/vinegar and low salt soy sauce dressing.

Snack: 1 x Orange + 1 x grissini stick plus unlimited cups of tea or coffee with stevia, with no milk.

Dinner: Beef curry (no oil, use water). 150-175 grams of cubed low fat beef cooked with onions, cabbage, celery, curry powder, chilli and spices to taste. Serve with konjac rice or noodles.

Snack: 1 x Apple plus unlimited cups of tea or coffee with stevia, no milk.



Active Program Meal Plan

DAY 20

Breakfast: Baked frittata (mixed 1 whole egg plus 3 egg whites with tomato & onion OR spinach and asparagus with seasoning to taste then bake in non stick dish - no oil) plus unlimited cups of tea or coffee with stevia, no milk or 1 tablespoon of milk. **Snack:** 50 grams of cottage cheese with Melba Toast OR Grissini Stick x 1 plus unlimited cups of tea or coffee with stevia, no milk.

Lunch: Chicken lettuce sandwich. 150-175 grams shredded chicken breast (no skin), pickled cucumber, herbs and spices to taste wrapped in lettuce leaves.

Snack: 6 x Strawberries unlimited cups of tea or coffee with stevia, no milk.

Dinner: Stuffed Zucchini Boats. (1 large zucchini cut in 1/2, scoop out flesh and mix with 150-175 grams of chicken mince, onion powder, garlic powder, herbs and spices to taste then fry with a little water). Stuff zucchini cases with cooked mixture, crumble 1 x grissini stick over the top and bake.

Snack: 1 x Orange plus unlimited cups of tea or coffee with stevia, no milk.

DAY 21

Breakfast: Berry protein shake. Use low sugar, low carb, low calorie 20-30 grams protein powder, blended with water and 6 x Strawberries plus unlimited cups of tea or coffee with stevia, no milk or 1 tablespoon of milk.

Snack: 100 grams of watermelon plus unlimited cups of tea or coffee sweetened with stevia, no milk. Plus 1 x melba toast OR grissini stick.

Lunch: Soy chicken salad. 150-175 grams thinly sliced chicken breast pan fried (with water, onion, garlic and soy sauce) serve warm over mixed green lettuce and asparagus plus unlimited cups of tea or coffee with stevia, no milk.

Snack: 50 grams of baked curry chickpeas (toss chick peas in curry powder and spices to taste and bake until crunchy).

Dinner: Spaghetti with meatballs (150-175 grams ultra lean mince combined with onion powder, garlic powder, herbs & salt to taste then rolled into small balls) 3 cups of chopped fresh tomatoes with salt and herbs to taste. Combine tomatoes with veggie stock, add meatballs and slender konjac noodles and cook all together until meatballs are cooked through plus unlimited cups of tea or coffee with stevia, no milk.

Snack: Low calorie jelly plus unlimited cups of tea or coffee sweetened with stevia, no milk. Plus 1 x melba toast OR grissini stick.

- Drink 3.5 litres water a day.
- If you don't like a vegetable, fruit, protein or snack, you can replace with an alternate from the P2 approved food list.
- Please note snacks can't be doubled - for example you can't have 4 grissini sticks, or double your serve of jelly to replace a snack you don't like.
- Coffee and Tea do not replace water intake, we recommend that you drink 3.5 litres water a day.
- Stevia is optional.
- Ensure spices used do not have any additives eg. sugar, flour.
- Milk/Dairy allowance is 1 TBSP a day.