

# 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 150g protein serve size. Men use the 175g protein size.** Please note, only the Thincos Diet Capsules are used during the Thincos Active Program, not the Thincos Diet Drops.

### DAY 1

**Breakfast:** Grilled chicken skewers. Grill 150-175g chicken breast (no skin and seasoned with herbs and spices to taste) with 2 cup zucchini chunks and 1 cup of spinach plus tea or coffee with stevia, no milk.

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

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

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

**Dinner:** Cabbage wrapped meatballs. 150-175g 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 4 tbsp low calorie jelly plus a cup 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 a cup of tea or coffee with stevia, no milk.

**Snack:** 1 x orange plus a cup of tea or coffee with stevia, no milk.

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

**Snack:** 100g watermelon plus a cup of tea or coffee sweetened with stevia, no milk. Plus 1 x melba toast OR grissini stick.

**Dinner:** Spaghetti with meatballs. 150-175g 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 cup of tea or coffee with stevia, no milk.

**Snack:** 1 x melba toast OR grissini stick plus cup of tea or coffee with stevia, and no milk.

Drink 3.5 litres water a day



## Active Program Meal Plan

### DAY 3

**Breakfast:** Toasty cinnamon apple mess. Combine 1 diced apple and sweetened with stevia and cinnamon. Microwave until soft and serve with 50g of low-fat cottage cheese plus a cup of tea or coffee with stevia, no milk

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

**Lunch:** Chicken zucchini noodles. 150-175g 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 cup 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 120g of chickpeas (drained and rinsed) and 1 cup of tomato puree, 1 cup of red cabbage, 1 cup water. Season with herbs and spices of your choice. Simmer until thickened but still saucy.

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

Drink 3.5 litres water a day

### DAY 4

**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 cup of tea or coffee with stevia, no milk.

**Snack:** 1 x orange plus cup of tea or coffee with stevia, no milk.

**Lunch:** Chickpea lettuce cups. 120g 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 4 tbsp low calorie jelly plus a cup of tea or coffee sweetened with stevia, no milk. Plus 1 x melba toast OR grissini stick.

**Dinner:** Chicken and veggies. 150-175g of chicken breast seasoned with herbs and spices. Serve with blanched spinach and snow peas (3 cups).

**Snack:** 1 x melba toast OR grissini stick x 1 plus a cup of tea or coffee with stevia, no milk.

Drink 3.5 litres water a day



## Active Program Meal Plan

### DAY 5

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

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

**Lunch:** Chicken salad. 150-175g of chicken breast seasoned with herbs and spices. Shred the chicken before adding 2 cups of cucumber and 1 cup of lettuce.

**Snack:** 100g Strawberries plus a cup of tea or coffee with stevia, no milk. Plus 1 x melba toast OR grissini stick.

**Dinner:** Beef curry (no oil, use water). 150-175g of cubed low fat beef cooked with onions, cabbage, celery, clive of india 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 a cup of tea or coffee with stevia, no milk.

Drink 3.5 litres water a day

### DAY 6

**Breakfast:** Berry protein shake. Use 100% Whey protein isolate (coles brand) 35g protein powder, blended with 100ml water and 100g strawberries plus a cup of tea or coffee with stevia, no milk.

**Snack:** 50g of cottage cheese with 100g cherry tomato, salt and pepper to taste.

**Lunch:** Soy Chicken Salad. 150-175g of thinly sliced chicken breast pan fried (with water, onion, garlic and 1 tsp soy sauce) serve warm over mixed green lettuce and asparagus plus a cup of tea or coffee with stevia, no milk.

**Snack:** 1 x melba toast OR grissini stick plus a cup of tea or coffee with stevia, no milk.

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

**Snack:** 1 x apple plus a cup of tea or coffee with stevia, no milk. Plus 1 x melba toast OR grissini stick.

Drink 3.5 litres water a day

### DAY 7

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

**Snack:** 1 x apple with 4 tbsp low calorie jelly plus a cup 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). 150-175g of tofu diced into cubes (with salt, pepper and soy sauce) with 2 cups of bok choy and 1 cup of snow peas.

**Snack:** 100g strawberries plus a cup of tea or coffee with stevia, no milk.

**Dinner:** 150-175g peppered steak (no oil, use water). Serve with a side of pan fried tomato and onion (3 cups) cooked with water and vegetable stock.

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

Drink 3.5 litres water a day



## Active Program Meal Plan

### DAY 8

**Breakfast:** 100-150g of extra firm tofu with herbs and spices. Place in a saucepan with 1 cup of snow peas and 1 cup of celery plus a cup of tea or coffee with stevia, no milk. Plus 1 x melba toast or grissini stick.

**Snack:** 100g watermelon plus a cup of tea or coffee with stevia, no milk.

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

**Snack:** 1 x apple with 4 tbsp low calorie jelly plus a cup of tea or coffee sweetened with stevia, no milk. Plus 1 x melba toast OR grissini stick.

**Dinner:** Chicken salad. 150-175g of chicken breast seasoned with herbs and spices. Shred the chicken before adding 2 cups of cucumber and 1 cup of spinach.

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

Drink 3.5 litres water a day

### DAY 9

**Breakfast:** 2 egg omelette with spinach OR tomatoes plus a cup of tea or coffee with stevia, no 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 120g of chickpeas (drained and rinsed), 1 cups of tomato puree, 1 cup water and 1 cup of red cabbage. Season with herbs and spices and simmer until thickened but still saucy.

**Snack:** 1 x orange plus a cup of tea or coffee with stevia, no milk. Plus 1 x melba toast OR grissini stick.

**Dinner:** 150-175g of chicken breast (no skin) seasoned with herbs and spices served alongside peeled/spiralised zucchini (3 cups) boiled in water for 1 minute.

**Snack:** 4 tbsp low calorie jelly.

Drink 3.5 litres water a day

### 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:** 50g of cottage cheese with 100g cherry tomato, salt and pepper to taste.

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

**Snack:** ½ x Grapefruit with a cup of tea or coffee with stevia, no 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 150-175g 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 plus a cup of tea or coffee with stevia, no milk.

Drink 3.5 litres water a day



## Active Program Meal Plan

### DAY 11

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

**Snack:** 1 x orange plus a cup of tea or coffee with stevia, no milk.

**Lunch:** Lemon pepper fish. 150-175g steamed/baked white fish (no oil, use water) lemon juice and freshly cracked pepper. Serve with steamed asparagus (3 cups)

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

**Dinner:** Cabbage wrapped meatballs. 150-175g 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:** 100g Baked Rhubarb sweetened with stevia. Plus 1 x melba toast OR grissini stick.

Drink 3.5 litres water a day

### DAY 12

**Breakfast:** Lemon meringue tofu pudding. In a food processor, blend 100g of silken tofu, stevia to sweeten, 1 tbsp of lemon juice and ½ tbsp of grated lemon zest. Refrigerate at least 2 hours to allow it to thicken.

**Snack:** 50g of cottage cheese stuffed into 2 x celery sticks seasoned with herbs.

**Lunch:** Steak and vegetables. 150-175g of lean steak (no fat or oil) seasoned with herbs and spices with bok choy and 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 a cup of tea or coffee with stevia, no milk.

**Dinner:** Spaghetti with meatballs. 150-175g 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 cup of tea or coffee with stevia, no milk.

**Snack:** ½ x grapefruit plus cup of tea or coffee with stevia, no milk. Plus 1 x melba toast or grissini stick.

Drink 3.5 litres water a day

### DAY 13

**Breakfast:** Strawberry parfait. 100g of cottage cheese (sweetened to taste with stevia). Slice 100g strawberries and create alternate layers.

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

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

**Snack:** 100g watermelon plus a cup of tea or coffee with stevia, no milk.

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

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

Drink 3.5 litres water a day





## Active Program Meal Plan

### DAY 14

**Breakfast:** Apple parfait. 100g 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 a cup of tea or coffee sweetened with stevia, no milk.

**Lunch:** Cabbage wrapped meatballs. 150-175g 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 a cup of tea or coffee with stevia, no milk.

**Dinner:** 120g 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.

Drink 3.5 litres water a day

### DAY 15

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

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

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

**Snack:** 1 x orange plus a cup of tea or coffee with stevia, no milk.

**Dinner:** Baked chicken breast and veggies. 150-175g of baked chicken breast (no oil, use water) heaps of different herbs and spices e.g. cumin, pepper etc. 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 a cup of tea or coffee with stevia, no milk.

Drink 3.5 litres water a day

### DAY 16

**Breakfast:** 2 to 3 celery sticks with 100g of low fat cottage cheese (season to taste) plus a cup of tea or coffee with stevia, no milk.

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

**Lunch:** Lemon pepper fish. 150-175g steamed/baked white fish (no oil, use water) lemon juice and freshly cracked pepper and salt. Serve with steamed pak choy (3 cups).

**Snack:** 100g strawberries plus a cup of tea or coffee with stevia, no milk. Plus 1 x melba toast OR grissini stick.

**Dinner:** Steak and veggies. 150-175g peppered steak (no oil, use water). Serve with a side of pan tossed tomato and onion (3 cups) cook with water and vegetable stock).

**Snack:** 1 x orange plus a cup of tea or coffee with stevia, no milk.

Drink 3.5 litres water a day



## Active Program Meal Plan

### DAY 17

**Breakfast:** 2 poached eggs with grilled with 2 tomatoes (herbs and spices to taste) plus a cup of tea or coffee with stevia, no milk.

**Snack:** 1 x melba toast OR grissini stick plus a cup of tea or coffee with stevia, with no milk.

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

**Snack:** 100g watermelon plus a cup of tea or coffee with stevia, no milk. Plus 1 x melba toast OR grissini stick.

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

**Snack:** 1 x apple plus a cup of tea or coffee with stevia, with no milk.

Drink 3.5 litres water a day

### DAY 18

**Breakfast:** 2 egg omelette with spinach OR tomatoes plus a cup of tea or coffee with stevia, no milk.

**Snack:** 1 x melba toast OR grissini stick plus a cup of tea or coffee with stevia, with no milk.

**Lunch:** Fresh Prawn Salad. 150-175g fresh peeled prawns toss in lemon juice salt/ pepper with fresh spinach, 20g diced apple and celery (3 cups).

**Snack:** 1 x apple plus a cup of tea or coffee with stevia, with no milk.

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

**Snack:** 100g Baked rhubarb sweetened with stevia. Plus 1 x melba toast OR grissini stick.

Drink 3.5 litres water a day

### DAY 19

**Breakfast:** 100g baked rhubarb with 100g low fat cottage cheese and a cup of tea or coffee with stevia, no milk.

**Snack:** 100g celery sticks with 1 x grissini stick crushed, salt, pepper and herbs to taste. **Lunch:** Shredded chicken salad. 150-175g 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 plus a cup of tea or coffee with stevia, with no milk.

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

**Snack:** 1 x grissini stick plus a cup of tea or coffee with stevia, no milk.

Drink 3.5 litres water a day



## 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 a cup of tea or coffee with stevia, no milk.

**Snack:** 50 grams of cottage cheese with Melba Toast OR Grissini Stick x 1 plus a cup of tea or coffee with stevia, no milk.

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

**Snack:** 100gm Strawberries plus a cup 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 a cup of tea or coffee with stevia, no milk.

Drink 3.5 litres water a day

### DAY 21

**Breakfast:** Berry protein shake. Use 100% Whey protein isolate (coles brand) 35 grams protein powder, blended with 100 ml water and 100gm Strawberries plus a cup of tea or coffee with stevia, no milk.

**Snack:** 50 grams of cottage cheese with 100gm cherry tomato, salt and pepper to taste.

**Lunch:** Soy Chicken Salad. 150-175 grams of thinly sliced chicken breast pan fried (with water, onion, garlic and 1 tsp soy sauce) serve warm over mixed green lettuce and asparagus plus a cup of tea or coffee with stevia, no milk.

**Snack:** 1 x Melba Toast OR grissini stick plus a cup of 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 cup of tea or coffee with stevia, no milk.

Drink 3.5 litres water a day

- 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.