

Standard Program 21 Day Meal Plan



Standard Program Meal Plan

DAY 1

Breakfast: 100g strawberries plus cup of tea or coffee with stevia, no milk or 1 tablespoon of milk from dairy allowance

Snack: 100g cucumber with salt plus 1 x melba toast OR grissini stick.

Lunch: Beef patties. 100g of ultra lean beef mince, seasoned with herbs and spices. Mix in 3 cups of cabbage to create patties. Steam or grill until cooked.

Snack: 4 tbsp low calorie jelly with 1 x chopped apple.

Dinner: Chicken salad. 100g of chicken breast (no skin), seasoned with herbs and spices. Shred the chicken before adding 2 cups of cucumber and 1 cup of lettuce.

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

Drink 3.5 litres water a day

DAY 2

Breakfast: 1 x orange plus cup of tea or coffee with stevia, no milk or 1 tablespoon of milk from dairy allowance

Snack: 100g tomato sprinkled with salt plus 1 x melba toast or grissini stick.

Lunch: Stuffed zucchini boats. (1 large zucchini cut in 1/2, scoop out flesh and mix with 100g 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 4 tbsp low calorie jelly plus cup of tea or coffee with sweetened stevia, no milk.

Dinner: Beef tacos. 100g shredded beef (no fat or oil) herbs and spices to taste wrapped in lettuce leaves.

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

Drink 3.5 litres water a day

DAY 3

Breakfast: ½ x grapefruit plus cup of tea or coffee with stevia, no milk or 1 tablespoon of milk.

Snack: 100g cucumber with salt plus 1 x melba toast or grissini stick.

Lunch: Steamed spiced fish and snow peas. 100g 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: 1 x melba toast OR grissini stick plus unlimited cups of tea or coffee with stevia, no milk

Dinner: Tofu scramble. 100g of extra firm tofu seasoned with herbs and spices to taste. Place in a saucepan with 1 cup of snow peas and 1 cup of celery plus unlimited cups of tea or coffee with stevia, no milk.

Snack: 4 tbsp low calorie jelly with 100g strawberries.

Drink 3.5 litres water a day



Standard Program Meal Plan

DAY 4

Breakfast: 1 x apple plus cup of tea or coffee with stevia, no milk or 1 tablespoon of milk.

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

Lunch: Steak and veggies. 100g of lean steak (no fat or oil) seasoned with herbs and spices with bok choy and snow peas (3 cups altogether).

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

Dinner: 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 3 cups of vegetables.

Snack: 100g cucumber with salt plus 1 x melba toast or grissini stick.

Drink 3.5 litres water a day

DAY 5

Breakfast: 100g watermelon plus unlimited water, cup 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: Cabbage wrapped meatballs. 100g of lean beef mince, seasoned with herbs and spices (onion and garlic optional). Use cabbage leaves to wrap each meatball and simmer until cooked.

Snack: 1 x tomato with salt plus 1 x melba toast or grissini stick.

Dinner: Chicken zucchini noodles. 100g of chicken breast (no skin) seasoned with herbs and spices served alongside peeled/spiralised zucchini (3 cups) boiled in water for 1 minute.

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

Drink 3.5 litres water a day

DAY 6

Breakfast: 100g strawberries plus unlimited water + cup of tea or coffee with stevia, no milk or 1 tablespoon of milk.

Snack: 4 tbsp low calorie jelly with 1 x chopped apple.

Lunch: Chickpea lettuce wraps. Add 80g chickpeas (cooked and drained), 2 tablespoons chopped onions, herbs and spices of your choice into a bowl. Smash with a fork and serve in lettuce cups.

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

Dinner: Tofu skewers. Using 100g of tofu blocks, coat the blocks in herbs and spices of your choice. In a hot skillet, brown tofu without oil or water. When edges brown, flip over and cook covered until cooked through. Serve with mixed green salad.

Snack: 100g cucumber with salt plus 1 x grissini stick or melba toast.

Drink 3.5 litres water a day



Standard Program Meal Plan

DAY 7

Breakfast: 1 x orange plus unlimited water + cup 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, no milk.

Lunch: Cabbage wrapped meatballs. 100g of lean beef mince, seasoned with herbs and spices (onion and garlic optional). Use cabbage leaves to wrap each meatball and simmer until cooked.

Snack: 100g tomato with salt. Plus 1 x melba toast or grissini stick.

Dinner: Beef curry (no oil, use water). 100g 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: 50g of cottage cheese stuffed into 2 x celery sticks with salt, pepper and herbs to taste.

Drink 3.5 litres water a day

DAY 8

Breakfast: ½ x grapefruit plus unlimited water + cup of tea or coffee with stevia, no milk or 1 tablespoon of milk.

Snack: 100g cherry tomatoes

Lunch: 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 water + cup 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, no milk.

Dinner: Peppered steak with vegetables. 100g of peppered steak (no oil, use water). Serve with a side of pan fried (with water and vegetable stock) tomato and onion (3 cups).

Snack: 100g strawberries plus 1 x melba toast or grissini stick.

Drink 3.5 litres water a day

DAY 9

Breakfast: 1 x apple plus unlimited water + cup of tea or coffee with stevia, no milk or 1 tablespoon of milk.

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

Lunch: Spaghetti with meatballs (100g 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, and no milk.

Snack: 100g tomato with salt plus 1 x melba toast or grissini stick.

Dinner: 2 x Soft boiled eggs served with 1 to 3 cups of any allowed vegetables.

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

Drink 3.5 litres water a day



Standard Program Meal Plan

DAY 10

Breakfast: 100g watermelon plus unlimited water + cup of tea or coffee with stevia, no milk or 1 tablespoon of milk.

Snack: 50g of cottage cheese stuffed into 2 x celery sticks with salt, pepper and herbs to taste. Plus 1 x melba toast OR grissini stick.

Lunch: Soy chicken Salad. 100g 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 apple plus cup of tea or coffee with stevia, no milk.

Dinner: Pan Fried Veal and Baked Zucchini. 100g veal pan fried (with water and vegetable stock). Serve with baked zucchini, flavoured with Italian herbs.

Snack: 1 x melba toast OR grissini stick plus unlimited water.

Drink 3.5 litres water a day

DAY 11

Breakfast: 100g strawberries plus unlimited water + cup of tea or coffee with stevia, no milk or 1 tablespoon of milk.

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

Lunch: Beef tacos. 100g shredded beef (no fat or oil) herbs and spices to taste wrapped in lettuce leaves.

Snack: ½ grapefruit plus unlimited cups of tea or coffee with stevia, no milk.

Dinner: Chickpea and tomato stew. Over medium heat, cook 2 chopped garlic cloves before adding 80g of chickpeas (drained and rinsed) and 2 cups of tomato puree (with no added sugar) and 1 cup of red cabbage. Season with herbs and spices of your choice. Simmer until thickened but still saucy.

Snack: 4 tbsp low calorie jelly plus 1 x melba toast or grissini stick.

Drink 3.5 litres water a day

DAY 12

Breakfast: 1 x orange plus unlimited water + cup of tea or coffee with stevia, no milk or 1 tablespoon of milk.

Snack: 1 x cup baked rhubarb with stevia, plus 1 x melba toast or grissini stick.

Lunch: Steak and veggies. 100g of lean steak (no fat or oil) seasoned with herbs and spices with bok choy and snow peas (3 cups altogether).

Snack: 4 tbsp low calorie jelly

Dinner: Cabbage wrapped meatballs. 100g of lean beef mince, seasoned with herbs and spices (onion and garlic optional). Use cabbage leaves to wrap each meatball and simmer until cooked.

Snack: 50g of cottage cheese plus 1 x melba toast or grissini stick.

Drink 3.5 litres water a day



Standard Program Meal Plan

DAY 13

Breakfast: ½ grapefruit plus unlimited water + cup of tea or coffee with stevia, no milk or 1 tablespoon of milk.

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

Lunch: Tofu skewers. Using 100g of tofu blocks, coat the blocks in herbs and spices of your choice. In a hot skillet, brown tofu without oil or water. When edges brown, flip and cover cook until cooked through. Serve with mixed green salad.

Snack: 4 tbsp low calorie jelly plus 1 x melba toast or grissini stick.

Dinner: Steak and tomatoes. 100g of lean steak grilled with 2 tomatoes (herbs and spices to taste) plus unlimited cups of tea or coffee with stevia, no milk.

Snack: 100g watermelon plus tea or coffee sweetened with stevia, no milk.

Drink 3.5 litres water a day

DAY 14

Breakfast: 1 x apple plus unlimited tea or coffee with stevia, no milk or 1 tablespoon of milk.

Snack: 4 tbsp low calorie jelly plus 1 x melba toast OR grissini stick.

Lunch: Chickpea lettuce wraps. Add 80g 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: 100g watermelon plus tea or coffee sweetened with stevia, no milk.

Dinner: Chicken salad. 100g of chicken breast seasoned with herbs and spices. Shred the chicken before adding 2 cups of cucumber and 1 cup of lettuce.

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

Drink 3.5 litres water a day

DAY 15

Breakfast: 100g strawberries sprinkled with stevia plus tea or coffee with stevia, no milk or 1 tablespoon of milk.

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

Lunch: Soy chicken salad. 100g thinly sliced chicken breast pan fried (with water, onion, garlic and soy sauce) serve warm over mixed green lettuce and asparagus plus tea or coffee with stevia, no milk.

Snack: 100g tomato with salt plus 1 x melba toast OR grissini stick.

Dinner: Spaghetti with meatballs (100g 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 apple with 4 tbsp low calorie jelly plus tea or coffee with stevia, and no milk.

Drink 3.5 litres water a day



Standard Program Meal Plan

DAY 16

Breakfast: 1 x orange plus tea or coffee with stevia, no milk or 1 tablespoon of milk.

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

Lunch: Chicken lettuce sandwich. 100g shredded chicken breast (no skin), pickled cucumber, herbs and spices to taste wrapped in lettuce leaves.

Snack: 100g watermelon plus tea or coffee sweetened with stevia, no milk.

Dinner: Stuffed zucchini boats. (1 large zucchini cut in 1/2, scoop out flesh and mix with 100g 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: 4 tbsp low calorie jelly.

Drink 3.5 litres water a day

DAY 17

Breakfast: 100g strawberries sprinkled with stevia plus tea or coffee with stevia, no milk or 1 tablespoon of milk.

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

Lunch: Chickpea lettuce wraps. Add 80g 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: 100g cucumber with salt plus 1 x melba toast OR grissini stick.

Dinner: Beef curry (no oil, use water). 100g 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 apple plus tea or coffee with stevia, no milk.

Drink 3.5 litres water a day

DAY 18

Breakfast: 1 x apple plus tea or coffee with stevia, no milk or 1 tablespoon of milk.

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

Lunch: Roast beef with vegetables. 100g of baked beef (no oil, use water) with herbs and spices e.g. garlic or rosemary. Serve with 3 cups of lettuce and cucumber.

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

Dinner: Roast chicken with veggies. 100g of baked chicken (no oil, use water) with herbs and spices e.g. cumin and pepper. Serve with 3 cups of asparagus and onion (pan fried with water and vegetable stock).

Snack: 4 tbsp low calorie jelly plus 1 x melba toast or grissini stick.

Drink 3.5 litres water a day



Standard Program Meal Plan

DAY 19

Breakfast: ½ grapefruit plus tea or coffee with stevia, no milk or 1 tablespoon of milk.

Snack: 4 tbsp low calorie jelly plus tea or coffee with stevia, no milk.

Lunch: Lemon pepper fish. 100g 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 tea or coffee with stevia, and no milk.

Dinner: Peppered steak with vegetables. 100g of peppered steak (no oil, use water). Serve with a side of pan fried (with water and vegetable stock) tomato and onion (3 cups).

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

Drink 3.5 litres water a day

DAY 20

Breakfast: 1 x orange plus tea or coffee with stevia, no milk or 1 tablespoon of milk.

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

Lunch: Omelette (3 egg whites + 1 whole egg no oil) served with spinach OR tomatoes plus tea or coffee with stevia, no milk.

Snack: 4tbsp low calorie jelly. Plus 1 x grissini stick OR melba toast.

Dinner: Grilled chicken skewers. Grill 100g chicken breast (no skin and seasoned with herbs and spices to taste) with 1 cup zucchini chunks and 1 cup of onions.

Snack: ½ grapefruit plus tea or coffee with stevia, no milk.

Drink 3.5 litres water a day

DAY 21

Breakfast: 1 x apple plus tea or coffee with stevia, no milk or 1 tablespoon of milk.

Snack: 100gm tomato with salt, plus 1 x melba toast OR grissini stick.

Lunch: Fresh prawn salad. 100g fresh peeled prawns toss in lemon juice salt/pepper with fresh spinach, and celery (3 cups).

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

Dinner: Beef curry (no oil, use water). 100g 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 tea or coffee sweetened with stevia, no milk.

Drink 3.5 litres water a day

IMPORTANT NOTE:

- 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