

500 Calorie Meal Plan



500 Calorie Diet

DAY 1

Breakfast: 6 x Strawberries plus unlimited cups of tea or coffee with stevia, no milk or 1 tablespoon of milk.

Snack: 1 x Cucumber with salt plus 1 x melba toast OR grissini stick.

Lunch: Beef patties. 100 grams 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: Low calorie jelly with 1 x chopped apple.

Dinner: Chicken salad. 100 grams 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 unlimited cups of tea or coffee with stevia, no milk.

DAY 2

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

Snack: 1 x 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 100 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 cups of tea or coffee with sweetened stevia, no milk.

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

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

DAY 3

Breakfast: ½ x Grapefruit plus unlimited cups of tea or coffee with stevia, no milk or 1 tablespoon of milk.

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

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

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

Snack: Low calorie jelly with 6 x strawberries.



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DAY 4

Breakfast: 1 x Apple 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, no milk.

Lunch: Steak and veggies. 100 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: 100 grams of watermelon plus unlimited cups 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 jiggy yet firm. Serve with 3 cups of vegetables.

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

DAY 5

Breakfast: 100 grams of watermelon 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: Cabbage wrapped meatballs. 100 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 Tomato with salt plus 1 x melba toast or grissini stick.

Dinner: Chicken zucchini noodles. 100 grams 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.

DAY 6

Breakfast: 6 x Strawberries plus unlimited cups of tea or coffee with stevia, no milk or 1 tablespoon of milk.

Snack: Low calorie jelly with 1 x chopped apple.

Lunch: Chickpea lettuce wraps. Add 80 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: 1 x Melba toast OR grissini stick plus unlimited cups of tea or coffee with stevia, no milk.

Dinner: Tofu skewers. Using 100 grams 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: 1 x Cucumber with salt plus 1 x grissini stick or melba toast.



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DAY 7

Breakfast: 1 x Orange 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, no milk. Plus 1 x melba toast OR grissini stick.

Lunch: Cabbage wrapped meatballs. 100 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 Tomato with salt. Plus 1 x melba toast or grissini stick.

Dinner: Beef curry (no oil, use water). 100 grams of cubed low fat beef cooked with onions, cabbage, celery, curry powder, chilli and spices to taste. Serve with konjac rice.

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

DAY 8

Breakfast: ½ x Grapefruit plus unlimited cups of tea or coffee with stevia, no milk or 1 tablespoon of milk.

Snack: Low calorie jelly.

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 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, no milk.

Dinner: Peppered steak with vegetables. 100 grams 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: 6 x Strawberries plus 1 x melba toast or grissini stick.

DAY 9

Breakfast: 1 x Apple 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, no milk.

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

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

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

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



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DAY 10

Breakfast: 100 grams of watermelon 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. Plus 1 x melba toast OR grissini stick.

Lunch: Soy chicken Salad. 100 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 Apple plus unlimited cups of tea or coffee with stevia, no milk.

Dinner: Pan Fried Veal and Baked Zucchini. 100 grams 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 cups of tea or coffee with stevia, no milk.

DAY 11

Breakfast: 6 x Strawberries 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, no milk.

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

Snack: ½ x 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 80 grams 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: Low calorie jelly plus 1 x melba toast or grissini stick.

DAY 12

Breakfast: 1 x Orange plus unlimited cups 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. 100 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: Low calorie jelly plus 1 x melba toast or grissini stick.

Dinner: Cabbage wrapped meatballs. 100 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: 50 grams of baked curry chickpeas (toss chick peas in curry powder and spices to taste and bake until crunchy).



500 Calorie Diet

DAY 13

Breakfast: ½ x Grapefruit 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, no milk.

Lunch: Tofu skewers. Using 100 grams 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: Low calorie jelly plus 1 x melba toast or grissini stick.

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

Snack: 100 grams of watermelon plus unlimited cups of tea or coffee sweetened with stevia, no milk.

DAY 14

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

Snack: Low calorie jelly plus 1 x melba toast OR grissini stick.

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

Dinner: Chicken salad. 100 grams 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 unlimited cups of tea or coffee with stevia, no milk.

DAY 15

Breakfast: 6 x Strawberries sprinkled with stevia 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: Soy chicken salad. 100 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: 1 x Tomato with salt plus 1 x melba toast OR grissini stick.

Dinner: Spaghetti with meatballs (100 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 Apple with low calorie jelly plus unlimited cups of tea or coffee with stevia, and no milk.



500 Calorie Diet

DAY 16

Breakfast: 1 x Orange 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, and no milk.

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

Snack: 100 grams of watermelon plus unlimited cups of 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 100 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: Low calorie jelly.

DAY 17

Breakfast: 6 x Strawberries sprinkled with stevia 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: Chickpea lettuce wraps. Add 80 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: 1 x Cucumber with salt plus 1 x melba toast OR grissini stick.

Dinner: Beef curry (no oil, use water). 100 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 Apple plus unlimited cups of tea or coffee with stevia, no milk.

DAY 18

Breakfast: 1 x Apple 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: Roast beef with vegetables. 100 grams 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. 100 grams of baked chicken (no oil, use water) with herbs and spices e.g. moroccan spice and pepper. Serve with 3 cups of asparagus and onion (pan fried with water and vegetable stock).

Snack: Low calorie jelly plus 1 x melba toast or grissini stick.



500 Calorie Diet

DAY 19

Breakfast: ½ x Grapefruit plus unlimited cups of tea or coffee with stevia, no milk or 1 tablespoon of milk.

Snack: Low calorie jelly plus unlimited cups of tea or coffee with stevia, no milk.

Lunch: Lemon pepper fish. 100 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 with stevia, and no milk.

Dinner: Peppered steak with vegetables. 100 grams 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: 6 x Strawberries plus unlimited cups of tea or coffee with stevia, no milk. Plus 1 x melba toast OR grissini stick.

DAY 20

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

Snack: Low calorie jelly. Plus 1 x grissini stick OR melba toast.

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

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

DAY 21

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

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

Lunch: Fresh prawn salad. 100 grams 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). 100 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.