

7 DAY ABSOLUTE TRIM BODY SYSTEM MEAL PLANNER

WEIGHT
MANAGEMENT
AND WELLNESS
MADE SIMPLE



Try carrying a protein rich snack with you like the POSITRIM Protein bar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Scrambled tofu with fresh herbs on rye toast	Cereal 50-100g* + 1 scoop of All Plant Protein	1-2 Scrambled eggs with tomato on wholemeal toast	Smoothie with 1 cup of strawberries, low fat milk & 1 scoop of All Plant Protein	100g Ham off the bone and tomato on rye toast	1-2 Boiled eggs on wholegrain toast	½ cup Porridge and 1 scoop NUTRIWAY All Plant Protein
+ Snack	50g ham off the bone	½ a POSITRIM™ Protein Bar	50g roast beef	½ a POSITRIM™ Protein Bar	One chicken drum stick skin removed	½ a POSITRIM™ Protein Bar	1 boiled egg
+ Lunch	100g* or palm sized serve of grilled chicken breast mixed salad	100g* or palm sized serve of ham off the bone with garden salad	Tin of tuna with tomato and basil salad	2 egg frittata with mushrooms, shallots and 20g low fat cheddar with rocket	100g* or palm sized serve of smoked salmon with garden salad and lemon wedge	Roast chicken breast with no skin and celery and green apple salad	100g* or palm sized serve of lean steak with mustard and green salad
+ Snack	½ a POSITRIM™ Protein Bar	50g cottage cheese	½ a POSITRIM™ Protein Bar	50g shaved chicken breast	½ a POSITRIM™ Protein Bar	50g shaved turkey breast	½ a POSITRIM™ Protein Bar
+ Dinner	100g* or palm sized serve of lean steak cut into strips and stir fried with vegetables soy and chilli	100g* or palm sized serve of tofu with oyster sauce and steamed Asian greens	100g* or palm sized serve of chicken breast with cumin, ground coriander and lemon zest with steamed broccoli and zucchini	100g* or palm sized serve of salmon grilled with fresh dill and capers with steamed asparagus	Vegetarian kebabs made with 100g or palm sized serve of marinated tempeh and veggies	100g* or palm sized serve of pork loin BBQ'd with char grilled capsicum and eggplant	100g* or palm sized serve of homemade fish cakes using white fish and small amount of red curry paste with cucumber and lime salad
+ Snack	½ a POSITRIM™ Protein Bar	½ a POSITRIM™ Protein Bar	½ a POSITRIM™ Protein Bar	1 boiled egg	½ a POSITRIM™ Protein Bar	½ a POSITRIM™ Protein Bar	½ a POSITRIM™ Protein Bar
+ Exercise	10,000 steps	10,000 steps	10,000 steps	10,000 steps	10,000 steps	10,000 steps	10,000 steps
+ Water	2-3 litres of eSpring water	2-3 litres of eSpring water	2-3 litres of eSpring water	2-3 litres of eSpring water	2-3 litres of eSpring water	2-3 litres of eSpring water	2-3 litres of eSpring water

*100g for women or 150g for men



Planning is the key to success.



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