

Cheat Meal

NAME

QUANTITY

MEAL 1

- Orange 1 medium
- Mixed Berries 100g
- Pineapple 100g
- Frozen Mango Chunks .05 cup

MEAL 2

- Chicken Wings 3 Wings
- Cucumber 100g

MEAL 3

- 97% Fat Free Ham 40g
- Bega - Light Tasty 50% Less Fat 1 Slice 17g
- Tomato 30g
- Tip Top Thin Sandwiches 1 Sandwich

MEAL 4

- Leggos Chunky Bolognese with Tomato Garlic and Herb 125g
- Sirena - La Vita Tuna in Oil 96% Fat Free 70
- Onion 30g
- Vetta Smart Pasta Penne 75g Dry weight

MEAL 5

- Red Wine 2 glasses
- Lindt Chilli Dark Chocolate 4 Squares

Cheat Meal

NAME

QUANTITY

MEAL 1

- Bob Redmill Pancakes
- Queens Maple Syrup Flavour
- Mixed Berries

2 pancakes
15g
Frozen 60g

MEAL 2

- Chicken Wings
- Cucumber
- 1 x Sunrice Basmati Quick 1 Cup
- Marion's Kitchen Honey Soy Garlic Marinade

3 Wings
100g
1 Cup
2tbsp

MEAL 3

- Dairy Farm Caramelised Fig Yoghurt

100g

MEAL 4

- Aldi Lamb Chop
- Lettuce
- Tomato
- Onion
- Cucumber
- Danish Feta
- Praise Fat Free Italian Dressing

1 Chop
80g
50g
20g
50g
25g
20g

MEAL 5

- Maltesers Funsized

2 packets

Cheat Meal

NAME

QUANTITY

MEAL 1

- Tip Top Wholemeal English Muffin
- Whole Egg
- Tomato

67g
1
1 Slice

MEAL 2

- Watermelon
- Pineapple
- Strawberries

1 cup
1 cup
1 cup

MEAL 3

- Don Salami
- Bega - Light Tasty 50% Less Fat
- Tomato
- Tip Top Thin Sandwiches

25g
1 Slice 17g
30g
1 Sandwich

MEAL 4

- Leggos Creamy Tomato and Mozzarella Pasta Bake Sauce
- Coles Beef Mince 5 Star
- Vetta Smart Pasta Penne

125g
150g
75g Dry weight

MEAL 5

- Cornetto Vanilla Icecream

1 Cone

Cheat Meal

NAME

QUANTITY

MEAL 1

- Danone - Yo Pro 1 Tub 160g
- Woolworth Frozen Mixes Berries 60g frozen
- Honey 5g

MEAL 2

- Lemnos Reduced Fat Fetta 30g
- Watermelon 100g
- Fresh Basil 2 Tbsp

MEAL 3

- Sirena - La Vita Tuna in Oil 96% Fat Free 70g
- Chick Peas 1/2 Cup
- Cucumber 1 Cup
- Onion 30g
- Capsicum 50g

MEAL 4

- BBQ Chicken Wings 3 Wings
- Carrot 50g
- Chris Lite and Fresh Tzatziki 40g
- Cucumber 50g
- Peckish Rice Crackers Original Flavour 20g

MEAL 5

- Woolworth Pork Strips 100g
- Chicken Tonight Rich and Creamy Mushroom Sauce 100g
- 1 x Sunrice Basmati Quick 1 Cup 1 Cup
- Mushroom 100g

Cheat Meal

NAME

QUANTITY

MEAL 1

- Danone - Yo Pro 1 Tub 160g
- O&G - Protein Crunchy Granola, Almond and Vanilla 40g
- Woolworth Frozen Mixes Berries 60g frozen

MEAL 2

- Chris Lite and Fresh Tzatziki 40g
- Cucumber 50g
- Peckish Rice Crackers Original Flavour 20g

MEAL 3

- 97% Fat Free Ham 40g
- Be Free - Be Wheat and Gluten Free Multi Grain Wrap 1 Wrap
- Lettuce 50g
- Cucumber 50g
- Tomato 50g
- Praise - 99% Fat Free Mayo 20gm

MEAL 4

- Chicken Breast Raw 100g
- Don - Real Diced Bacon 20g
- Onion 30g
- Leggos Carbonara 120g
- Vetta Smart Pasta Penne 75g dry weight

MEAL 5

- Yalumba Sparkling Red Wine (150ml per glass) 2 glasses

Cheat Meal

NAME

QUANTITY

MEAL 1

- Soy Latte

330ml

MEAL 2

- Eggs
- Mushroom
- Avocado
- Danish Feta - Coles
- Tomato Grilled
- Tip Top Thins

2 whole

2 cups

1/2

25g

148gm

67g

MEAL 3

- Chris's Lite Tzatziki
- Cucumber
- Peckish Rice Crackers Original Flavour

40g

100g

20g

MEAL 4

- Eye Fillet Steak
- Roast Potatoes
- Broccolini
- Portabello Mushrooms
- Red Wine 2 glasses 150ml each

150gm

100g

100g

100g

300g

MEAL 5

- Halo Top

1 Icecream

Cheat Meal

NAME

QUANTITY

MEAL 1

- Tip Top Wholemeal English Muffin
- Whole Egg
- Tomato

1 Muffin
1
1 Slice

MEAL 2

- Mainland Tasty Light Cheese and Crackers
- Skinny Latte

30g
Small

MEAL 3

- 97% Fat Free Ham
- Be Free - Be Wheat and Gluten Free Multi Grain Wrap
- Lettuce
- Cucumber
- Tomato
- Praise - 99% Fat Free Mayo

40g
1 Wrap
50g
50g
50g
20gm

MEAL 4

- Don - Real Diced Bacon
- Onion
- Leggos Calabrese
- Vetta Smart Pasta Penne

40g
30g
120g
75g dry weight

MEAL 5

- Red Wine (150ml per glass)

2 glasses

Cheat Meal

NAME

QUANTITY

MEAL 1

- Golden Pancake x 2
- Queens Maple Syrup Flavour
- Walnuts

2 pancakes
15g
2tbs

MEAL 2

- Watermelon
- Pineapple
- Strawberries

1 cup
1 cup
1 cup

MEAL 3

- Don Salami
- Bega - Light Tasty 50% Less Fat
- Tomato
- Tip Top Thin Sandwiches

25g
1 Slice 17g
30g
1 Sandwich

MEAL 4

- Leggos Chunky Bolognese with Tomato Garlic and Herb
- Coles Beef Mince 5 Star
- Vetta Smart Pasta Penne
- Mushroom

125g
150g
75g Dry weight
100g

MEAL 5

- Cornetto Vanilla Icecream

1 Cone

Cheat Meal

NAME

QUANTITY

MEAL 1

- Tip Top Wholemeal English Muffin 1 whole
- Whole Egg 1 Egg
- Bacon Shortcut Rindless 40g
- Avocado 1 quarter
- Spring Onion 1 Sliced

MEAL 2

- Tea with Milk 1 cup
- Kellogs 90 Cal Bar 1

MEAL 3

- Sirena - La Vita Tuna in Oil 96% Fat Free 70g
- Be Free - Be Wheat and Gluten Free - Multigrain Wraps 1 Wrap
- Coleslaw Lettuce Mix 50g
- Capsicum 50g
- Ayam - Sweet Chilli Sauce 50g

MEAL 4

- Doritos 20g
- Moscato x 2 glasses 120ml each

MEAL 5

- Chicken Breast Raw 100g
- Don - Real Diced Bacon 20g
- Onion 30g
- Leggos Carbonara 120g
- Vetta Smart Pasta Penne 75g dry

Cheat Meal

NAME

QUANTITY

MEAL 1

- Tip Top Wholemeal English Muffin 1
- Bega - Light Tasty 50% Less Fat 1 slice
- Tomato 2 slices
- Egg 1 whole

MEAL 2

- Small Almond Latte 1

MEAL 3

- Yumi Hommus Dip 100g
- Peckish Rice Thins 20g
- Baby Cucumber 100g

MEAL 4

- Onion 30g
- Healthy Bake Spelt Pizza Base Half base
- Barilla Napoletana Sauce 100g
- Capsicum 50g
- Mushroom 70g
- Kalamata Olives 5 Olives
- Coles Lite Shredded Mozzarella 20g

MEAL 5

- Pinot (150ml) 150ml
- Gold 70% Dark Chocolate 4 squares

Cheat Meal

NAME

QUANTITY

MEAL 1

- Tip Top Wholemeal English Muffin 1
- Bega - Light Tasty 50% Less Fat 1 slice
- Tomato 2 slices

MEAL 2

- Yumi Beetroot Dip 100gHalf
- Peckish Rice Thins 20g
- Baby Cucumber 100g

MEAL 3

- Extra Lean 95% Fat Free Mince Weighed Raw 120g
- Old El Paso Chilli Spice Mix 5g
- Onion 20g
- Canned Diced Tomatoes 100g
- 1 x Sunrice Basmati Quick 1 Cup 1 Cup

MEAL 4

- Onion 30g
- Vetta Smart Pasta Penne 75g Dry
- Leggos Chunky Bolognese with Tomato Herb and Garlic 125g
- Spinach 100g
- Mushroom 100g
- Zucchini 1 cup
- Don Chorizo 25g

MEAL 5

- Shiraz (150ml) 2 glasses

Cheat Meal

NAME

QUANTITY

MEAL 1

- Oats 35g
- Mixed Berries 100g
- Nutella 15g

MEAL 2

- Tea 1 Cup
- Kellogs 90 cal bar 1 Bar

MEAL 3

- Sirena - La Vita Tuna in Oil 96% Fat Free 70g
- Be Free - Be Wheat and Gluten Free Multi Grain Wrap 1 Wrap
- Avocado 1/4
- Lettuce 50g
- Tomato 30g

MEAL 4

- Salmon Skin off 100g
- Marion's Kitchen Honey Soy Garlic Marinade 2 Tbsp
- Snow Peas 1200g
- Bok Choy 100g

MEAL 5

- Shiraz (150ml) 2 glasses
- Lindt Dark Chocolate Sea Salt 3 squares

Cheat Meal

NAME

QUANTITY

MEAL 1

- Tip Top Thins 1
- Peanut Butter 15gm
- Strawberry Jam 15gm

MEAL 2

- Hydroxi Ripp Protein Shake 2 scoops
- Banana Half
- Almond Milk 2 Cups

MEAL 3

- Kangaroo Steak 150g
- Lettuce 30g
- Tomato 30g
- La Fournee Doree - Brioche Bun 50g
- Bega - Light Tasty 50% Less Fat 1 slice

MEAL 4

- BBQ Shapes 25g snack size

MEAL 5

- Crumbed Fish i Piece 83g
- Lettuce 2 Cups
- Tomato 1 Medium
- Cucumber Half Cup
- Onion 25g
- Dressing 20g

Cheat Meal

NAME

QUANTITY

MEAL 1

- Poached Egg 1 whole
- Spinach 100g
- Balsamic Glaze 15ml

MEAL 2

- Pink Lady Apple Sliced 1 Medium
- Noya Almond Butter 30g

MEAL 3

- Lemnos Reduced Fat Fetta 30g
- Watermelon 100g
- Fresh Basil 2 tbsp

MEAL 4

- Calamari 150gm
- Lettuce 2 cups
- Tomato 1 Medium
- Cucumber Half Cup
- Onion 25g
- Parmesan Reggiano 1tbsp
- Heinz Seriously Good Aioli Lite 25ml

MEAL 5

- Hendrix and Soda 30ml Shots 7 drinks

Cheat Meal

NAME

QUANTITY

MEAL 1

- Eggs Sunside up 2
- Gluten Free White Bread 2 slices

MEAL 2

- Cadbury Milk Chocolate Fun size 2
- Short Macchiato 45ml

MEAL 3

- Lean Beef Strips 100g
- Marions Kitchen Honey Soy Garlic Sauce 50ml
- Onion 30g
- Capsicum 50g
- Green Beans 50g
- Sunrise Quick Cups - White Rice 125g

MEAL 4

- Pandaroo Coconut Milk Lite 100ml
- Don - Real Diced Bacon 60g
- Onion 30g
- Garlic 2 cloves
- Buon Appetit Pasta Spirals 100g cooked

MEAL 5

- Red Wine 150ml

Cheat Meal

NAME

QUANTITY

MEAL 1

- Golden Pancake 60g
- Queens Maple Syrup Flavour 15g
- Banana 1 Medium

MEAL 2

- Almond Latte 1 Cup
- 90 Cal Fibre Bar 1 Bar

MEAL 3

- Sirena - La Vita Tuna in Oil 96% Fat Free 70g
- Annalisa Four Bean Mix 50g
- Avocado 1 quarter
- Tomato 50g

MEAL 4

- Edgell Mexican Mixed Beans 150gm
- Old El Paso Spice Mix 10g
- 4 x Old El Paso Mini Stand n Stuff Tortillas 48g
- Lettuce 50g
- Coles Shredded Light Mozzarella Cheese 25g
- Bulla Light Sour Cream 30ml
- Onion 20g
- Canned Diced Tomatoes 100g

MEAL 5

- Mars Bar Funsize
- Pinot Noir 150ml

Cheat Meal

NAME

QUANTITY

MEAL 1

- Tip Top Wholemeal English Muffin 35g
- Whole Egg 100g
- Tomato 1/4 scoop

MEAL 2

- Mainland Tasty Light Cheese and Crackers 30g
- Skinny Latte Small

MEAL 3

- Chicken Breast Raw 120g
- Be Free - Be Wheat and Gluten Free Multi Grain Wrap 1 wrap
- Lettuce 30g
- Tomato 30g
- Bega - Country Light 50% Less Fat 1 slice 17g
- Fountain Satay Sauce 20ml

MEAL 4

- Chris Lite and Fresh Tzatziki 40g
- Cucumber 100g
- Peckish Rice Crackers Original Flavour 20g

MEAL 5

- Lean Beef Strips 150g Raw
- Wokka Thin Hokkien Noodles 110g
- Carrot 50g
- Snow Peas 50g
- Bok Choy 50g
- Woolworths Hoisin Sauce 20ml
- Woolworths Sweet Chill Sauce 25%Less Sugar 20ml

Cheat Meal

NAME

QUANTITY

MEAL 1

- Oats
- Blueberries
- Protein Powder

35g
100g
1/4 scoop

MEAL 2

- Aldi Beef Jerky

50g

MEAL 3

- Triple Tuna Sirena
- Spinach

70g
100g

MEAL 4

- Mince Patty
- Lettuce
- Dijon Mustard
- Lettuce
- Egg
- Aldi Shredded Cheese

150g
50g
1 tsp
50g
1 Small
25g

MEAL 5

- Cabernet Sauvignon x 3 glasses

150ml per glass

Cheat Meal

NAME

QUANTITY

MEAL 1

- Rye Bread 2 Slices
- Nuttalex Buttery 10g
- Vegemite 10g

MEAL 2

- Yumi Hommus 40g
- Carrot 1 Cup
- Pepsi Max 375ml

MEAL 3

- Yumi Classic Falafel Balls 75g 4 Balls
- Chickpeas - Coles 100g
- Lettuce 80g
- Tomato 50g
- Onion 20g
- Cucumber 50g
- Danish Feta 25g
- Praise Fat Free Italian Dressing 20g

MEAL 4

- Hydroxi Ripp Protein Powder 40g
- Banana 50g
- Frozen Mixed Berries 50g
- Honey 15g

MEAL 5

- Onion 30g
- Vetta Smart Pasta Penne 75g dry
- Leggos Chunky Bolognese with Tomato Herb & Garlic 125g
- Spinach 100g
- Mushroom 100g
- Zucchini 1 cup

Cheat Meal

NAME

QUANTITY

MEAL 1

- Golden Pancake x 2 60g per pancake
- Greens Maple Syrup Flavour 15g
- Woolworth Frozen Mixes Berries 60g Frozen

MEAL 2

- Green Tea 1 Cup
- Kelloggs 90 Cal Fibre Bar 90 Cal

MEAL 3

- Extra Lean 95% Fat Free Mince Weighed Raw 120g
- Old El Paso Chilli Spice Mix 5g
- Onion 20g
- Canned Diced Tomatoes 100g
- 1 x Sunrice Basmati Quick 1 Cup 1 Cup

MEAL 4

- Chicken Breast Raw 130g
- La Fournee Doree - Brioche Bun 50g 1 bun
- Bega - Light Tasty 50% Less Fa 1 Slice 17g
- Lettuce 50g
- Tomato 50g
- Coles Sliced Beetroot 50g
- Fountain No added Sugar BBQ Sauc 20ml
- Broccoli 100g

MEAL 5

- Kit Kat 2 Fingers

Cheat Meal

NAME

QUANTITY

MEAL 1

- Cocobella Vanilla Coconut Yoghurt 111g
- O&G - Protein Crunchy Granola, Almond & Vanilla 40g
- Woolworth Frozen Mixes Berries 60g Frozen

MEAL 2

- Yumi Beetroot Dip 100g
- Peckish Rice Thins 20g
- Baby Cucumber 100g

MEAL 3

- Soy Latte 8oz
- BBQ Roast Chick no Skin or Stuffing 100g
- Be Free - Be Wheat and Gluten Free Multi Grain Wrap 1 Wrap
- Lettuce 50g
- Cucumber 50g
- Tomato 50g
- Praise - 99% Fat Free May 20g

MEAL 4

- Don Chorizo 25g
- Chicken Breast Raw 100g
- Onion 30g
- Vetta Smart Pasta Penne 75g Dry
- Leggos Chunky Bolognese with Tomato Herb & Garlic 125g

MEAL 5

- Magnum Dairy Free Icecream 73g

Cheat Meal

NAME

QUANTITY

MEAL 1

- Danone - Yo Pro 1 Tub 160g
- O&G - Protein Crunchy Granola, Almond and Vanilla 40g
- Woolworth Frozen Mixes Berries 60g frozen
- Honey 5g

MEAL 2

- Arcadia Latte made with water 1 cup
- Kellogs 90 Cal Bar 1

MEAL 3

- BBQ Roast Chicken no Skin or Stuffing 100g
- Be Free - Wheat and Gluten Free Multi 1 Wrap
- Grain Wrap
- Lettuce 50g
- Cucumber 50g
- Tomato 50g
- Praise - 99% Fat Free Mayo 20gm

MEAL 4

- Sea Salt and Balsamic Chips 28g

MEAL 5

- Leggos Chunky Bolognese with Tomato Garlic and Herb 125g
- Coles Beef Mince 5 Star 150g
- Vetta Smart Pasta Penne 75g dry
-

Cheat Meal

NAME

QUANTITY

MEAL 1

- Round Crumpet
- Nutella

2
20g

MEAL 2

- BSC Lo Carb Protein Bar

1

MEAL 3

- Chicken Breast (weighed raw)
- Chicken Tonight Cashew Satay Cooking Sauce
- Sunrise White Rice Quick Cup
- Green Beans
- Broccoli 50g

120g
100g
1
50g
50g

MEAL 4

- Lean Beef Rump Steak Weigh Raw
- McCain Healthy Choice Chips
- Green Beans
- Fountain No Sugar Added Sauce

180g
150g
100g
20ml

MEAL 5

- Kit Kat Chunky Chocolate Bar

1

Cheat Meal

NAME

QUANTITY

MEAL 1

- Herbalife Whey Protein 40g
- Banana 50g
- Frozen Mixed Berries 50g
- Honey 5g

MEAL 2

- The Bar Counter - Raspberry Truffle 40g 1

MEAL 3

- Chicken Breast (weighed raw) 120g
- Bega - Country Light Tasty 50% Less Fat 1 Slice
- Lettuce 50g
- Tomato 50g
- Buttercup - Country Split Wholemeal Bread 2 slices
- Heinz Seriously Good Aioli Lite 10mls

MEAL 4

- Barramundi Weigh Raw 200g
- McCain Wedges Original 130g
- Weight Watchers Sour Cream 20g
- Fountain Sweet Chilli Sauce 20ml
- Broccoli 100g

MEAL 5

- Snickers Icecream Bar 50g 1