Sample daily meal plan (6,000kJ)

Low-carb, higher protein, high unsaturated fat diet pattern

**Breakfast**
- 30g Heart 1st breakfast cereal with 100ml skim milk
- 1 X Ryvita crispbread topped with grilled tomato and cracked pepper

**Lunch**
TUNA, RICOTTA AND AVOCADO SALAD
- 60g reduced fat ricotta cheese
- 100g tin of tuna (in springwater)
- 1 cup salad vegetables
- ½ avocado (80g)

**Dinner**
CHICKEN AND ALMOND STIR FRY
- 150g (raw weight) lean chicken breast
- 2 cups cooked mixed vegetables
- basil, ginger, chilli, garlic
- 10g (2 tsp) canola oil
- 40g (1/4 cup) chopped almonds

**Snacks**
- 25g of pecan nuts
- 100g low fat yogurt
- tea or coffee with 100ml of skim milk


*DISCLAIMER: This information should not be viewed as medical advice. You should always consult with your Doctor or Physician before making any changes to your diet or beginning an exercise program.*