

Please note as well as high protein content these smoothies also have high anti-oxidant values. Making them very suitable for a “power breakfast” or “wellness booster”.

MON	TUES	WED	THURS	FRI	SAT	SUN
<p><b>Breakfast</b> Smoothie: blend 1 scoop zero carb metapure raspberry, 300ml skimmed milk, 100g strawberries and 1 banana.</p>	<p><b>Breakfast</b> Smoothie: blend 1 30g scoop zero carb metapure raspberry, 300ml skimmed milk, 100g strawberries, 1 banana and 1 tsp flaxseed oil.</p>	<p><b>Breakfast</b> 4 scrambled egg whites on 2 slices of whole-grain toast. 1 grapefruit. 1 cup of green tea.</p>	<p><b>Breakfast</b> 45g oats with 300ml skimmed milk and 1tsp honey. 1 cup of green tea.</p>	<p><b>Breakfast</b> 40g bran flakes with 150ml skimmed milk and 1 chopped banana.</p>	<p><b>Breakfast</b> 2 slices of French toast made with 1 egg, 500ml milk, 1tsp cinnamon and 1tsp nutmeg.</p>	<p><b>Breakfast</b> 4 scrambled egg whites on 2 slices of wholemeal toast. 1 grapefruit.</p>
<p><b>Snack</b> 1 apple</p>	<p><b>Snack</b> 90g sardines on 1 slice of wholemeal toast.</p>	<p><b>Snack</b> 1 low fat yoghurt with blueberries, a handful of oats and 1tsp honey.</p>	<p><b>Snack</b> 1 orange.</p>	<p><b>Snack</b> 90g sardines with lemon juice on 1 slice of wholemeal toast.</p>	<p><b>Snack</b> 150g raw carrots and hummus.</p>	<p><b>Snack</b> 30g zero carb metapure raspberry, 300ml skimmed milk, 50g blueberries, 50g blackberries and 1 banana.</p>
<p><b>Lunch</b> 1 can of tuna with beetroot</p>	<p><b>Lunch</b> Turkey salad sandwich on wholemeal bread. 1 orange.</p>	<p><b>Lunch</b> 30g zero carb metapure raspberry, 80g raspberries, 80g blueberries, 50g blackberries, blend with water.</p>	<p><b>Lunch</b> Grilled Chicken salad sandwich on wholemeal bread.</p>	<p><b>Lunch</b> 30g zero carb metapure raspberry, 2 oranges, 50g blueberries, 50g blackberries and 1 banana. Blend with water.</p>	<p><b>Lunch</b> 100g tuna, cherry tomatoes and balsamic vinegar.</p>	<p><b>Lunch</b> Tuna sandwich on wholemeal bread. 1 pear.</p>
<p><b>Snack</b> Half a malt loaf, apple and zero-carb metapure protein shake.</p>	<p><b>Snack</b> 1 banana. 50g dried fruit and nuts.</p>	<p><b>Snack</b> QNT Protein Burst. 1 apple.</p>	<p><b>Snack</b> 50g mixed seeds. 100g dried figs. Cranberry and raspberry smoothie.</p>	<p><b>Snack</b> 50g dried fruit and nuts.</p>	<p><b>Snack</b> zero-carb metapure shake and cereal bar.</p>	<p><b>Snack</b> Fresh fruit salad. Low-fat vanilla frozen yoghurt.</p>
<p><b>Snack</b> Mixed nuts, raisins and cranberries.</p>	<p><b>Snack</b> 1 mashed banana.</p>	<p><b>Snack</b> 100g low fat cottage cheese and pineapple.</p>	<p><b>Snack</b> 30g zero carb metapure raspberry, 80g raspberries, 80g blueberries, 50g blackberries, blend with water.</p>	<p><b>Snack</b> 10 radishes with balsamic vinaigrette..</p>	<p><b>Snack</b> 30g zero carb metapure raspberry, 80g raspberries, 80g blueberries, 50g blackberries, blend with water.</p>	<p><b>Snack</b> Mixed nuts and fruit bar.</p>
<p><b>Dinner</b> Salmon fishcake with green beans and spinach.</p>	<p><b>Dinner</b> 120g fillet steak with spinach and 3 grilled tomatoes.</p>	<p><b>Dinner</b> Stir-fry 2 chopped chicken breasts, 50g cauliflower florets, fresh rosemary, thyme, 2 chopped tomatoes and a handful of chopped olives. 70g brown rice.</p>	<p><b>Dinner</b> 120g tuna steak with stir-fried broccoli, green beans and spinach with sesame seeds and oil. 70g brown rice.</p>	<p><b>Dinner</b> 100g grilled almon with asparagus and 50g brown rice.</p>	<p><b>Dinner</b> 100g grilled cod with mashed potato and peas</p>	<p><b>Dinner</b> 200g chicken and vegetable stir-fry with red bell pepper, sesame seeds and oil. 70g brown rice.</p>