



# 7 DAY MEAL PLANNER

by Susie Burrell

for your *Body*



Always carry a protein rich snack with you. A great option is a *Body* Shake.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Body</i> Detox Smoothie	<i>Body</i> Detox Smoothie	<i>Body</i> Blueberry Breakfast Smoothie	<i>Body</i> Blueberry Breakfast Smoothie	<i>Body</i> Blueberry Breakfast Smoothie	1 serve of Bircher Muesli	1 serve of Bircher Muesli
1 Piece of fruit	100g low fat yoghurt + berries	1 Piece of fruit	100g low fat yoghurt + berries	1 Piece of fruit	100g low fat yoghurt + berries	1 Piece of fruit
100g tin tuna/salmon + 130g tin mixed beans + mixed salad + 1tsp olive oil dressing	100g grilled chicken breast + 1 slice flat bread + mixed salad + 1tsp olive oil dressing	½ cup brown rice + tin tuna mixed with red capsicum + sweet chili sauce	100g tin tuna/salmon + 130g tin mixed beans + mixed salad + 1tsp olive oil dressing	100g grilled chicken breast + 1 slice flat bread + mixed salad	Jacket potato topped with red salmon + 1/3 cup cottage cheese + tomato	100g lean beef strips + 2 flat bread wraps + salad
2 Protein Balls	1 Muffin	2 Protein Balls	1 Muffin	2 Protein Balls	1 Muffin	2 Protein Balls
150g piece grilled fish + vegetables stir fried in 1tp olive oil	150g lean steak fillet + salad	150g grilled chicken + salad	200g piece grilled fish + vegetables stir fried in 1tsp olive oil	150g lean lamb + vegetables	Small (150g) tuna fillet with Asian vegetables	Vegetable soup + 150g grilled Atlantic salmon



**Planning** is the key to dietary success.

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