



HIITRAZE

7 DAY

men's Health
meal plan



Plan Introduction

When it comes to all things weight loss, the simplest, fastest way to make impactful, lasting change is to form habits you can actually stick with for life. That's why this plan includes an easy-to-follow meal planning guide as a good starting point.

This full week of healthy and delicious food will take the guesswork out of grocery shopping and prepping with nutritionist-approved breakfast, lunch, and dinner ideas. Keep in mind to determine the appropriate portion sizes, according to your weight loss goals, activity levels, and individual requirements.



This information is for educational purposes only and is not intended as a substitute for medical diagnosis or treatment. You should not use this information to diagnose or treat a health problem or condition. Before starting a new diet plan, consult with a healthcare provider or a registered dietitian, especially if you have an underlying health condition.

Tips for healthy eating

Choose these foods more often:

- **Vegetables and fruits.** Fill half your plate with vegetables at most meals. Choose fresh, frozen, or canned with no added sugar or salt.
- **Whole grains** like barley, oats, and whole grain breads, pastas, and brown rice.
- **Plant proteins** like beans, peas, lentils, tofu, and other soy foods.
- **Lean animal proteins** like fish, seafood, eggs, chicken, and turkey. Eat fish at least 2 times a week.
- **Healthy fats** like nuts and seeds and their butters; avocados; oils like olive, canola, avocado, and walnut

Limit these foods:

- **Limit foods higher in saturated fat** like red meat (beef and pork); skin on poultry; bacon, sausage, and other processed meats; and higher fat dairy products.
- **Limit foods with trans fats** like hard margarine, some store-bought baked foods, chips, cookies, and deep fried foods.
- **Add little or no salt to cooking** or to your plate of food. Use flavourings like herbs, spices, garlic, lemon, or vinegar.
- **Read labels to limit higher sodium foods** like some processed foods, canned foods, and fast food.
- **Limit foods and drinks with added sugars** like juice, pop, candy, desserts, sweet baked foods, and sweet sauces.
- **Choose water, milk, tea, or coffee**, and drinks with **no added sugar**.

Healthy snacks are lower in sugar, unhealthy fats, and salt (sodium).

Not everyone needs a snack. Eating healthy snacks can help you:

- **Get important nutrients** like fibre, vitamins, minerals, and healthy fats.
- **Satisfy hunger** if there is a long time between your meals.



7 day men's health menu plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> Dan Churchill's super start smoothie recipe 	<ul style="list-style-type: none"> 1 cup cooked porridge made with reduced fat milk or milk alternative 1 apple, sliced 150g plain unsweetened yoghurt 1 small handful of seeds/nuts of choice 	<ul style="list-style-type: none"> 2-3 Weet-Bix wheat biscuits 1 cup reduced fat milk or milk alternative ½ cup canned fruit (in juice) 1 small handful of seeds/nuts of choice 	<ul style="list-style-type: none"> ½ cup natural muesli ½ cup reduced fat milk or milk alternative ½ cup stewed fruit 150g plain unsweetened yoghurt 	<ul style="list-style-type: none"> Weet-Bix and peanut butter power combo 	<ul style="list-style-type: none"> 2 slices of wholegrain toast ½ cup baked beans 1 poached egg ½ cup spinach leaves ½ fresh tomato, sliced 	<ul style="list-style-type: none"> 2 wholemeal English muffins 1 poached egg ½ cup sauteed mushrooms ½ cup spinach leaves ½ fresh tomato, sliced
Morning Snack	<ul style="list-style-type: none"> 2 slices of mixed grain fruit bread 1 piece of fruit 	<ul style="list-style-type: none"> 4-6 wholegrain crackers Topping option: hummus, low-fat feta cheese, rocket and cucumber 	<ul style="list-style-type: none"> Toasted cheese and mushroom sandwich: 2 slices wholegrain bread, baby spinach, mushroom and cheese, then toasted 	<ul style="list-style-type: none"> Celery sticks dipped in hummus or cottage cheese 	<ul style="list-style-type: none"> Berry oat smoothie 	<ul style="list-style-type: none"> Fruit and nut loaf 1 piece of fresh fruit 	<ul style="list-style-type: none"> Date bran muffin 1 piece of fresh fruit
Lunch	<ul style="list-style-type: none"> Wholemeal falafel salad wrap: Fill wholemeal wrap bread with baby spinach, falafel, capsicum, grated carrot, cottage cheese and avocado 	<ul style="list-style-type: none"> Leftover Vegetarian pad thai recipe 	<ul style="list-style-type: none"> Greek salad: Combine mixed lettuce, cucumber, red onion, olives, low fat feta and four-bean mix. Serve with a toasted wholemeal pita bread 	<ul style="list-style-type: none"> Wholegrain sweet chilli sandwich: 2 slices wholegrain bread, fill with rocket, cucumber, mung beans, tomato, cottage cheese and sweet chilli sauce 	<ul style="list-style-type: none"> Salad, lentil and hummus pita pocket: Wholemeal pita bread filled with baby spinach, canned lentils (drained), grated carrot, cucumber, red onion, semi-dried tomato and hummus 	<ul style="list-style-type: none"> Roast vegetable salad: Baby spinach leaves, baked Sweet potato (kumara), sliced, baked pumpkin sliced, baked beetroot sliced, low fat feta cheese and walnuts 	<ul style="list-style-type: none"> Leftover Roast tomato soup recipe served with wholegrain bread/bun
Afternoon Snack	<ul style="list-style-type: none"> 1 nut muesli bar Carrot sticks dipped in hummus or cottage cheese 	<ul style="list-style-type: none"> Banana smoothie: 1 banana, 1 cup soy milk, 2 tsp honey, 1 tsp vanilla essence 	<ul style="list-style-type: none"> 1 piece of fresh fruit 2 rice cakes Topping option: Avocado, baby spinach and capsicum 	<ul style="list-style-type: none"> Peanut butter and banana wholegrain bread sandwich 	<ul style="list-style-type: none"> Hawaiian pizza muffin 	<ul style="list-style-type: none"> ½ cup frozen fruit 150g plain unsweetened yoghurt 	<ul style="list-style-type: none"> Apple almond crumble recipe serve with plain unsweetened yoghurt
Dinner	<ul style="list-style-type: none"> Vegetarian pad thai recipe 	<ul style="list-style-type: none"> Zucchini and corn frittata: recipe served with steamed vegetables Option: Peas, beans, carrots and broccoli 	<ul style="list-style-type: none"> Creamy garlic and leek risotto recipe 	<ul style="list-style-type: none"> Rocket and macadamia pesto pasta recipe with roasted vegetables Option: Sweet potato (kumara), capsicum and red onion 	<ul style="list-style-type: none"> Chickpea pilaf with spinach recipe 	<ul style="list-style-type: none"> Roast tomato soup recipe served with wholegrain bread/bun 	<ul style="list-style-type: none"> Homemade Burger served on a toasted wholegrain bun with Lentil patties recipe, Lettuce, red onion, semi-dried tomato, beetroot, low-fat feta cheese and fruit chutney

Tips to Save Calories



Breakfast Breakthroughs

- Make an omelet with 1 egg and 2 egg whites instead of 3 whole eggs.
- Choose a whole grain english muffin instead of a bagel.
- Spread 2 tbsp. sugar-free jam on an english muffin instead of 1 tbsp. butter.
- Replace ½ cup of granola with ½ cup of oatmeal cooked in water.
- Have 3 slices turkey bacon instead of 3 slices regular bacon.
- Replace fried eggs with hard boiled eggs.
- Top toast with 1 tbsp. of peanut butter instead of 2 tbsps.
- Cook ½ cup of oatmeal 1 cup of water instead of 1 cup of milk.
- Sweeten oatmeal with cinnamon instead of milk and sugar.
- Replace 3 oz. pork sausage with 3 oz. lean turkey sausage.

Lighter Lunches

- Skip the second piece of bread to make an open face sandwich.
- Top a salad with tuna packed in water instead of tuna packed in oil.
- Add lettuce and tomato to a sandwich instead of 1 slice of cheese.
- Make egg salad with low-fat plain greek yogurt instead of mayonnaise.
- Sweeten up a salad with ¼ cup of fresh raspberries instead of ¼ cup dried cranberries.
- Make a sandwich on a sandwich thin instead of on a bun.
- Dress a salad with fresh squeezed lemon or 1 tbsp. balsamic vinegar instead of 2 tbsps. regular salad dressing.
- Make a sandwich with 3 oz. lean turkey rather than 3 oz. roast beef.

Dinner Developments

- Replace half of the beans in a chili recipe with an equivalent amount of mushrooms.
- Make a meatloaf with 98% lean ground beef instead of regular beef.
- Trim the fat off of your meat or poultry before cooking.
- Broil a 3 oz. steak instead of pan frying it in butter or oil.
- Skip the skin of rotisserie chicken.
- Swap 4 oz. of salmon for 4 oz. tilapia.
- Replace linguini pasta with spiralized zucchini noodles.
- Swap spaghetti squash for spaghetti.
- Leave the cheese out of homemade pesto sauce.

Smarter Snacks

- Snack on a small apple instead of 1 cup dried apple slices.
- Snack on 1 cup of celery sticks with peanut butter instead of an apple with peanut butter.
- Opt for fruit packed in water instead of juice.
- Swap a serving of chips with 3 cups of plain air-popped popcorn.
- Order a kid-sized popcorn at the movie theater.
- Top popcorn with herbs and spices instead of butter and oil.
- Munch on ½ cup edamame instead of ¼ cup raw almonds.
- Swap a ¼ cup salted almonds for a 1 serving of lightly salted pretzels.
- Serve up hummus with 1 cup of raw veggies instead of 1 serving of crackers.



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