

Free 7 day men's health menu plan - prepared by our expert nutritionists

Each day includes nutritious plant proteins with at least 5 servings of vegetables and legumes/beans and at least 2 servings of fruit. Best served with 8 glasses of water each day, limited alcohol and daily exercise.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<i>Dan Churchill's super start smoothie</i> recipe	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	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	½ cup natural muesli ½ cup reduced fat milk or milk alternative ½ cup stewed fruit 150g plain unsweetened yoghurt	<i>Weet-Bix and peanut butter power combo</i> recipe	2 slices of wholegrain toast ½ cup baked beans 1 poached egg ½ cup spinach leaves ½ fresh tomato, sliced	2 wholemeal English muffins 1 poached egg ½ cup sauteed mushrooms ½ cup spinach leaves ½ fresh tomato, sliced
Morning snack	2 slices of mixed grain fruit bread 1 piece of fruit	4-6 wholegrain crackers Topping option: hummus, low-fat feta cheese, rocket and cucumber	Toasted cheese and mushroom sandwich: 2 slices wholegrain bread, baby spinach, mushroom and cheese, then toasted	Celery sticks dipped in hummus or cottage cheese	Berry oat smoothie: 250g mixed frozen berries, 1 banana, 2 ½ cups almond coconut milk, ¼ cup rolled oats, 1 tbs linseed meal	<i>Fruit and nut loaf</i> recipe 1 piece of fresh fruit	<i>Date bran muffin</i> recipe 1 piece of fresh fruit
Lunch	Wholemeal falafel salad wrap: Wholemeal wrap bread filled with baby spinach, falafel, capsicum, grated carrot, cottage cheese and avocado	Leftover <i>Vegetarian pad thai</i> recipe	Greek salad: Mixed lettuce, cucumber, red onion, olives, low fat feta cheese and four-bean mix. Serve with a wholemeal pita bread, toasted	Wholegrain sweet chilli sandwich: 2 slices wholegrain bread, fill with rocket, cucumber, mung beans, tomato, cottage cheese and sweet chilli sauce	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	Roast vegetable salad: Baby spinach leaves, baked Sweet potato (kumara), sliced, baked pumpkin sliced, baked beetroot sliced, low fat feta cheese and walnuts	Leftover <i>Roast tomato soup</i> recipe served with wholegrain bread/bun
Afternoon snack	1 nut muesli bar Carrot sticks dipped in hummus or cottage cheese	Banana smoothie: 1 banana, 1 cup soy milk, 2 tsp honey, 1 tsp vanilla essence	1 piece of fresh fruit 2 rice cakes Topping option: Avocado, baby spinach and capsicum	Peanut butter and banana wholegrain bread sandwich	<i>Hawaiian pizza muffin</i> recipe	½ cup frozen fruit 150g plain unsweetened yoghurt	<i>Apple almond crumble</i> recipe serve with plain unsweetened yoghurt
Dinner	<i>Vegetarian pad thai</i> recipe	<i>Zucchini and corn frittata</i> recipe served with steamed vegetables Option: Peas, beans, carrots and broccoli	Creamy garlic and leek risotto recipe	<i>Rocket and macadamia pesto pasta</i> recipe served with roasted vegetables Option: Sweet potato (kumara), capsicum and red onion	<i>Chickpea pilaf with spinach</i> recipe	<i>Roast tomato soup</i> recipe served with wholegrain bread/bun	Homemade Burger served on a toasted wholegrain bun with <i>Lentil patties</i> recipe, lettuce, red onion, semi-dried tomato, beetroot, low-fat feta cheese and fruit chutney