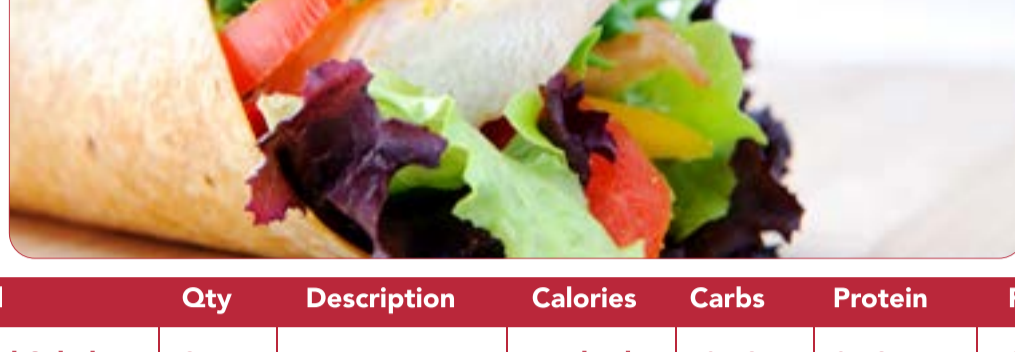


Slimfast®

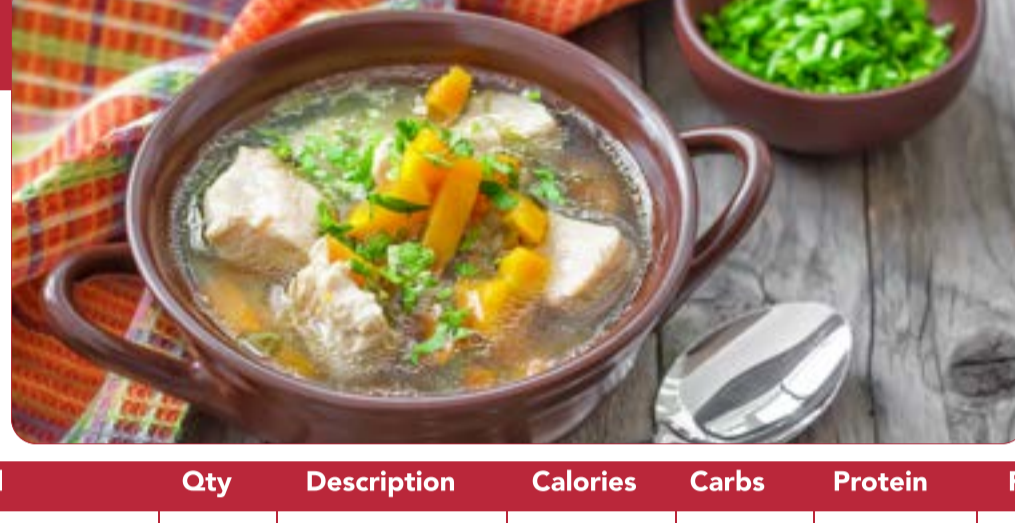
LUNCH RECIPES

CHICKEN & HUMMUS WRAP



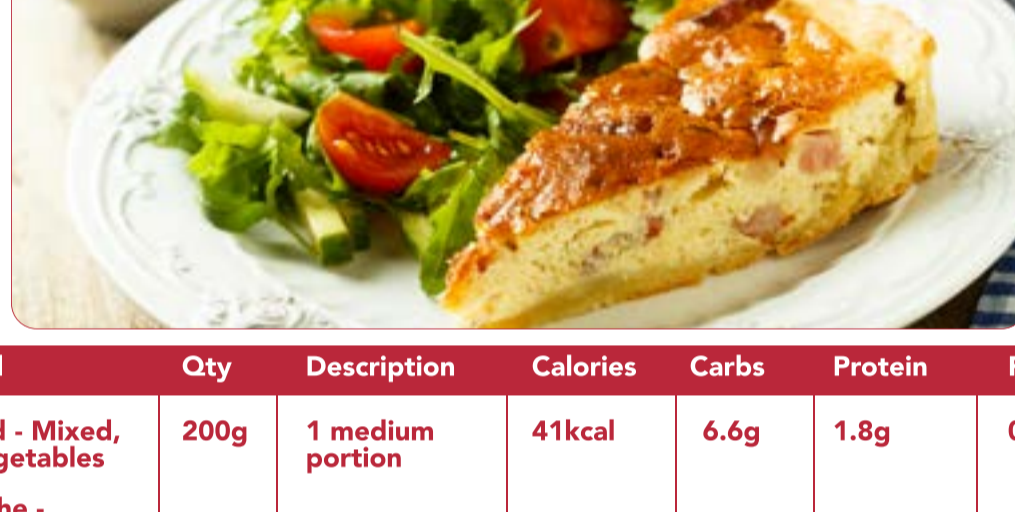
Food	Qty	Description	Calories	Carbs	Protein	Fat
Mixed Salad Leaves	36g	1 cup	6.5 kcal	0.72g	0.53g	0.17g
Chicken breast - grilled without skin, cooked	100g	1 piece in a long roll	145kcal	0g	32g	2.2g
Hummus - retail	30g	1 TBSP	89kcal	2.4g	2.3g	7.8g
Tortilla - wholemeal flour, soft	60g	1 average	179kcal	27g	5.2g	5.6g
Totals			419kcal	30.1g	40g	15.8g

CHICKEN & VEGETABLE SOUP



Food	Qty	Description	Calories	Carbs	Protein	Fat
Butter - salted	7g	1 stick	52kcal	0.04g	0.04g	5.8g
Bread - wholemeal, average	37g	1 medium slice	79kcal	14.2g	3.5g	0.93g
Chicken breast - grilled without skin, cooked	100g	1 piece in a long roll	145kcal	0g	32g	2.2g
Soup - vegetable, homemade	220g	1 medium portion	123kcal	7.7g	2.2g	9.2g
Totals			399kcal	21.9g	37.7g	18.1g

QUICHE & SALAD



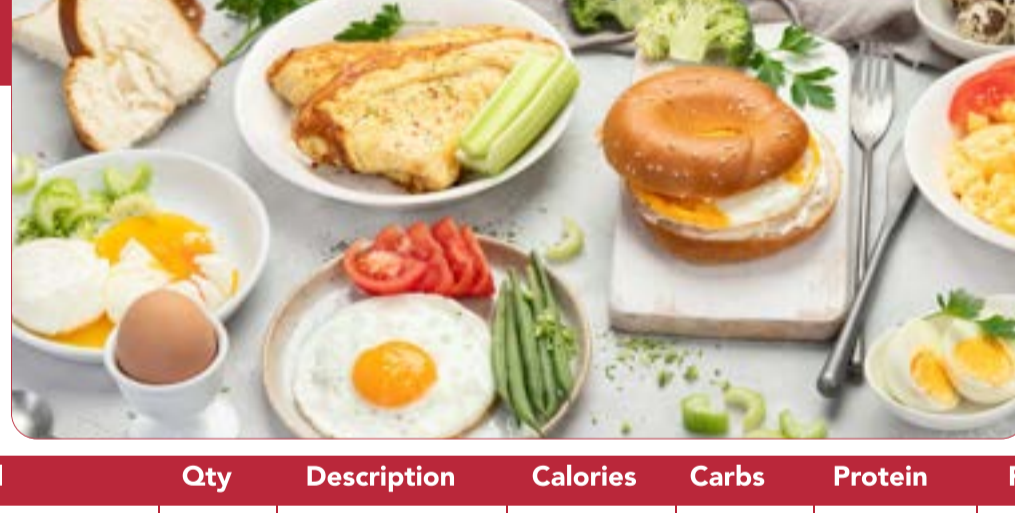
Food	Qty	Description	Calories	Carbs	Protein	Fat
Salad - Mixed, 7 vegetables	200g	1 medium portion	41kcal	6.6g	1.8g	0.8g
Quiche - Cheese & egg, homemade	120g	3.43x small	365kcal	16g	15g	26.8g
Totals			405kcal	22.6g	16.8g	27.6g

PIZZA WRAP



Food	Qty	Description	Calories	Carbs	Protein	Fat
Tomatoes - standard raw	130g	1 - average size	19.4kcal	3.9g	0.65g	0.13g
Rocket leaves - raw	20g	1 cup	3.6kcal	0g	0.72g	0.08g
Basil - fresh	1g	2 leaves	0.4kcal	0.05g	0.03g	0.01g
Cheese - cheddar, 50% less fat	40g	1 average portion	109kcal	0g	13.1g	6.3g
Pesto - red	24g	1 TBSP	76kcal	1.4g	1.2g	7.3g
Tortilla - wholemeal flour, soft	60g	1 average	179kcal	27g	5.2g	5.6g
Totals			388kcal	32.3g	20.9g	19.5g

TOASTED BAGEL WITH EGG, FETA & PEPPERS



Food	Qty	Description	Calories	Carbs	Protein	Fat
Olive oil	4.2g	1 tsp	37.8kcal	0g	trace	4.2g
Feta cheese - reduced / low fat	30g	5.1cm cubes	55kcal	0.3g	6.3g	3.2g
Poached chicken eggs	57g	1 average portion	85kcal	0g	7.6g	6g
Baby spinach - raw	10g	1/2 cup	1.7kcal	0.02g	0.26g	0.06g
Red peppers - raw	80g	1/2 pepper	15.7kcal	3.4g	0.56g	0.16g
Bagel - wholemeal	90g	1 average	233kcal	43g	10.8g	1.9g
Totals			472kcal	47g	25.5g	15.6g

CHICKEN STIR-FRY



Food	Qty	Description	Calories	Carbs	Protein	Fat
Apples - flesh and skin	174g	1 medium	92kcal	20g	1g	0.87g
Brown rice - basmati, boiled	120g	1.5 small portion	134kcal	30.4g	2.8g	0.19g
Chicken and vegetable stir-fry with soy sauce	180g	1 medium portion	176kcal	5.8g	21.6g	7.4g
Totals			402kcal	56g	25.4g	8.4g

JACKET POTATO WITH TUNA MAYO



Food	Qty	Description	Calories	Carbs	Protein	Fat
Salad with olive oil dressing	100g	1 small portion	65kcal	3.7g	0.8g	5.2g
Cheddar cheese, 30% less fat	30g	1 average grated portion	94kcal	0.21g	8.4g	6.6g
Tuna mayonnaise	50	1 TBSP	109kcal	0.16g	9.5g	7.9g
Baked potato	165g	1 medium	156kcal	34.2g	4.1g	0.33g
Totals			424kcal	38.2g	22.8g	20.1g

		Plan Total:	2866kcal	248g	189g	125g
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