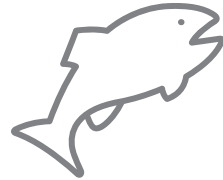




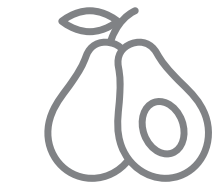
Breakfast (~400Cal*)



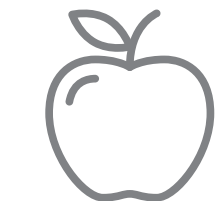
Lunch (~400Cal*)



Dinner (~400Cal*)



Snack 1 (100-150Cal*)



Snack 2 (100-150Cal*)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast (~400Cal*)	Sourdough with tomato, goat's cheese & basil	BLAT & ½ mango	Overnight oats with warm berries	Fruit salad & yoghurt bowl	Baked beans on grain toast & small skim cappuccino	BBQ breakfast stack	Homemade muesli
Lunch (~400Cal*)	Mexican bean potato	Tuna salsa with sourdough	Cheese, tomato & avocado toastie	Turkey wrap	Smoked salmon nicoise salad OR Minestrone soup	Tuna pasta salad	Steak sandwich
Dinner (~400Cal*)	Asian baked salmon with mixed greens	Steak & vegetable stack with pesto	Chicken skewers with lentils, cannellini beans & feta salad	Barbecued pork with crunchy apple & cabbage slaw	Homemade pizza	Vegetarian chilli con carne	Chicken noodle stir-fry
Snack 1 (100-150Cal*)	Low fat yoghurt & 1 small apple	2 fresh dates	Canned peach slices & yoghurt	Small skim decaf cappuccino & 1 bliss ball	Grapes & watermelon bowl	Large banana	Chocolate milk
Snack 2 (100-150Cal*)	1 small banana & 1 bliss ball	Berry mint frozen yoghurt	Popcorn & diced dried apricot	Low fat yoghurt & 1 cup strawberries	2 fresh dates	Ice cream & kiwi fruit	1½ cups fruit salad

*The calorie counts suggested for meals and snacks are guidelines. Some meals and snacks may slightly exceed the calorie count guide however this has been taken into consideration and will not lead to the total daily calories being exceeded.

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