

Daily Meal Planner

Follow this nutritious daily meal plan based on great tasting meal replacements along with healthy fresh food choices for optimum success whilst on your Kate Morgan Weight Loss Program.

<i>MEAL</i>	<i>CONTENT</i>
Breakfast	1 Kate Morgan Meal Replacement Formula (Shake, Crème or Bar)
Morning Tea	1 Piece of Fruit (refer allowed list)
Lunch	1 Kate Morgan Meal Replacement Formula (Shake, Crème or Bar) 1 serve of Salad or Vegetables (refer allowed list) optional
Afternoon Tea	1 Piece of Fruit (refer allowed list)
Dinner	1 Serve of Protein (refer allowed list) AND 3 Cups of Vegetables or Salad (refer allowed list). Approved Sauces, Condiments, etc. (optional)
Snack	1 per day (refer list)
Extras	To be eaten at any time (refer list)
Recommended Supplements	Fibre, Multivitamins, Chromium
Water	Minimum of 8 glasses per day

Allowed Food Lists

Meat, Meat Products (protein source)

<i>Allowed</i>	<i>Not allowed</i>
<p>(Serving size is a palm size - average 120 grams women and 200 grams men)</p>	
<p>BEEF</p> <ul style="list-style-type: none">• Lean Beef Mince• Lean Chuck Steak• Lean Blade Steak• Lean Skirt Steak• Lean Rib Eye Steak• Lean Round Steak• Lean T-bone Steak• Lean Rump Steak• Lean Sirloin Steak• Lean Topside Steak• Silverside Steak• Fillet Steak	<ul style="list-style-type: none">• Bacon• Chump Chops Forequarter Chops Lamb Chops Shanks• Marinated Meats Roasted Meats Cabanossi• Salami• Frankfurters• Ham Steak Sandwich Ham Strasbourg Pastrami• Chicken (skin on) Chicken Drumsticks Chicken Wings Chicken Thigh• BBQ Chicken• Roast Chicken• Pork Chops• Veal Chops• Satay Meats• Beef Sausage Chicken Sausage Pork Sausage
<p>LAMB</p> <ul style="list-style-type: none">• Lean Lamb Mince• Lamb Fillet	
<p>PORK / HAM</p> <ul style="list-style-type: none">• Lean Pork Fillet• Lite Sliced Leg Ham	
<p>VEAL</p> <ul style="list-style-type: none">• Veal Steak	
<p>CHICKEN</p> <ul style="list-style-type: none">• Chicken Breast Fillets (skin off)• Chicken Tenderloins (skin off)• Chicken Mince	
<p>TURKEY</p> <ul style="list-style-type: none">• Turkey Mince• Turkey Breast	
<p>EGGS</p> <ul style="list-style-type: none">• 2 Eggs (max. 2 every 2 days)	

Seafood/Dairy Products (protein source)

<i>Allowed</i> (Serving size is a palm size - average 120 grams women and 200 grams men)	<i>Not allowed</i>
<ul style="list-style-type: none">• Tinned Salmon (in water only)• Atlantic Salmon• Tinned Tuna (in water only)• White Fish (e.g. Barramundi, Perch, Snapper, Gurnard and Hoki)• Calamari (not crumbed)• Prawns or Shellfish (no more than 1 serve per week)• 1/2 cup Low Fat Cottage Cheese 1/2 cup Low Fat Ricotta Cheese	<ul style="list-style-type: none">• Salmon and Tuna in oil• Deep Fried or Fried Fish• Cheese• Milk• Long Life Milk• Flavoured Milk• Milk Powder• Cream• Coconut Cream

Vegetables and Salads

<i>Allowed</i>	<i>Not Allowed</i>
<ul style="list-style-type: none">• Asparagus• Beans• Bok Choy• Broccoli• Brussels Sprouts• Cabbage• Celery• Cucumber• Capsicum• Carrots (max. ½ cup per day)• Cauliflower• Lettuce• Leeks• Mushrooms• Parsley• Radish• Shallots• Snow Peas• Spinach• Squash (Scallopini)• Tomato (max. 2 per day)• Sprouts (bean, alfalfa, etc)• Eggplant• Onions• Zucchini	<ul style="list-style-type: none">• Avocado• Beetroot• Corn• Parsnip• Peas• Potatoes• Pumpkin• Sweet Potato

Fruit (2 pieces per day)

<i>Allowed</i> (Serving size is approximately 150 grams)	<i>Not Allowed</i>
<ul style="list-style-type: none">• Apple (both red and green)• Apricots• Banana (max. 1 per day)• Blackberries• Cherries• Grapes (1 small bunch)• Lemon• Mandarin• Mango• Kiwi Fruit• Nectarine• Orange• Passionfruit• Peach• Pear• Rockmelon• Strawberries• Tinned or Canned Fruit in Natural Juice	<ul style="list-style-type: none">• No Dried Fruit• No Fruit or Vegetable Juices• Figs• Dates• Pineapple• Watermelon

Sauces, Dressings, Pastes and Condiments

<i>Allowed</i>	<i>Not Allowed</i>
<p>GRAVY</p> <ul style="list-style-type: none">• Gravy from Powder with added water only <p>SAUCES</p> <ul style="list-style-type: none">• Fish Sauce• Soy Sauce (light and dark)• Worcestershire Sauce• Teriyaki Sauce• Oyster Sauce• Lite Tomato Sauce <p>DRESSINGS</p> <ul style="list-style-type: none">• Fat Free Balsamic Italian Salad Dressing• Fat Free French Dressing• Fat Free Greek Dressing• Fat Free Italian Salad Dressing <p>PASTES AND CONDIMENTS</p> <ul style="list-style-type: none">• Tomato Paste• Tomato Puree• Fish Paste• Curry Powder• Horseradish• Mustard (all types)• Vinegar	<ul style="list-style-type: none">• Baking Products• Caesar Dressing• Mayonnaise• Pesto• Seafood Dressing• Sweet Chilli Sauce• Tomato Sauce

Herbs and Spices

Allowed

- Basil, Fresh or Dry
- Cardamon
- Chilli Powder
- Chives
- Coriander, Fresh or Dry
- Cumin
- Curry Powder
- Garlic
- Ginger
- Lemongrass
- Mint, Fresh or Dry
- Mixed Herbs, Fresh or Dry
- Oregano, Fresh or Dry
- Paprika
- Parsley, Fresh or Dry
- Pepper, Black or White
- Rosemary
- Sage, Fresh or Dry
- Salt
- Seasoning Mix

Extras To Be Eaten At Any Time

- Artificial Sweetener (Splenda recommended)
- Diet Jam (up to 2 tbsp per day max)
- Diet Jelly
- Diet Soft Drinks
- Diet Topping
- Sugar Free Lollies (max. 3 per day)
- Fresh/Dried Herbs – Parsley, Garlic, Ginger, Basil, Rosemary, Thyme, etc.
- Listerines
- Sugar Free Chewing Gum
- Tomato and Capsicum Salsa
- Home Made Vegetable Soups (refer to Kate Morgan recipes only)
- Vegetables (refer list)

Recommended Supplements To Be Taken Daily

- Multivitamins
- Fibre
- Chromium

Foods To Avoid

- Alcoholic Beverages
- Bread and Rolls
- Butter, Margarine and Oils
- Cakes, Desserts and Pastries
- Cereal Products
- Confectionery
- Flour Products
- Pasta
- Processed Foods
 - Canned Foods
 - Packaged Foods
 - Chips
 - Chocolate
 - Donuts
 - Biscuits
- Rice
- Spreads
- Sugar