

Breakfast  
**5**

Lunch  
**6**

Snack  
**3**

Dinner  
**10**

Snack  
**5**

### Quick Reference

avocado 20g	1
bacon 25g (raw)	1
baked beans 55g	1
BBQ sauce 30g	1
biltong 17g	1
butter 5g / 1tsp	1
bread slice	2
cereal 10g	1
cheese 10g	1
chicken 29g (cooked)	1
chicken 40g (raw)	1
chocolate spread 20g	3
cocoa 1T	1
corn 40g	1
couscous 10g (dry)	1
egg	2
feta 15g	1
goat's cheese 15g	1
gravy 125ml	1
ham 25g	1
honey 15g	1
hummus 20g	1
jam 13g	1
ketchup 1T	1
Laughing Cow	1
maple syrup 14g	1
Marmit 15g	1
mayonnaise 10g	1
mackerel (tinned) 18g	1
milk, skim 125ml	1
mince 18g (raw)	1
mozzarella 15g	1
noodles, 1 packet	8
pasta 20g (dry)	1
pasta 30g (cooked)	1
peanut butter 12g	2
peas 60g	1
pesto 10g	1
pizza 79g	5
popcorn 9g	1
potato 50g (cooked)	1
80g (raw)	1
120g (raw)	2
184g (raw)	3
rice 35g (cooked)	1
rice crackers 17g	2
salad dressing 1T	1
snapper 40g (raw)	1
soft cheese 10g	1
steak 125g (raw)	3
174g (raw)	4
sushi 34g	1
tortilla 40g	3
tuna 43g	1

### Breakfast Ideas

- 2 Banana smoothie (frozen banana, milk, 1T cocoa, cinnamon, vanilla)
- 4 Weetbix (2 with milk, 1 sugar)
- 4 Eggs (2 scrambled, poached, fried, boiled)
- 4 Egg on toast (1 egg, 1 toast)
- 5 Cereal (40g with milk)
- 5 Omelet (2 eggs, stir-fried veges, 10g cheese)
- 5 Toast (2 slices, a little soft cheese, skim of jam)
- 5 Porridge (35g oats, water, 2 min in microwave, 12g golden syrup, milk)

### Lunch Ideas

- 3 Salad (salad veges, 60g cooked (40g dry) pasta, dressing)
- 4 Red pasta with cheese (60g dry, tomato sauce, 10g cheese)
- 4 Stir-fry with noodles (veges, half packet noodles)
- 4 Eggs (2 scrambled, poached, fried, boiled)
- 5 Avocado salad (salad veges, half an avocado, dressing)
- 5 Cereal (40g with milk)
- 5 Omelet (2 eggs, stir-fried veges, 10g cheese)
- 5 Ham & salad sandwich (2 bread, salad, little soft cheese / mayo, 25g ham)
- 7 Beans on toast (2 toast, 105g baked beans)

### Snack Ideas

#### Fruit or veges are 0 point snacks

- 0 Vegetable or butternut soup
- 1 Laughing Cow cheese triangle
- 2 Veges and dip (vegetables with 50g dip)
- 2 Banana smoothie (frozen banana, milk, 1T cocoa, cinnamon, vanilla)
- 3 Cheese on toast (1 slice, Laughing Cow cheese triangle)
- 3 "Cheesecake" toast (1 slice, a little soft cheese, skim of jam)
- 3 Cheese and crackers (Laughing Cow cheese triangle on 4 wheat crackers)
- 3 Yoghurt (small pot of low-fat yoghurt)