

Not Dead, Diabetic - Healthy Eating Plan - Week One
Goals 1. Under 1200kc / day. Goal 2. Lose 0.5kg / week Goal 3. Two Optifast per day for 4 months

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Optifast with 1 med banana	Optifast with 1 med mango	Optifast with 1 cp of sliced strawberries	Optifast with 1 med mango	Optifast with 1 cp of sliced strawberries	Optifast with 1 cp of sliced strawberries	Optifast with 1 cp of sliced strawberries
Nutritional Information	280 kc 3.4g fat 34g sugar 47g carbs	240 kc 3.4g fat 34g sugar 35g carbs	225 kc 3.8g fat 25g sugar 35g carbs	240 kc 3.4g fat 34g sugar 35g carbs	225 kc 3.8g fat 25g sugar 35g carbs	225 kc 3.8g fat 25g sugar 35g carbs	225 kc 3.8g fat 25g sugar 35g carbs
Lunch	Optifast with 1 cp of sliced strawberries	Optifast with 1 cp of sliced strawberries	Optifast with 1 med mango	Optifast with 1 cp of sliced strawberries	Optifast with 1 med mango	Optifast with 1 med mango	Optifast with 1 med mango
Nutritional Information	225 kc 3.8g fat 25g sugar 35g carbs	225 kc 3.8g fat 25g sugar 35g carbs	240 kc 3.4g fat 34g sugar 35g carbs	225 kc 3.8g fat 25g sugar 35g carbs	240 kc 3.4g fat 34g sugar 35g carbs	240 kc 3.4g fat 34g sugar 35g carbs	240 kc 3.4g fat 34g sugar 35g carbs
Dinner	Lamb Kofta Curry with cauliflower rice (2 recipes)	Salmon with white bean mash, lettuce and avocado (1 recipe plus add lettuce and avocado)	Maple glazed pork and pears with green salad and avocado (1 recipe plus make salad and avocado)	Beef kebabs with couscous and chickpea tabouli	Twice baked butternut pumpkin	Chargrilled Moroccan chicken with roasted carrot and chickpea salad	Chargrilled Moroccan chicken with roasted carrot and chickpea salad
Nutritional Information	379 kc 19.5g fat 22.8g carbs	445 kc 4g fat 2g sugar 27g carbs	398 kc 14g fat 21.5g sugar 43.6g carbs	493 kc 2.6g fat 21g sugar 70g carbs	480 kc 22g fat 12g sugar 40g carbs	519 kc 3g fat 5g sugar 22g carbs	519 kc 3g fat 5g sugar 22g carbs
Snack	23 Almonds	62 Pistachio nuts	Mini protein bar	Mini protein bar	Mini protein bar	62 Pistachio nuts	62 Pistachio nuts
Nutritional Information	200 kc 14g fat 1.1g sugar 6g carbs	200 kc 12g fat 2g sugar 7g carbs	100 kc 0g fat 0.5g sugar 1.3g carbs	100 kc 0g fat 0.5g sugar 1.3g carbs	100 kc 0g fat 0.5g sugar 1.3g carbs	200 kc 12g fat 1.7g sugar 9g carbs	200 kc 12g fat 1.7g sugar 9g carbs
Daily Totals	1089 kc 40.7g fat 60.1g sugar 100.8g carbs	1110 kc 23.2g fat 63g sugar 104g carbs	963 kc 21.2g fat 81g sugar 114.9g carbs	1058 kc 10.3g fat 80.5g sugar 92.3g carbs	1045 kc 28.5g fat 71.5g sugar 83.3g carbs	1184 kc 22.2g fat 66g sugar 99g carbs	1184 kc 22.2g fat 66g sugar 99g carbs

Not Dead, Diabetic - Healthy Eating Plan - Week Two
Goals 1. Under 1200kc / day. Goal 2. Lose 0.5kg / week Goal 3. Two Optifast per day for 4 months

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Optifast with 1 cp of sliced strawberries	Optifast with 1 med mango	Optifast with 1 cp of sliced strawberries	Optifast with 1 med mango	Optifast with 1 cp of sliced strawberries	Optifast with 1 med banana	Optifast with 1 cp of sliced strawberries
Nutritional Information	225 kc 3.8g fat 25g sugar 35g carbs	240 kc 3.4g fat 34g sugar 35g carbs	225 kc 3.8g fat 25g sugar 35g carbs	240 kc 3.4g fat 34g sugar 35g carbs	225 kc 3.8g fat 25g sugar 35g carbs	280 kc 3.4g fat 34g sugar 47g carbs	225 kc 3.8g fat 25g sugar 35g carbs
Lunch	Optifast with 1 med mango	Optifast with 1 cp of sliced strawberries	Optifast with 1 med mango	Optifast with 1 cp of sliced strawberries	Optifast with 1 med mango	Optifast with 1 cp of sliced strawberries	Optifast with 1 med mango
Nutritional Information	240 kc 3.4g fat 34g sugar 35g carbs	225 kc 3.8g fat 25g sugar 35g carbs	240 kc 3.4g fat 34g sugar 35g carbs	225 kc 3.8g fat 25g sugar 35g carbs	240 kc 3.4g fat 34g sugar 35g carbs	225 kc 3.8g fat 25g sugar 35g carbs	240 kc 3.4g fat 34g sugar 35g carbs
Dinner	Honey soy beef with sweet potato and asian greens (1 recipe)	Chicken, snow pea and roast pumpkin salad (double serve)	Honey mustard ocean trout with rocket and orange salad	Spring lamb and vegetable stew	Pork and sweet potato skewers with brown rice (2 recipes)	Curried pumpkin and lentils with cauliflower rice (2 recipes)	Curried pumpkin and lentils with with cauliflower rice (2 recipes)
Nutritional Information	305 kc 7.5g fat 0g sugar 28g carbs	370 kc 1.9g fat 0.4g sugar 56g carbs	445 kc 19g fat 2g sugar 27g carbs	445 kc 4g fat 2g sugar 27g carbs	493 kc 6.3g fat 9.2g sugar 49.9g carbs	490 kc 4.9g fat 8.4g sugar 35g carbs	490 kc 4.9g fat 8.4g sugar 35g carbs
Snack	Mini protein bar	Mini protein bar	23 Almonds	Mini protein bar	23 Almonds	Mini protein bar	Mini protein bar
Nutritional Information	100 kc 0g fat 0.5g sugar 1.3g carbs	100 kc 0g fat 0.5g sugar 1.3g carbs	200 kc 14g fat 1.1g sugar 6g carbs	100 kc 0g fat 0.5g sugar 1.3g carbs	200 kc 14g fat 1.1g sugar 6g carbs	100 kc 0g fat 0.5g sugar 1.3g carbs	100 kc 0g fat 0.5g sugar 1.3g carbs
Daily Totals	870 kc 14.7g fat 59.5g sugar 99.3g carbs	1194 kc 24.5g fat 41.4g sugar 134.4g carbs	1110 kc 40.2g fat 63.1g sugar 103g carbs	1010 kc 11.2g fat 61.5g sugar 98.3g carbs	1096 kc 26.6g fat 69.3g sugar 129.9g carbs	1200 kc 12.1g fat 67.9g sugar 120.3g carbs	1055 kc 12.1g fat 67.9g sugar 106.3g carbs

Not Dead, Diabetic - Healthy Eating Plan - Week Three
Goals 1. Under 1200kc / day. Goal 2. Lose 0.5kg / week Goal 3. Two Optifast per day for 4 months

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Optifast with 1 cp of sliced strawberries	Optifast with 1 cp of sliced strawberries	Optifast with 1 cp of sliced strawberries	Optifast with 1 med mango	Optifast with 1 med mango	Optifast with 1 med banana	Optifast with 1 cp of sliced strawberries
Nutritional Information	225 kc 3.8g fat 25g sugar 35g carbs	225 kc 3.8g fat 25g sugar 35g carbs	225 kc 3.8g fat 25g sugar 35g carbs	240 kc 3.4g fat 34g sugar 35g carbs	240 kc 3.4g fat 34g sugar 35g carbs	280 kc 3.4g fat 34g sugar 47g carbs	225 kc 3.8g fat 25g sugar 35g carbs
Lunch	Optifast with 1 med mango	Optifast with 1 med mango	Optifast with 1 med mango	Optifast with 1 cp of sliced strawberries	Optifast with 1 cp of sliced strawberries	Optifast with 1 cp of sliced strawberries	Optifast with 1 med mango
Nutritional Information	240 kc 3.4g fat 34g sugar 35g carbs	240 kc 3.4g fat 34g sugar 35g carbs	240 kc 3.4g fat 34g sugar 35g carbs	225 kc 3.8g fat 25g sugar 35g carbs	225 kc 3.8g fat 25g sugar 35g carbs	225 kc 3.8g fat 25g sugar 35g carbs	240 kc 3.4g fat 34g sugar 35g carbs
Dinner	Kaffir lime and lemon salmon with asian greens and 100g brown rice (1 recipe plus the rice)	Indian vegetable curry (double serve), served in lettuce cups	Pork and endamame soup with homemade toasted wholemeal bread roll (1 recipe plus make the bread)	Vegetable Thai red curry (use half the chilli suggested). Serve with natural yoghurt.	Sausage,mushroom and spinach lasagne with a green salad and avocado (1 recipe plus make the salad)	Cinnamon garlic chicken plus cauliflower rice (2 recipes)	Cinnamon garlic chicken plus cauliflower rice (2 recipes)
Nutritional Information	417 kc 20g fat 16g sugar 19g carbs	320 kc 5.4g fat 8.8g sugar 26.9g carbs	435 kc 12.8g fat 4g sugar 40.1g carbs	654 kc 25g fat 0.0g sugar 56.3g carbs	527 kc 28.2g fat 0.7g sugar 40g carbs	407 kc 16g fat 8.2g sugar 18.4g carbs	407 kc 16g fat 8.2g sugar 18.4g carbs
Snack	62 Pistachio nuts	62 Pistachio nuts	62 Pistachio nuts	Mini protein bar	Mini protein bar	Mini protein bar	Mini protein bar
Nutritional Information	200 kc 12g fat 2g sugar 7g carbs	200 kc 12g fat 2g sugar 7g carbs	200 kc 12g fat 2g sugar 7g carbs	100 kc 0g fat 0.5g sugar 1.3g carbs	100 kc 0g fat 0.5g sugar 1.3g carbs	100 kc 0g fat 0.5g sugar 1.3g carbs	100 kc 0g fat 0.5g sugar 1.3g carbs
Daily Totals	1039 kc 39.2g fat 77g sugar 96g carbs	989 kc 24.6g fat 104.2g sugar 64.9g carbs	1100 kc 32g fat 70g sugar 117.7g carbs	1219 kc 41g fat 22g sugar 106.3g carbs	1092 kc 35.4g fat 60.2g sugar 111.3g carbs	1012 kc 23.2g fat 67.7g sugar 101.7g carbs	944 kc 14.6g fat 59.9g sugar 109.3g carbs

Not Dead, Diabetic - Healthy Eating Plan - Week Four
Goals 1. Under 1200kc / day. Goal 2. Lose 0.5kg / week Goal 3. Two Optifast per day for 4 months

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Optifast with 1 cp of sliced strawberries	Optifast with 1 med banana	Optifast with 1 cp of sliced strawberries	Optifast with 1 med mango	Optifast with 1 cp of sliced strawberries	Optifast with 1 med mango	Optifast with 1 cp of sliced strawberries
Nutritional Information	225 kc 3.8g fat 25g sugar 35g carbs	280 kc 3.4g fat 34g sugar 47g carbs	225 kc 3.8g fat 25g sugar 35g carbs	240 kc 3.4g fat 34g sugar 35g carbs	225 kc 3.8g fat 25g sugar 35g carbs	240 kc 3.4g fat 34g sugar 35g carbs	225 kc 3.8g fat 25g sugar 35g carbs
Lunch	Optifast with 1 med mango	Optifast with 1 cp of sliced strawberries	Optifast with 1 med mango	Optifast with 1 cp of sliced strawberries	Optifast with 1 med mango	Optifast with 1 cp of sliced strawberries	Optifast with 1 med mango
Nutritional Information	240 kc 3.4g fat 34g sugar 35g carbs	225 kc 3.8g fat 25g sugar 35g carbs	240 kc 3.4g fat 34g sugar 35g carbs	225 kc 3.8g fat 25g sugar 35g carbs	240 kc 3.4g fat 34g sugar 35g carbs	225 kc 3.8g fat 25g sugar 35g carbs	240 kc 3.4g fat 34g sugar 35g carbs
Dinner	Budget friendly chicken chilli (double serve)	Bangers and mash (double serve)	Salmon with white bean mash with green salad, tomato and avocado (1 recipe plus make salad and avocado)	Budget friendly herb garlic meatloaf (double serve) with oven roasted vegetables (1 recipe plus make oven roasted veggies)	Budget friendly deluxe chicken nachos (double serve)	Eggplant and chickpea stew (double serve)	Eggplant and chickpea stew (double serve)
Nutritional Information	420 kc 5g fat 14g sugar 60g carbs	570 kc 20g fat 16g sugar 52g carbs	470 kc 14g fat 2g sugar 4g carbs	474 kc 20.8g fat 12g sugar 40.6g carbs	480 kc 14g fat 6g sugar 50g carbs	540 kc 14g fat 34g sugar 70g carbs	540 kc 14g fat 34g sugar 70g carbs
Snack	62 Pistachio nuts	Mini protein bar	62 Pistachio nuts	Mini protein bar	23 Almonds	Mini protein bar	Mini protein bar
Nutritional Information	200 kc 12g fat 2g sugar 7g carbs	100 kc 0g fat 0.5g sugar 1.3g carbs	200 kc 12g fat 2g sugar 7g carbs	100 kc 0g fat 0.5g sugar 1.3g carbs	200 kc 14g fat 1.1g sugar 6g carbs	100 kc 0g fat 0.5g sugar 1.3g carbs	100 kc 0g fat 0.5g sugar 1.3g carbs
Daily Totals	1085 kc 25.2g fat 75g sugar 137g carbs	1180 kc 27.2g fat 75.5g sugar 135.3g carbs	1135 kc 33.2g fat 63g sugar 88g carbs	1039 kc 28g fat 71.5g sugar 110.9g carbs	1145 kc 35.2g fat 79g sugar 126g carbs	1105 kc 21.2g fat 93.5g sugar 141.3g carbs	1105 kc 21.2g fat 93.5g sugar 141.3g carbs