
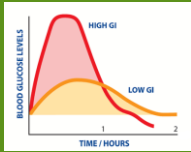

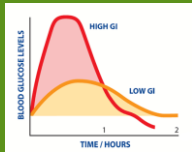




Exchange	Amount per day	Breakfast (eat breakfast as soon as possible after waking up)	Snack (snacks are important, they help maintain out blood glucose levels and help reduce cravings)	Lunch (try to follow the plate model)	Snack	Dinner	During the day	
		 as possible after waking up)						
Milk (low fat or fat free)	1.5	1x DanPro tub			100 – 125ml low fat or fat free yoghurt		Enough low fat or fat free milk for 2 cups coffee/tea per day  2 t sugar per day	
Vegetables	4			<b>Up to:</b> 1 cup cooked, 2 cups raw veg (see list below)		<b>Up to:</b> 1 cup cooked, 2 cups raw veg (see list below)		
Fruit	2	1 fruit (size of tennis ball)			1 fruit (size of tennis ball)			
Starch	4	<b>Choose 1:</b> 1x rusks (small) 1x weetbix 25g pronutro 25g Allbran 30g Muesli 100g oats (cooked) (1/2 packet instant oats) 100g maltabella (cooked) 1x slice bread	<b>Choose 1:</b> 3x provitas/cream crackers 20g pretzels 2 cups popcorn (made without fat) 1 slice bread 3 Snack breads 2 Rice cakes (10cm)	<b>Choose 1:</b> 100g cooked pasta 75g cooked samp 50g cooked rice 50g cooked couscous 1 slice brown bread 3x provitas or snack bread		<b>Choose 1:</b> 100g cooked pasta 75 cooked samp 50g cooked rice 50g cooked couscous		100g cooked lentils 100g cooked potatoes or sweetpotatoes 150g cooked pumpkin 100g cooked corn 100g cooked peas
Sugar	2							
Protein	12	<b>Choose 2:</b> 1 boiled egg 30g mozzarella cheese 30g lean ham 30g tuna 30g biltong 2Tbs Peanut butter 20g Whey protein shake	<b>Choose 2:</b> 1 boiled egg 30g mozzarella cheese 30g lean ham 30g tuna 30g biltong 2Tbs Peanut butter	<b>Choose 4:</b> 30g Tuna (in water) 30g cooked LEAN mince 30g cooked chicken (no skin) 30g cooked steak (trimmed fat) 30g cooked fish (no batter; If batter included subtract 1x starch)		<b>Choose 4:</b> 30g Tuna (in water) 30g cooked LEAN mince 30g cooked chicken (no skin) 30g cooked steak (trimmed fat) 30g white cheese 30g cooked fish (no batter; If batter included subtract 1x starch)		30g cooked game meat 60g Cottage cheese 30g cooked pork (trimmed fat) 30g white cheese 2Tbs Peanut butter 30g LEAN biltong
Fat	2			<b>Choose 1:</b> 10ml Reduced fat mayo 5ml margarine 35g avo 5ml olive oil 10 olives 10g nuts 2tsp Peanut Butter		<b>Choose 1:</b> 10ml Reduced fat mayo 5ml margarine 35g avo 5ml olive oil 10 olives 10g nuts 2tsp Peanut Butter		
* Vegetable list			Artichokes Asparagus Baby Marrow Green beans Cabbage Onions	Carrots Cauliflower Broccoli Salad (cucumber, lettuce, tomato) Peppers Mushrooms		Spinach Brussels sprouts Lettuce		



"Let your Lifestyle be your Legacy..."

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