



PERSONAL TRAINING

WEIGHT LIFTING

NUTRITION

SAMPLE NUTRITION PLANS

7-Day Nutrition for females according to age, height & weight

*For personalized Nutrition Plans please contact us

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NUTRITION PLAN

*This 7 day plan is suited for a female according to the following

Age: 27 | Height: 173cm | Weight: 84kg

Mealplan	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST							
	Muesli 1/2 cup Yoghurt, low fat, 150g Coffee with 75ml milk	Raw oats 50g 75ml milk 15ml peanut butter 1 medium apple stewed and chopped in Coffee with 75ml milk	2x Brown bread slices Cheese 30g Scrambled egg x1 1 small banana Coffee with 75ml milk	<u>Smoothie</u> Frozen banana 1 medium Strawberries 1 cup Milk 1 cup Chia seeds 30g Coffee with 75ml milk	Raw oats 50g 75ml milk 15ml butter 15ml raisins mixed together with oats Coffee with 75ml milk	Banana 1 small Apple 1 small Yoghurt, low fat, 150g Chia seeds 30g Coffee with 75ml milk	<u>Smoothie</u> Frozen banana 1 medium Peanut butter 30ml Milk 1 cup Chia seeds 20g Coffee with 75ml milk
Snack	Coffee with 75ml milk Apple 1 small	Coffee with 75ml milk Mango 1/2 fruit	Coffee with 75ml milk Banana 1/2 fruit	Coffee with 75ml milk Peanuts, unsalted, 1/2 handful	Coffee with 75ml milk Orange 1 fruit	Coffee with 75ml milk Watermelon 1/2 slice/125g	Coffee with 75ml milk Pineapple 2 thin slices
LUNCH							
50-60g cooked protein	Chicken drumsticks without skin Small potatoes 3 <u>Salad</u> Spinach Tomato Cucumber Pepper Coffee with 75ml milk	<u>Brown wrap</u> Chicken strips Lettuce Carrot sticks Tomato Mayo 10ml Cauliflower Coffee with 75ml milk	Sweet potato 1 cup Chicken drumsticks Broccoli Carrots Coffee with 75ml milk	Fish Gem squash Corn inside gem squash 1 cup Carrot sticks Onions Mushrooms Coffee with 75ml milk	<u>Stir fry</u> Carrot sticks Broccoli Chicken strips Green beans Ginger 2 cm Garlic Clove Brown rice 150g Coffee with 75ml milk	<u>Soup 1 cup</u> 2 slices brown bread Coffee with 75ml milk	Chicken breast Brown rice 150g Salad Mushrooms and onions Coffee with 75ml milk
Snack	Almonds 8	Cashews 10	Mango 1/2 fruit	Orange 1 fruit	Paw-paw 1/2 cup	Nartjies 1 medium	Watermelon 1/2 slice/125g
SUPPER							
100g cooked protein (size of a deck of cards)	Beef Cauliflower Green Beans	Fish Kale Broccoli	Meatballs 2 small Mushrooms Onions Peppers	Lentil 1/2 cup cooked Spinach Feta 1/3 of a ring Cauliflower	Fish <u>Salad</u> Lettuce Tomato Cucumber Peppers	<u>Brown wrap</u> Chicken strips Lettuce Tomato Cabbage Mayo 10ml Broccoli	<u>Stir fry</u> Carrot sticks Broccoli Chicken strips Peppers Ginger 2 cm Garlic Clove

NUTRITION PLAN

*This 7 day plan is suited for a female according to the following
Age: 36 | Height: 167cm | Weight: 76kg

Mealplan	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST (8:00)							
	2x Brown bread slices Banana 1 small Egg 2 omelette with Peppers and onions inside	Raw oats 50g 75ml milk 15ml peanut butter 1 medium apple stewed and chopped in	Muesli 1/2 cup Yoghurt, low fat, 150g Flaxseed 2 tsp Coconut	<u>Smoothie</u> Frozen banana 1 medium Strawberries 1 cup Almond milk 1 cup Chia seeds 30g	Raw oats 50g 75ml milk Flaxseed 2 tsp 15ml raisins mixed together with oats	Muesli 1/2 cup Yoghurt, low fat, 150g Flaxseed 2 tsp Coconut	<u>Smoothie</u> Frozen banana 1 medium Peanut butter 30ml Almond milk 1 cup Chia seeds 20g
Snack	Apple 1 small	Nectarine 1 medium	Banana 1/2 fruit	Peanuts, unsalted, 1/2 handful	Pear 1 small	Raisins 15ml	Pineapple 2 thin slices
LUNCH (13:00)							
50-60g cooked protein	Chicken drumsticks without skin Small potatoes 3 <u>Salad</u> Spinach Tomato Cucumber Pepper Olives 5	<u>Brown wrap</u> Chicken strips Lettuce Tomato Cabbage Mayo 10ml Beetroot	Sweet potato 1 cup Chicken drumsticks Broccoli Carrots	Fish Gem squash Corn inside gem squash 1 cup Carrot sticks Onions Mushrooms	<u>Stir fry</u> Carrot sticks Broccoli Chicken strips Peppers Ginger 2 cm Garlic Clove Brown rice 150g	<u>Soup 1 cup</u> 2 slices brown bread	Chicken breast Brown rice 150g Salad Mushrooms and onions
Snack	Peanuts, unsalted, 1/2 handful	Cashews 10	Mango 1/2 fruit	Orange 1 fruit	Paw-paw 1/2 cup	Nartjies 1 medium	Watermelon 1/2 slice/125g
SUPPER							
100g cooked protein (size of a deck of cards)	Beef Tomato and onion salad Green Beans	Fish Carrots Broccoli	<u>Stir fry</u> Carrot sticks Broccoli Chickpeas Peppers Ginger 2 cm Garlic Clove	Meatballs 2 small Mushrooms Onions Peppers	Fish <u>Salad</u> Lettuce Tomato Cucumber Peppers	<u>Brown wrap</u> Chicken strips Lettuce Tomato Cabbage Mayo 10ml Broccoli	Steak Braai broodjie 1/2 <u>Roast veg</u> Peppers Baby marrow Carrots Onions Mushrooms

NUTRITION PLAN

*This 7 day plan is suited for a female according to the following
 Age: 38 | Height: 172cm | Weight: 92kg

Mealplan	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST 6:00							
Main	2x Brown bread slices Bacon lean 1 Banana 1 small Egg 1 boiled Coffee with 15ml milk	Raw oats 50g 75ml milk 15ml peanut butter 1 medium apple stewed and chopped in Coffee with 15ml milk	2x Brown bread slices Avo 1/2 Scrambled egg x1 1 small banana Coffee with 15ml milk	Muesli 1/2 cup Yoghurt, low fat, 150g Coffee with 15ml milk	Raw oats 50g 75ml milk 15ml raisins mixed together with oats Coffee with 15ml milk	Provitas 8 Cheese 30g 1 medium apple Coffee with 15ml milk	Banana 1 small Apple 1 small Yoghurt, low fat, 150g Chia seeds 30g Coffee with 15ml milk
Snack	Coffee with 15ml milk Apple 1 small	Coffee with 15ml milk Nectarine 1 medium	Coffee with 15ml milk Banana 1/2 fruit	Coffee with 15ml milk Peanuts, unsalted, 1/2 handful	Coffee with 15ml milk Pear 1 small	Coffee with 15ml milk Raisins 15ml	Coffee with 15ml milk Pineapple 2 thin slices
LUNCH 12:00							
50-60g cooked protein	Macaroni & Cheese 1 cup <u>Salad</u> Spinach Tomato Cucumber Pepper Olives 5	<u>Brown wrap</u> Chicken strips Lettuce Tomato Cabbage 1/2 cup Mayo 10ml Cauliflower	Sweet potato 1 cup Chicken breast Broccoli Carrots	Fish Gem squash Corn inside gem squash 1 cup Green Beans Onions Mushrooms	<u>Stir fry</u> Carrot sticks Broccoli Chicken strips Peppers Ginger 2 cm Garlic Clove Spaghetti pasta 100g	<u>Soup 1 cup</u> 2 slices brown bread	Chicken breast Brown rice 150g Salad Mushrooms and onions
SUPPER							
100g cooked protein (size of a deck of cards)	Pork Cauliflower Green Beans	Chicken breast Carrots Broccoli	Meatballs 2 small Mushrooms Onions Peppers	Lentil 1/2 cup cooked Spinach Feta 1/3 of a ring Cauliflower	Fish <u>Salad</u> Lettuce Tomato Cucumber Peppers	<u>Brown wrap</u> Chicken strips Lettuce Tomato Cabbage Mayo 10ml Broccoli	<u>Stir fry</u> Carrot sticks Broccoli Chicken strips Peppers Ginger 2 cm Garlic Clove

NUTRITION PLAN

*This 7 day plan is suited for a female according to the following
Age: 39 | Height: 173cm | Weight: 75kg

Mealplan	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST (7:00)							
	2x Brown bread slices Peanut butter 15ml Banana 1 small Egg 1 boiled	Raw oats 50g 75ml milk 15ml peanut butter 1 medium apple stewed and chopped in	2x Brown bread slices Avo 1/2 Scrambled egg x1 1 small banana	<u>Smoothie</u> Frozen banana 1 medium Strawberries 1 cup Almond milk 1 cup Chia seeds 30g	Raw oats 50g 75ml milk 15ml butter 15ml raisins mixed together with oats	Provit 8 Cheese 30g 1 medium apple	<u>Smoothie</u> Frozen banana 1 medium Peanut butter 30ml Almond milk 1 cup Chia seeds 20g
Snack	Coffee with 75ml milk Apple 1 small	Coffee with 75ml milk Nectarine 1 medium	Coffee with 75ml milk Banana 1/2 fruit	Coffee with 75ml milk Peanuts, unsalted, 1/2 handful	Coffee with 75ml milk Pear 1 small	Coffee with 75ml milk Raisins 15ml	Coffee with 75ml milk Pineapple 2 thin slices
LUNCH (11:00/12:00)							
50-60g cooked protein	Chicken drumsticks without skin Small potatoes 3 <u>Salad</u> Spinach Tomato Cucumber Pepper Olives 5	<u>Brown wrap</u> Chicken strips Lettuce Tomato Cabbage 1/2 cup Mayo 10ml Cauliflower	Sweet potato 1 cup Chicken drumsticks Broccoli Carrots	Fish Gem squash Corn inside gem squash 1 cup Carrot sticks Onions Mushrooms	<u>Stir fry</u> Carrot sticks Broccoli Chicken strips Peppers Ginger 2 cm Garlic Clove Brown rice 150g	<u>Soup 1 cup</u> 2 slices brown bread	Chicken breast Brown rice 150g Salad Mushrooms and onions
Snack	Coffee with 75ml milk Peanuts, unsalted, 1/2 handful	Coffee with 75ml milk Cashews 10	Coffee with 75ml milk Mango 1/2 fruit	Coffee with 75ml milk Orange 1 fruit	Coffee with 75ml milk Paw-paw 1/2 cup	Coffee with 75ml milk Nartjie 1 medium	Coffee with 75ml milk Watermelon 1/2 slice/125g
SUPPER							
100g cooked protein (size of a deck of cards)	Beef Cauliflower Green Beans	Fish Kale Broccoli	Meatballs 2 small Mushrooms Onions Peppers	Lentil 1/2 cup cooked Spinach Feta 1/3 of a ring Cauliflower	Fish <u>Salad</u> Lettuce Tomato Cucumber Peppers	<u>Brown wrap</u> Chicken strips Lettuce Tomato Cabbage Mayo 10ml Broccoli	<u>Stir fry</u> Carrot sticks Broccoli Chicken strips Peppers Ginger 2 cm Garlic Clove

NUTRITION PLAN

*This 7 day plan is suited for a female according to the following
Age: 40 | Height: 152cm | Weight: 114kg

Meal plan	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST							
	Muesli 1/2 cup Yoghurt, low fat, 150ml Coffee with 75ml milk	All bran 1 cup 150ml milk Coffee with 75ml milk	1x Whole wheat slice Cheese 30g Scrambled egg x1 1 small banana Coffee with 75ml milk	<u>Smoothie</u> Frozen banana 1 medium Strawberries 1 cup Milk 1 cup Chia seeds 30g Coffee with 75ml milk	All bran 1 cup 150ml milk Coffee with 75ml milk	Banana 1 small Apple 1 small Yoghurt, low fat, 150ml Chia seeds 30g Coffee with 75ml milk	<u>Smoothie</u> Frozen banana 1 medium Kiwi 2 Blueberries 1 cup Milk 1 cup Chia seeds 20g Coffee with 75ml milk
Snack	Apple 1 medium	Strawberries 1 cup	Banana 1 small	Peanuts, unsalted, 1/2 handful	Apple 1 medium	Cashews 10	Nectarine 1 medium
LUNCH							
50-60g cooked protein	<u>Salad</u> Tuna Spinach Gherkins Pumpkin 1 cup Tomato Cucumber Pepper Coffee with 75ml milk	<u>Brown wrap</u> Chicken strips Lettuce Carrot sticks Tomato Tzatziki 30ml Cauliflower Coffee with 75ml milk	Sweet potato 1 cup Chicken drumsticks Baby marrow Carrots Coffee with 75ml milk	<u>Spaghetti</u> Pasta 150g Mince Gem squash 1/2 with corn in the middle Coffee with 75ml milk	<u>Stir fry</u> Carrot sticks Broccoli Chicken strips Green beans Cauliflower Garlic Clove Brown rice 150g Coffee with 75ml milk	<u>Soup 1 cup</u> 2 slices Whole wheat bread Coffee with 75ml milk	Chicken breast Brown rice 150g Salad Mushrooms and onions Coffee with 75ml milk
Snack	Almonds 8	Kiwi 2	Mango 1/2 fruit	Orange 1 fruit	Paw-paw 1/2 cup	Blueberries 200g	Almonds 8
SUPPER							
100g cooked protein (size of a deck of cards)	Beef strips Cauliflower Green Beans	Chicken breast stuffed with tomato, feta and spinach Beetroot Broccoli	Meatballs 2 small Mushrooms Onions Peppers Patty Pans	<u>Soup 1 cup</u>	Fish <u>Salad</u> Lettuce Tomato Cucumber Peppers	<u>Brown wrap</u> Chicken strips Lettuce Tomato Cabbage Tzatziki 30ml Broccoli	<u>Stir fry</u> Carrot sticks Broccoli Chicken strips Peppers Baby marrow Garlic Clove