



Weight Management

Meno-Me[®] Standard Weight Management

Breakfast

- 1 Shake It Off[®] *
- 1 Breakfast Grain (Cereal)
- 1 Protein Rich Food
- 1 Fruit

Late Morning

- 1 Shake It Off[®] *

Lunch

- 1 Protein Food
- 1 Salad or Vegetable
- 1 serve Fruit
- 1 Fat Food

Late Afternoon

- 1 Shake It Off[®] *

Dinner

- 1 Protein Food
- 1 Salad or Vegetables
- 1 Fat Food



**Have Shake It Off[®] as soon as you get up to wake up your metabolism.*

Starting your day with routine eating habits sets you up for success.

Mind Power Affirmation

When drinking your Shake It Off[®] remind yourself that you are committed to looking after your wellbeing and that you have a plan for the day. Keep yourself in check from the start of everyday.

Taste the health, feel the balance, own your wellness.

**Finish with
a contented
smile**



Weight Management

Breakfast Grains

Dry Cereals 25g or 1oz
Oats
Oat bran
All Bran
Muesli

Cooked Grains or Carbs
100g or 4oz
Potato
Kumara
Yam
Rice (brown rice is best)
Quinoa
Millet
Kasha

Breakfast Proteins

200g or 8 oz
Plain Yoghurt
Low fat milk
Unsweetened milk of
soy, almond

50g or 2 oz
Cheese
Seeds or nuts

100g or 4oz
Cottage cheese
Ricotta cheese
Hummus
Tofu

Egg (2)

Fruit

1 of any of these
apple, pear
orange, grapefruit
banana
peach, nectarine

2 of any of these
plums
kiwis
persimmon
apricot

150g or 6oz of these
berries, grapes
pineapple
cherries
mango, papaya
melon
figs

Lunch & Dinner Proteins

Meat or fish options
100g or 4 oz;
Chicken / turkey- no
skin
Pork, ham (not bacon,
not sugar cured)
Beef
Lamb
Fish, shellfish, shrimp

Vegetarian options
100-150g (4 -6oz)
Tofu
Tempeh
Hummus, shelled eda-
mame
Beans
Lentils
Soy nuts or dry roasted
edamame

Vegetables & Salads 150g (6oz)

Lettuce
Tomato
Spinach
Kale
Sprouts
Celery
Cucumber
Watercress
Capsicum

Snow peas
Sugar snap peas
Carrot
Mushroom
Beet
Cucumber
Beans
Zucchini
Cabbage

Radish
Asparagus
Chick Peas
Artichoke
Brussel sprouts
Eggplant
Onions
Broccoli
Squash

Silver beet
Leek
Garlic
Cauliflower
Bok choy

Starchy vegetables
(use sparingly)
Peas, corn, parsnip, tur-

Fats

15g or 1 oz - 1 tbsp
Vegetable oil
Butter
Margarine
Mayonnaise
Salad dressing
Nut butter
Seeds
Nuts

50g or 2 oz
Olives or avocado

Condiments

50g or 2oz per meal
salsa
marinara sauce
capers
mayonnaise (low fat,
check sugar)

Use freely
Vinegar
mustard
lemon juice
lime juice
cinnamon
soy sauce
hot sauce (unsweet-
ened)herbs and spices
salt, pepper