



Your Kung Fu Master Eating Plan



To master the art of Kung Fu, you need to be wise, eat right and exercise!
Regardless of your size or shape, eating right will keep you strong and healthy!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kick-start Breakfast 30g Kellogg's Rice Krispies® with 150ml low fat milk and a handful of chopped strawberries	Kick-start Breakfast 30g Kellogg's Coco Pops® with 150ml low fat milk and 3-4 slices of mango	Kick-start Breakfast 30g Kellogg's Frosties® with 150ml low fat milk and 3-4 melon slices	Kick-start Breakfast 30g Kellogg's Coco Pops® with 150ml low fat milk and a handful of chopped strawberries	Kick-start Breakfast 30g Kellogg's Coco Pops® Crunchers with 150ml low fat milk and a small handful of guava slices	Kick-start Breakfast 30g Kellogg's Coco Pops® Jumbos with 150ml low fat milk and apple slices	Kick-start Breakfast Soft-boiled egg with 1 slice toasted brown bread fingers and 2 tablespoons of grilled mushrooms and cherry tomatoes and 1 cup of fresh 100% pure fruit juice
Snack on the run 3 wholewheat biscuits with 100ml low fat yoghurt and a small fruit kebab	Snack on the run 1 small bran muffin with thinly spread cottage cheese and 3 medium pineapple wedges	Snack on the run Kellogg's Coco Pops Cereal & Milk Bar with a banana yoghurt smoothie – made with 1 cup low fat yoghurt	Snack on the run Mini kebab: cocktail tomatoes, sliced cold meat and mini gherkin on a wooden skewer and 3 wholewheat biscuits	Snack on the run Cut your sandwich into the shape of a star or flower, add ham or peanut butter or cottage cheese and serve with a small banana	Snack on the run 2 mini meatballs and 1 slice mealie bread with cucumber sticks and baby carrots	Snack on the run 125ml low fat yoghurt with banana slices
Kung Fu Master Lunch Ready-for-action wrap: Use a small handful of chicken strips, grated carrot, lettuce and chopped red peppers	Kung Fu Master Lunch Kung Fu roll: Ham, cheese and tomato (1 thin slice of each) and thinly spread margarine	Kung Fu Master Lunch Somersault sandwich: Toasted mince sandwich on brown seed bread served with 1 teaspoon beetroot salad	Kung Fu Master Lunch Baked beans on brown toast, sprinkle a tablespoon of grated cheddar or gouda cheese on top	Kung Fu Master Lunch Power punch pasta salad: take a handful of sweet 'n sour chicken strips and add halved cherry tomatoes, diced cucumber pieces and grated carrots and drizzle with a little olive oil	Kung Fu Master Lunch Crane's fish cake and potato wedges: 1 medium fish cake and 3-4 medium potato wedges, served with a cup of coleslaw salad	Kung Fu Master Lunch Tai Lung's tasty tortilla: take a medium tortilla and fill with 2 tablespoons of spicy chicken stew (mild) and serve with a cup of mixed vegetables
Snack on the run Kellogg's Corn Flakes® Cereal & Milk Bar with a cup of 100% pure fruit juice	Snack on the run 1-2 wholewheat rusks with 100ml low fat yoghurt and a mini fruit salad	Snack on the run Homemade popcorn popped in a little canola oil and a cup of fresh 100% pure fruit juice	Snack on the run 125ml low fat yogurt with a handful of peanuts and raisins	Snack on the run 3 wholewheat biscuits with thinly spread hummus, served with a small handful of grapes	Snack on the run Kellogg's Corn Flakes® Cereal & Milk Bar with fresh 100% pure fruit juice	Snack on the run Wholegrain crackers with 1 slice of cheese, baby carrots and raw green beans, served with avocado and cottage cheese dip
Super Supper Vegetable & Lentil Bredie with brown rice, served with butternut cubes and spinach covered with a cheese sauce	Super Supper Wok-this-way stir fry: use a small handful of barbeque beef strips, a cup of basmati rice and a cup of your favourite vegetables	Super Supper Neat noodles (with chopsticks) made with tuna and a little lite mayonnaise, served with a cup of coleslaw salad	Super Supper Master macaroni cheese: should be the size of the palm of your hand, served with a green salad. For dessert: a fruit salad and ice cream	Super Supper Po's prize panda pizza: make your own small pizza using a thin pizza base, your own favourite toppings and cheese	Super Supper Brilliant braai: 2 small chicken drumsticks with mealie pap and sweet corn with a French salad	Super Supper Sensei soup: 1 cup beef and vegetable soup, served with 1 slice of toasted brown bread

*KEEP YOURSELF IN THE SWING OF THINGS BY DRINKING LOTS OF WATER!



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