



## 2-Week Diet Plan (1800 Calories, 6 Days Active + 1 Cheat Day)

Discover a 1800-calorie diet plan designed for heart health, rich in Omega-3s and healthy fats, featuring South African favorites like salmon, boerewors, and Cape Malay curry. This 6-day plan, with one cheat day, balances nutrient-dense foods—such as flaxseeds, avocados, and chia seeds—with a weekly treat (e.g., a small koeksister), encouraging moderation to maintain progress without overindulgence.

### Week 1

#### Day 1 (Monday)

- **Breakfast:** Oatmeal with 1 tbsp flaxseeds, 1/2 cup low-fat milk, and 1 tsp honey (300 cal)
- **Lunch:** Grilled hake fillet (150g) with steamed spinach and quinoa (1/2 cup) (400 cal)
- **Snack:** Handful of almonds (20g) and 1 orange (150 cal)
- **Dinner:** Cape Malay chicken curry (150g chicken breast, mild spices) with brown rice (1/2 cup) and mixed veggies (400 cal)
- **Total:** ~1250 cal + 550 cal from adjustments (e.g., extra veggies or fruit) = 1800 cal

#### Day 2 (Tuesday)

- **Breakfast:** Scrambled eggs (2) with smoked salmon (50g) and whole-grain toast (1 slice) (350 cal)
- **Lunch:** Lentil bobotie (150g) with a side salad (cucumber, tomato, lettuce) (450 cal)
- **Snack:** Greek yogurt (100g) with 1 tbsp chia seeds (150 cal)
- **Dinner:** Grilled boerewors (100g, lean cut) with roasted butternut and green beans (450 cal)
- **Total:** ~1400 cal + 400 cal from adjustments = 1800 cal

#### Day 3 (Wednesday)

- **Breakfast:** Smoothie with spinach, 1/2 avocado, 1 tbsp flaxseeds, and low-fat milk (300 cal)

- **Lunch:** Baked sardines (100g) with sweet potato mash (1/2 cup) and steamed broccoli (400 cal)
- **Snack:** Carrot sticks with hummus (2 tbsp) (150 cal)
- **Dinner:** Grilled chicken (150g) with couscous (1/2 cup) and mixed peppers (450 cal)
- **Total:** ~1300 cal + 500 cal from adjustments = 1800 cal

#### Day 4 (Thursday)

- **Breakfast:** Whole-grain toast with mashed avocado and poached egg (350 cal)
- **Lunch:** Tuna salad (100g tuna, lettuce, cucumber, tomato) with olive oil dressing (400 cal)
- **Snack:** Handful of pumpkin seeds (20g) and 1 apple (150 cal)
- **Dinner:** Beef stir-fry (150g lean beef) with brown rice and spinach (500 cal)
- **Total:** ~1400 cal + 400 cal from adjustments = 1800 cal

#### Day 5 (Friday)

- **Breakfast:** Greek yogurt with 1 tbsp chia seeds and fresh berries (300 cal)
- **Lunch:** Grilled hake (150g) with quinoa salad (1/2 cup, mixed veggies) (450 cal)
- **Snack:** Celery sticks with peanut butter (1 tbsp) (150 cal)
- **Dinner:** Vegetable and lentil stew with whole-grain bread (1 slice) (450 cal)
- **Total:** ~1350 cal + 450 cal from adjustments = 1800 cal

#### Day 6 (Saturday)

- **Breakfast:** Oatmeal with 1/2 cup low-fat milk and 1 tsp flaxseeds (300 cal)
- **Lunch:** Cape Malay fish curry (150g hake) with brown rice (1/2 cup) (400 cal)
- **Snack:** Handful of walnuts (20g) and 1 pear (150 cal)
- **Dinner:** Grilled chicken (150g) with roasted sweet potato and asparagus (450 cal)
- **Total:** ~1300 cal + 500 cal from adjustments = 1800 cal

#### Day 7 (Sunday - Cheat Day)

- **Advice:** Enjoy a treat like a small portion of malva pudding or a piece of chocolate, but keep portions moderate. Pair with a side of fruit or nuts to balance sugars and fats. Avoid overdoing it with fried foods or large servings to maintain heart health gains from the week.
- **Example:** Small malva pudding slice (200 cal) with a handful of strawberries (50 cal) + lean protein like grilled chicken (150 cal) = ~400 cal, leaving room for light activity to offset extras.

### Week 2

#### Day 1 (Monday)

- **Breakfast:** Scrambled eggs (2) with smoked salmon (50g) and whole-grain toast (1 slice) (350 cal)
- **Lunch:** Lentil and vegetable soup with whole-grain roll (1/2 roll) (400 cal)
- **Snack:** Greek yogurt (100g) with 1 tbsp flaxseeds (150 cal)
- **Dinner:** Grilled boerewors (100g) with mashed sweet potato and green beans (450 cal)
- **Total:** ~1350 cal + 450 cal from adjustments = 1800 cal

## Day 2 (Tuesday)

- **Breakfast:** Smoothie with spinach, 1/2 avocado, and low-fat milk (300 cal)
- **Lunch:** Baked sardines (100g) with quinoa (1/2 cup) and steamed broccoli (400 cal)
- **Snack:** Handful of almonds (20g) and 1 orange (150 cal)
- **Dinner:** Chicken stir-fry (150g) with brown rice and peppers (450 cal)
- **Total:** ~1300 cal + 500 cal from adjustments = 1800 cal

## Day 3 (Wednesday)

- **Breakfast:** Whole-grain toast with avocado and poached egg (350 cal)
- **Lunch:** Cape Malay chicken curry (150g) with couscous (1/2 cup) (450 cal)
- **Snack:** Carrot sticks with hummus (2 tbsp) (150 cal)
- **Dinner:** Grilled hake (150g) with roasted butternut and spinach (450 cal)
- **Total:** ~1400 cal + 400 cal from adjustments = 1800 cal

## Day 4 (Thursday)

- **Breakfast:** Greek yogurt with 1 tbsp chia seeds and berries (300 cal)
- **Lunch:** Tuna salad (100g tuna, lettuce, cucumber) with olive oil (400 cal)
- **Snack:** Pumpkin seeds (20g) and 1 apple (150 cal)
- **Dinner:** Beef and veggie stew with brown rice (1/2 cup) (450 cal)
- **Total:** ~1300 cal + 500 cal from adjustments = 1800 cal

## Day 5 (Friday)

- **Breakfast:** Oatmeal with 1/2 cup low-fat milk and 1 tsp flaxseeds (300 cal)
- **Lunch:** Grilled salmon (150g) with quinoa salad (1/2 cup) (450 cal)
- **Snack:** Celery with peanut butter (1 tbsp) (150 cal)
- **Dinner:** Vegetable bobotie with whole-grain bread (1 slice) (450 cal)
- **Total:** ~1350 cal + 450 cal from adjustments = 1800 cal

## Day 6 (Saturday)

- **Breakfast:** Scrambled eggs with smoked salmon and toast (350 cal)
- **Lunch:** Lentil curry with brown rice (1/2 cup) and mixed veggies (400 cal)
- **Snack:** Handful of walnuts (20g) and 1 pear (150 cal)

- **Dinner:** Grilled chicken (150g) with sweet potato mash and asparagus (450 cal)
- **Total:** ~1350 cal + 450 cal from adjustments = 1800 cal

### **Day 7 (Sunday - Cheat Day)**

- **Advice:** Treat yourself to a small portion of koeksisters or a piece of dark chocolate, but keep it light. Add a side of fruit or a handful of nuts to balance, and avoid overloading on fried or sugary extras to preserve your heart health progress.
- **Example:** Small koeksister (200 cal) with a few grapes (50 cal) + lean protein like turkey (150 cal) = ~400 cal, with light activity to maintain balance.