

**SUPPORT YOUR  
HEALTH  
AND REDUCE YOUR  
RISK WITH DIET**

**5 Day meal  
plans**

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EVIDENCE BASED



# MEAL PLANS

## Prostate Health

Although there is no such a thing as a 'superfood' our Dietitian suggests we can follow a 'super diet'. These recommendations have been researched and our findings translated into meals that include key compounds thought to support prostate health.

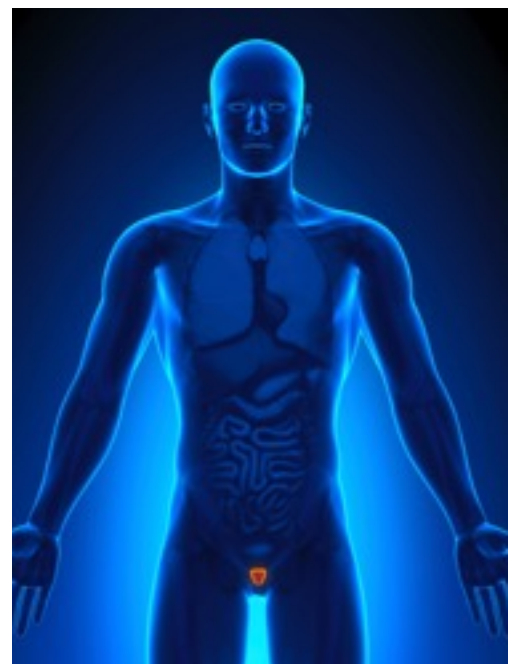
ProfBiotics advocates that everyone tries to obtain essential nutritional value from whole foods.

## Example Meal Plans

Diet is known to contribute to the risk of developing some diseases. The ProfBiotics team has prepared a set of meal plans which might help to reduce those risks and may be of interest to individuals with a concern about their prostate health.

There are many reasons that we should take prostate health as many male deaths each year are attributed to disease of this organ. The health of the prostate gland is known to be affected by diet and these suggestions draw on the latest dietetic advice.

We are what we eat. Eat well.



The ProfBiotics meal plans are not to be considered as the whole solution to achieving prostate health.

Always consult a doctor if you have any symptoms that might suggest an underlying condition.

Early diagnosis of a health condition often offers a higher probability of success if treatment is necessary.

\* Please visit [www.profbiotics.com](http://www.profbiotics.com) for more detail



## An example Meal Plan - Day 1

### Breakfast

A bowl of wholegrain based cereal made with soya milk, topped with a handful of raspberries.

A small glass of Pomegranate juice

### Mid morning snack

A small handful of almonds

A cup of green tea

### Lunch

1 Wholemeal multigrain bap, spread with olive based margarine and filled with ½ an avocado and ½ a chicken breast or, topped with watercress, halved cherry tomatoes and red onion

1 Soya yoghurt with a drizzle of honey

### Mid afternoon snack

A small handful of edamame beans

Small glass of tomato juice

### Evening Meal

Prawn stir fry

Half a cup of prawns stir fried in a vegetable based oil with 2 chopped spring greens, 1 sliced pepper, 1 grated carrot, 2 sliced spring onions, chilli flakes and 1 clove of garlic.

Serve with a portion of brown rice.

A handful of strawberries



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[www.profbiotics.com](http://www.profbiotics.com)

or follow individual links below



[Saw Palmetto and the Prostate Gland](#)



[Lycopene in Prostate Cancer](#)



[Prostate Cancer and the foods we eat](#)



[Pomegranate and PSA](#)

## An example Meal Plan - Day 2

### Breakfast

An oaty raisin and peanut flapjack

A small glass of pomegranate juice

### Mid morning snack

A handful of edamame beans

A cup of green tea

### Lunch

Jacket potato and beef curry  
2 small slices of beef, lightly cooked in a  
tomato based curry sauce.

Served with a small side salad

A cup of green tea

### Mid afternoon snack

A handful of cherry tomatoes

A glass of soya milk

### Evening Meal

Chicken and leek bake

1 chicken breast and 1 leek baked in a white sauce,  
served with 1 cup of grilled butternut squash and 1 cup  
of asparagus, on a bed of couscous.

Top with ½ a lime to squeeze and chopped parsley

1 small cup of fresh lemon sorbet with a sprinkle of  
pomegranate seeds

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## An example Meal Plan - Day 3

### Breakfast

A wholegrain bagel topped with 1 tsp low fat cream cheese and a sprinkle of blueberries

A small glass of pomegranate juice

### Mid morning snack

A handful of Wasabi peas

A cup of green tea

### Lunch

Small wholegrain baguette, spread with olive based margarine, filled with 2 thin slices of lightly cooked beef /pork or 1 sliced quorn sausage and topped with a few sundried tomatoes and a drizzle of balsamic vinegar

### Mid afternoon snack

A strawberry and soya yoghurt smoothie made with a handful of strawberries and a large glass of soya milk

### Evening Meal

Chicken and quinoa

A portion of quinoa, topped with chopped apple, a sprinkle of pine nuts and chilli flakes and a sliced chicken breast

A baked orange with ginger and a drizzle of chocolate sauce

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## An example Meal Plan - Day 4

### Breakfast

A banana smoothie made with 1 large glass of soya milk and 1 banana  
2 slices of wholemeal multigrain bread topped with 2 poached eggs

### Mid morning snack

1 chopped celery stick with ½ cup of guacamole  
1 cup of green tea

### Lunch

A Baked cod fillet with 1 baked sweet potato, sliced into chips, served with a cup of peas

Tomato Juice

### Mid afternoon snack

1 glass of soya milk  
A small handful of almonds

### Evening Meal

Mexican Bean and lamb stew-

Half a lean diced lamb fillet with onions, 1/2 tin chopped tomatoes, ½ a yellow pepper, a cup of black beans and butter beans.

Serve with a portion of brown rice, ½ tin of sweetcorn, a tbs ricotta cheese, chopped coriander and tabasco sauce

A portion of blackberry and nectarine crumble

A cup of green tea



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## An example Meal Plan - Day 5

### Breakfast

A bowl of crunchy oat cereal topped with a low fat yoghurt and pomegranate seeds

### Mid morning snack

A handful of grapes

A cup of green tea

### Lunch

Teriyaki tofu

A cup of tofu, cooked in teriyaki sauce, served with a large handful of fresh beansprouts and with a portion of brown rice

Green Tea

### Mid afternoon snack

Edamame beans

A glass of soya milk

### Evening Meal

A roast

A Roast chicken/turkey breast or 2 slices of lightly cooked lean red meat with a cup of brussels sprouts, a cup of sliced spring greens and a cup of broccoli, served with gravy.

A cup of fresh pomegranate sorbet

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