

7 day meal planner



Put me on the fridge

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Untoasted muesli + low-fat milk + tinned apricots	Multigrain toast + cottage cheese, honey & banana	Two thin slices fruit toast Banana smoothie	Porridge + blueberries	Wholegrain cereal flakes + low-fat milk + kiwi fruit	Multigrain toast + avocado + a poached egg + a grilled tomato	'Breakfast bruschetta' Milk coffee made on low-fat milk
Lunch	Turkey, cranberry & lettuce sandwich Tub of reduced-fat yoghurt	Ham, cheese & salad roll Carrot sticks	Pumpkin & chickpea salad	Tuna patties + side salad	Sushi rolls (salmon, tuna, avocado or salad fillings) small coffee or hot chocolate, made with skim milk	Beef & salad pita bread wrap Milkshake made on low-fat milk	Egg & lettuce sandwich Tub of low-fat frozen yoghurt



For amounts of ingredients, portion sizes, cooking methods and a shopping list, see a more detailed version of this menu plan at www.healthyweightweek.com.au



Dinner	Fetta, sun-dried tomato & broccoli frittata + bean salad Tub of reduced-fat yoghurt + fresh fruit salad	Chicken kebabs wraps + green salad Fresh strawberries + a tub of low-fat frozen yoghurt	Grilled fish + potato + green salad Reduced-fat custard + stewed apple	Steak + steamed vegetables + jacket potato Reduced-fat ice cream + canned peaches	Spaghetti bolognaise + a green salad Small reduced-fat cheese & fruit platter	Tuna & pumpkin risotto + side salad Tub of reduced-fat yoghurt + 1 apple	Tofu & vegetable stir-fry + hokkien noodles Fruit smoothie made from low-fat milk
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Snacks	If hungry between meals, save fruit or dairy from mealtimes and have as a snack, or alternatively select 1 or 2 choices from the following list:						
	20 raw almonds 1 piece of fresh seasonal fruit 250ml low-fat milk		1 cup of vegetable sticks such as capsicum or carrot with 50g hummus		2 wholegrain dry biscuits topped with slices of tomato & cracked pepper		

For more healthy recipes visit **Smart Eating for You** at www.daa.asn.au

NUTRITION ANALYSIS
ACCURATE WHEN PORTIONS
& COOKING METHODS
ARE USED AS OUTLINED AT
WWW.HEALTHYWEIGHTWEEK.COM.AU

NUTRITION ANALYSIS:

Energy – 5600kJ/day
Carbohydrate – 150g/day
Protein – 74g/day
Fibre – 25g/day
Total fat – 45g/day

