

## MEAL PLAN – Will Thompson

1 serve of carbohydrate = 15g (see carbohydrate chart for examples)

MAIN MEALS – 3-4 serves of carbohydrate. SNACKS – 1-2 serves of carbohydrates (as demonstrated in meal plan)

### Goals negotiated with Will:

1. Three meals spread over the day are essential for good blood sugar control.
2. Carbohydrate must be included at every main meal, ideally LOW glycemic index and limited to serves below.
3. Change full cream milk to low fat or skim milk.
4. Reduce meat portion (as recommended in meal plan).
5. Don't add salt to food. Use LITE SALT if necessary.
6. Change cola to ZERO or DIET.
7. Change full strength beer to LITE beer, 2 alcohol free days minimum/ week.

<b>Breakfast</b>	<b>3-4 serves (45-60g) carbohydrate</b>
2 sachets OR 2/3rds cup (raw measure) of oats with 1 cup milk (can add <b>OR</b> ½ - ¾ cup of muesli with 1 cup of milk <b>OR</b> 1 ½ cups of LOW GI labeled cereal <b>OR</b> 3-4 Weetbix (not low GI) with 1 cup of milk <b>OR</b> 2 poached/ scrambled/ boiled eggs on 2 sl toast (grain, LOW GI labeled bread or sour dough- <i>contains less fibre</i> ) <b>OR</b> Medium (220g) tin baked beans on 2 slices of toast (grain, LOW GI labeled bread or sour dough- <i>contains less fibre</i> ) <b>OR</b> ½ cup of blueberries & ½ cup of strawberries + 1 piece of fruit + 1 small tub or ½ cup of low fat yoghurt	
<b>Lunch (choose a carbohydrate + protein + veg/salad)</b>	<b>3-4 serves (45-60g) carbohydrate</b>
<b>CARBOHYDRATE (choose one option):</b> 2-3 sl bread (grain, LOW GI labeled bread or sour dough- <i>contains less fibre</i> ) <b>OR</b> 6-8 crispbreads (generally these are high GI) <b>OR</b> 8 rice cakes (generally HIGH GI) <b>OR</b> 1 cup of cooked rice (Doongara or low GI labeled) <b>OR</b> 1 cup quinoa (low GI) <b>OR</b> 1 cup cooked pasta (low GI) <b>OR</b> ¾ cup of chickpeas or lentils (low GI) (e.g. If you are having a salad you could add these) <b>PLUS</b> <b>VEG/ SALAD:</b> Lots of salad veg e.g. tomato, lettuce, cucumber, carrot, onion, beetroot etc (NOTE: Adding ¼ an avocado will add 540kJ) <b>PLUS</b> <b>PROTEIN (choose one option):</b> 4-6 slices (80-100g) lean meat e.g. low fat ham <b>OR</b> ½ - ¾ cup skinless chicken <b>OR</b> 1-2 sml tins of tuna (well drained, ideally in water not oil) <b>OR</b> 100-120g smoked salmon <b>OR</b> 1-2 small tins (drained, ideally in spring water) <b>OR</b> 1 small tin sardines <b>OR</b> herring <b>OR</b> 2-3 slices of low fat cheese <b>OR</b> 2-4 small falafels <b>OR</b> 2 eggs <b>OR</b> baked beans (medium 220g tin) <b>OR</b> 80g/ 2-3TB of hommus <b>OR</b> ¾ cup chickpeas or lentils or beans <b>OR</b> 1 ½ tablespoons low fat peanut butter <b>OR</b> 100g tofu <b>OR</b> ¼ cup seeds	
<b>Dinner (choose a carbohydrate + veg/salad + protein + whatever sml portion of olive oil/ sauce etc you are cooking with or adding to the dish).</b>	<b>2-3 serves (30-45g) carbohydrate</b>
<b>CARBOHYDRATE (choose one option):</b> 1 1/3 <sup>rd</sup> cups cooked pasta (most pasta is low GI) <b>OR</b> 1 1/3 <sup>rd</sup> cups cooked rice (Doongara or Sunrice LOW GI brown rice are low GI options) <b>OR</b> 1 1/3 <sup>rd</sup> cups cooked Quinoa (low GI) <b>OR</b> 1 ½ cups cooked noodles (mostly low GI e.g. Soba, rice, 2- minute) <b>OR</b> 1 ½ cups mashed potato (LOW GI- Carisma potatoes) <b>OR</b> 1 ½ cups mashed sweet potato <b>OR</b> 2 medium potatoes (150g/potato) (Carisma potatoes) <b>OR</b> 300g sweet potato <b>OR</b> 3 slices of bread (grain, sour dough or low GI labeled bread) <b>OR</b> 3 tortilla (40g tortilla's) <b>OR</b> 1 ½ Lebanese bread (e.g. use these to make homemade pizza) <b>PLUS</b> <b>VEG/ SALAD:</b> 2 cups of non starchy vegetables or salad (starchy vegetable are potato, sweet potato & corn) <b>PLUS</b> <b>PROTEIN (choose one option):</b> 200g (raw weight) red meat e.g. beef, lamb, veal, goat, pork, kangaroo (choose lean cuts) <b>**maximum of 455g/week</b> <b>OR</b> 200-230g raw weight fish or 2 small tins <b>**aim to have fish a minimum of 2x/week</b> <b>OR</b> 200g tofu <b>OR</b> ¾ cup extra light low fat ricotta <b>OR</b> 60g low fat fetta <b>OR</b> 1 ½ cups cooked beans, lentils, chickpeas, canned beans <b>OR</b> 2-3 eggs (if you have high cholesterol limit to 6/week) <b>OR</b> 1/3rd cup nuts or sunflower or sesame seeds	
<b>SNACKS- limit refined sugar, high fat snacks to sometimes foods/ treats. Choose from the "Healthy Snacks and Diabetes" chart.</b>	<b>1-2 serves (15-30g) carbohydrate</b>
Suggestions: 1 piece of fresh fruit <b>OR</b> 1 small tub of low fat yoghurt <b>OR</b> small tin of fruit with low fat custard <b>OR</b> rice crackers with low fat cheese <b>OR</b> 30g nuts <b>OR</b> 200ml skim milk with 2 tsp of Milo	

**NOTE: This meal plan is based on what Will likes to eat and drink at each meal. It is not a comprehensive meal plan for other residents to use.**

*This meal plan was corrected by APD Amanda Cossey.*