

## A Weekly Menu Plan to ensure that you have a variety of Healthy Meals

Breakfast Ideas					
Day of Week	Meal Name	Protein	Carbohydrate	Fruit	Look for:
Monday	Cereal	Milk Yoghurt	Cereal	Peaches	<ul style="list-style-type: none"> <li>High fibre cereals, fortified with Iron. Avoid high fat and high levels of sugar and salt</li> <li>Low fat Dairy</li> <li>Make Porridge with oats and low fat milk or water rather than buying instant</li> <li>Make scrambled eggs with low fat milk. Can use 2 egg to 3 egg whites (reduces fat)</li> <li>High fibre whole-grain breads.</li> <li>May need to avoid fibre before exercise</li> </ul>
Tuesday	Porridge	Milk Yoghurt Oats	Rolled oats	Banana Dried fruit	
Wednesday	Cereal	Milk Yoghurt	Cereal	Apricots	
Thursday	Poached/scrambled egg on toast	Egg Bread	Bread	Fruit salad	
Friday	Cereal	Milk Yoghurt	Cereal	Nectarine	
Saturday	Baked beans on toast	Baked beans Bread	Bread	Fresh orange Juice	
Sunday	Porridge with sultanas and fruit	Milk Yoghurt Oats	Rolled oats	Mixed berries Sultanas	

Lunch Ideas					
Day of Week	Meal Name	Protein	Carbohydrate	Vegetable/Fruit	Look for:
Monday	Cold meat & salad sandwiches Scone Fresh fruit	Chicken, lean Cheese	Bread Scone	Lettuce, tomato, carrot, cucumber, bean sprouts etc. Apple	<ul style="list-style-type: none"> <li>High fibre whole-grain breads, whole-meal pita bread</li> <li>Homemade or low fat option scones/muffins, either fruit or savory</li> <li>Tuna 'Lite' or in spring water</li> <li>Dips such as hummus; homemade or low fat option</li> <li>Cereal bar: low fat variety i.e. &lt; 5 grams</li> <li>Biscuits/crackers with &lt;10g fat/100g. Check salt content of crackers</li> <li>Fruit or plain biscuits are best</li> </ul>
Tuesday	Egg & salad sandwiches Muffin Fresh fruit	Egg Cheese	Bread Muffin	Salad as above Fresh Apricots	
Wednesday	Tuna & salad naan wraps Pretzels	Tuna Cheese	Naan bread Pretzels	Salad as above Peach	
Thursday	Pita bread with hummus & salad Scone Fresh fruit	Hummus Cheese	Pita Bread Scone	Salad as above Banana	
Friday	Mince toasted sandwiches Cereal bar Fruit	Mince, lean (Leftover from dinner)	Bread Cereal bar	Salad as above Orange	
Saturday	Chicken pasta dish Cereal bar Fruit	Chicken, lean (Leftover from dinner)	Pasta, noodles or rice	Bean salad Fruit salad	
Sunday	Stuffed baked potato Biscuits/crackers Fruit Juice	Baked beans Cheese	Potato Fruit biscuits or whole-wheat crackers	Bean salad Fresh fruit juice	

Dinner Ideas					
Day of Week	Meal Name	Protein	Carbohydrate	Vegetable	Look for
Monday	Mince patties, rice & veggies	Mince	Rice	Red onion, carrot, red/green pepper, broccoli	<ul style="list-style-type: none"> <li>Lean cuts are best – eye fillet, lean mince, blade steak</li> <li>Basmati or long grain rice are best choice (low G.I.)</li> <li>Choose fresh fish where possible</li> <li>Use oil sparingly – 1 tsp oil/person or use spray oil</li> <li>Fresh, frozen or canned vegetables are fine. Check salt content on canned.</li> <li>Remove skin from chicken</li> <li>Choose 'lite' or low fat when using sauces. Keep to a minimum</li> </ul>
Tuesday	Fish fillet, mashed kumara & veggies	Fish, fresh	Kumara (mashed)	Broccoli, peas, corn, carrot, beans	
Wednesday	Falafels with tabouleh & pita bread	Chick peas	Tabouleh with Pita bread	Lettuce, tomato, cucumber, green onion, lemon	
Thursday	Beef & veggie stir-fry with pasta	Mince	Pasta	Green beans, red pepper, carrot, peas	
Friday	Chicken burritos	Chicken	Flour tortillas	lettuce, tomato, red onion	
Saturday	BBQ	Lean steak	Baby potatoes	Shredded cabbage, tomato, carrot	
Sunday	Roast chicken/pork with roast veggies	Chicken (skinless) or Trim pork	Kumara, baked	Broccoli, carrot, pumpkin	
<b>A weekly balance consists of:</b>	<ul style="list-style-type: none"> <li>3 x Red meat (Lean Beef/Lamb etc)</li> <li>2 x White Meat (Skin-free Chicken, Trim Pork)</li> <li>1-2 x Fish/Seafood</li> <li>1 x Meatless</li> <li>Ensure half your dinner plate is vegetables, ¼ meat, ¼ Carbohydrate</li> <li>Have 5+ Servings of fruit and vegetables per day 1 serving is: 1 piece fruit, ½ cup diced fruit, ¾ cup fresh fruit juice, ¼ cup dried fruit</li> <li>1 cup raw vegetables, ½ cup cooked vegetables, ¾ cup vegetable juice</li> </ul>				

Healthy Snack Ideas	
Fresh, or canned fruit Easy to digest: banana, peeled pear, grapes or orange	Tuna, chicken, ham, roast beef cottage cheese, peanut butter, egg sandwiches
Dried fruit i.e. raisins, apricots, apples, peaches	Noodles – low fat varieties
Fruit leathers	Instant soups with toast
Scroggin mix – with dried fruit and nuts	Toasted sandwiches
Cereal with reduced fat milk or soy milk	Toast and spreads
Low fat cereal bars, energy bars or muesli bars	Fruit muffins, bagels and scones
Sports bar, containing high carbohydrates, moderate protein	Buns, bread, fruit bread and fruit cake
Oatmeal or fruit cookies	Crumpets & jam/honey
Corn thins with topping	Pikelets & jam/honey
Rice crackers or rice cakes	Low-fat milk or yoghurt
Pretzels	Fruit smoothies with reduced fat milk and/or yoghurt
Fresh vegetables, of all sorts such as baby carrots pre-packaged	Ice blocks or frozen yoghurt
Vegetable sticks with hummus	Pudding cups and squeeze tubes
Cheese Sticks	Creamed rice & dried fruit
Popcorn, microwaved	Liquid meal supplements
Whole grain crackers with cottage cheese or hummus and tomato	100% fruit or vegetable juice
Filled rolls, sandwiches, bagels, wraps	Sports drinks