

MEAL PLANNING

Your guide to eating "everyday"

Time Day	Day 1	Day 2	Day 3
Breakfast	½ cup fibre plus w 1/3 cup skim milk topped w 4 apricot halves or 4 peach slices or 2 pear halves – tinned in light or natural syrup 1 slice grain toast w tomato	2 pieces of grainy toast w ½ cup baked beans ½ glass fresh orange juice	2 poached eggs & 1-2 grilled tomatoes on 2 slices grainy toast
Snack	1 piece fruit (banana) plus water	slice of raisin toast, thin scrap of jam	1 piece of fruit (pear) + water
Lunch	Salad & tuna pita wrap. <i>Wholemeal pita bread w lettuce, grated carrot, tomato, cucumber, onion, small tin tuna tinned in water & topped with little sweet chilli sauce.</i> Glass of water with a piece of lemon	Home made vegetable & ham pizza – ½ medium. <i>Make on lavish or pita bread, top with as many types of cooked veggies as can think of, a small handful of lean ham & grated low fat cheese, bake till crisp then re-heat or eat cold at work. Water</i>	Greek salad – olives, feta, onions, capsicum, mushrooms and leafy greens (variety) Piece fresh fruit or small pack dried fruit/nut mix
Snack	4 Vita wheat crackers w slice low fat cheese & tomato &/or vegemite	Tub low fat yoghurt	Low fat homemade fruit muffin or 2 thin slices fruit bread
Dinner	Chicken Cacciatore – <i>lightly pan fried chicken breast pieces in onion, garlic & then oven baked in tomato & Kalamata olive sauce. One breast per person. Serve with ½ cup cooked brown or basmati rice & 1 cup of steamed vegetables.</i> <i>100ml glass of red wine and plenty of water</i>	BBQ Steak & vegetables – <i>slice up sweet potato, zucchini, carrot, broccoli & corn cob & grill on BBQ until crisp. Add flavourings such as honey & soy or BBQ sauce. Trim the fat of meat and marinate before cooking.</i> <i>1 stubby light beer and plenty water</i>	Stir fry Beef, vegetables & Hokkein noodles. <i>Handful of meat strips per person, lots of Asian greens. Use flavours of garlic, ginger, sweet chilli & hoi sin sauce.</i> <i>Alcohol free</i>
Snack	Watching the football – a platter of low fat snacks with salsa. (eg pretzels, popcorn, rice crackers)	Piece fresh fruit or 1 serve tinned fruit with ½ cup low fat custard	Banana and honey milkshake (<i>made with skim/reduced fat milk</i>)

Note: This is very general information & is not tailored to each individual but is meant to give you an indication of how to spread your meals throughout the day and include variety to encourage balance across all the food groups.