

Fresh Start Meal Plan – Today Tonight

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	½ cup raw muesli, 200g low fat yogurt, ¾ cup tinned fruit in natural juice (drained)	1 slice wholegrain toast with eggs and cooked vegetables	Porridge made with ¼ cup raw oats, 300ml milk, ½ cup frozen mixed berries	2 slices toasted fruit loaf with a scraping of margarine	¾ cup mixed fruit and flake cereal with 200ml milk and a small banana	1 slice toast with vegetable scrambled eggs	Pancakes with 200g low fat yoghurt and berries
Morning tea	1 banana	200g low fat yoghurt	20 medium grapes	200g low fat yoghurt	2 cups diced melon	1 apple	300ml low fat milk (can add coffee or diet chocolate mix)
Lunch	Wholegrain sandwich made with 2 slices wholegrain bread, 50g turkey breast, ¼ avocado, salad vegetables	Bowl of lentil and vegetable soup and a small wholegrain dinner roll	Wrap with 2 sheets of mountain bread, 100g tuna in spring water, 2 tbsp low fat mayo and salad vegetables	100g lean chicken with salad vegetables plus ½ cup sweet corn and ¼ avocado	Toasted wholegrain sandwich with one slice fat reduced cheese, 50g ham, tomato and asparagus	Sweet potato and chickpea hotpot and a small wholegrain dinner roll	120g fish - grilled or tinned in spring water with salad vegetables and oil free dressing
Afternoon tea	20g raw nuts	1 small banana	3 cups popped con	1 punnet of strawberries	250ml Feel Good iced coffee or chocolate	2 mandarins or 1 orange	10 dried apricot halves
Dinner	Cajun chicken and vegetables	Spaghetti Bolognese	Vegetable Omelette with salad	Pan fried fish with rice and salad	BBQ steak and vegetables	Chicken and vegetable pizza	Beef and vegetable stir fry
Supper	375ml Feel Good iced coffee or chocolate milk	1 orange	2/3 cup low fat ice cream	Baked apple and custard	1 slice toasted fruit loaf with a scraping of margarine	2/3 cup low fat ice cream	40g raw nuts

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