

7 DAY MEAL PLAN

Design by
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	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	Rhubarb Porridge [½ cup rolled oats with ½ cup skim milk, ¼ cup stewed rhubarb, 100g low-fat yoghurt]	Corn Crackers 2 x corn crackers, 1 tbsp reduced-fat cottage cheese, 2 slices tomato	Steak Sandwich [2 slices of sourdough, 100g grilled lean steak, 2 cups salad, 2 slices beetroot with 1tbsp tomato salsa] + 1 mandarin	Dates & Tamari almonds [30g tamari almonds and 1 fresh date]	Goat's Cheese & Herb Frittata [2 eggs, 1 egg white, 1 cup broccoli florets, 1 tbsp goat's cheese, 1tspn grated parmesan, 1 tspn each basil and mint, finely chopped. Serve with tomato, balsamic and onion salad] + 100g low fat berry yoghurt
TUESDAY	High-Fibre Smoothie [1 cup mixed berries, ½ cup rolled oats, 1 tbsp chia seeds, 1 cup milk, 100g low-fat natural yoghurt] + 2 slices of rye toast, 1 tspn reduced-fat table spread on each	Grainy Crackers & Cheese [4 x grainy crisp bread, 4 slices avocado]	Moroccan Chicken & Lentil Wrap [2 patties: 100g lean chicken mince + 1/2 brown lentils, 1 tspn breadcrumb, ½ tspn of Moroccan spice, 2 sliced tomatoes, 1 cup spinach mix, 1 Chia mountain bread wrap] + 1 kiwi fruit	Mixed Nuts [30g almonds + walnuts]	Beef and Bean Nachos [Meat mix: 70g lean minced beef, ½ red-kidney beans, rinsed, ½ cup chopped carrot + 1 tbpn Mexican mix: dried cumin and coriander + 1 tbsp tomato paste, 60 g corn chips, ¼ cup reduced-fat cheddar cheese, grated, 1tbsp mashed avocado, squeezed lemon juice. + 2 scoops of fruit-based gelato
WEDNESDAY	Fruit Slice [2 slices of low GI Burgen fruit and muesli bread, 2 tbsp reduced-fat ricotta, 1 small banana, sliced] + skim flat white	Veggie Sticks and Dip [30g mixed veggie sticks, 2 tbsp hummus]	Chicken Tortilla Wrap [1 wholegrain tortilla wrap, 3 slices avocado, 50g grilled chicken, 2 cups of green salad, 1 tbsp reduced-fat ricotta, 5 sun-dried tomatoes]. + 1 apple	Pear, Walnuts & Yoghurt [1 pear, sliced, 100g low-fat natural yoghurt, 1 tspn crushed walnuts, drizzle honey]	Baked Parmesan Crusted Salmon & Cauliflower Mash [200g Atlantic salmon, 1 egg, ¼ cup breadcrumbs. Mash: 2 cups cauliflower, 1 tspn tasty cheese, grated, ½ cup milk. Serve with garden salad] + 2 squares dark chocolate
THURSDAY	Chia Pudding [Mix 1 tbsp chia seeds with 1 cup almond milk, 1 tsp cinnamon, 2 tsp honey, 1 cup mixed frozen berries and 1 tsp vanilla extract. Refrigerate overnight]	Chai Late [1 chai latte]	Falafel & Tzatziki Wrap [1 slice mountain rye or chia wrap, 3 small falafels, ½ roma tomato, sliced, 2 tbsp Tzatziki, handful rocket] + 1 apple	Veggie Sticks and Dip [30g mixed veggie sticks, 2 tbsp hummus]	Lamb Cutlets [3 Frenched-lamb cutlets, 1 cup broccoli, pea and mint mash. Serve with a side of char-grilled (3 sprigs) asparagus]
FRIDAY	Fruit & Nut Muesli [1/3 cup untoasted muesli topped with 200ml low-fat milk, 1 medium banana, ½ cup berries, 1 tsb low-fat yoghurt]	Green Smoothie [1 cup spinach or kale leaves, 1 green apple, 1 celery stick, 1 cup almond milk]	Warm Sweet Potato, Lentil & Broccoli Salad [250g roasted sweet potato, 1 cup broccoli florets, ¾ brown lentils, rinsed, 1 tbsp Tzatziki, 1 tbsp each chopped mint and walnuts].	Popcorn [2 cups plain popcorn]	Pork & Spinach Curry [120g lean diced pork, 1tspn korma paste, 1 cup passata, 1 cup baby spinach. Serve with 1 cup microwavable rice and chia] + 125 ml glass of wine
SATURDAY	Buckwheat Pancakes [3 x medium sized pancakes, ½ banana, ½ cup blueberries, 100g reduced-fat yoghurt] + 1 small glass of freshly squeezed orange juice	Fruit Smoothie [200ml low-fat milk, 1 cup berries, 1 tspn honey, 1 tbsp natural yoghurt]	Warm Roast Chicken Salad [120g skinless chicken, shredded, 1 cup cooked quinoa, 1 cups of mixed salad, 1 tbsp dried currants, 30g reduced-fat feta, 1tspn olive oil and lemon dressing]	Trail Mix [30g: a combination of Goji berries, apricots, Brazil nuts and seeds]	Slow Cooked Lamb [100g lamb shoulder, 1 cup wholemeal cous cous: 1tbsp currants, 1 tspn mint, 1 tspn olive oil. Serve with 2 cups steamed green veg] + 100ml glass of wine
SUNDAY	Café-style Eggs [2 poached eggs, 2 slices sourdough toast, ¼ avocado, ½ grilled tomato and 1 tbs pesto] 1 Chai latte.	Cheese and Crackers [30g low-fat cottage cheese and 3 wholegrain crackers, 1 tomato]	Warm Rice Salad [125g microwavable brown rice, 150g baby spinach, 95g three-bean mix 30g reduced-fat feta, 1 tspn parsley, chopped.]	Popcorn [2 cups plain popcorn]	Green Chicken & Zucchini Curry [100g chicken thigh, ¼ tspn ginger, ¼ tspn green curry paste, 25 ml light coconut milk, 1/2 cup broccoli, florets ½ cup zucchini, sliced. Serve with 1 cup cooked rice basmati rice]