

Eat *better*,
feel *better*,
move more **NOW!**



Australia's Healthy Weight Week Seven Day Meal Planner

Prepared by the Dietitians Association of Australia

MONDAY

Breakfast

Half a cup of baked beans on 2 slices of grainy toast. Serve with a 250ml glass of skim milk.

Lunch

One wholegrain roll with 50g (2 slices) lean shaved ham, avocado, lettuce, tomato and grated carrot. Follow with a piece of fresh seasonal fruit, such as a nectarine or a banana.

Dinner

Grilled chicken kebabs made from 100g lean diced chicken (1 small chicken breast), threaded onto kebab sticks alternating with bite-sized wedges of zucchini, capsicum (red or green), mushroom and tomato (you may like to grill this on the barbie!). Serve on a bed of rice with a side salad of lettuce, tomato and grated carrot. Follow with ½ cup tinned fruit salad (in natural juice) and 1 cup (250ml) of low-fat custard.

TUESDAY

Breakfast

One cup of untoasted muesli topped with 1 cup (250ml) skim milk & a grated apple.

Lunch

Mediterranean salad made from 1 cup lettuce, sliced cucumber, roma tomatoes (cut into wedges), bean sprouts, slices of avocado, a small tin of four bean mix (drained), and a splash of balsamic vinegar. Follow with a fresh pear.

Dinner

Grill two small lean chops and serve with one steamed corn cobbette, broccoli, asparagus and carrot and a wholegrain dinner roll. Follow with 200g of frozen yoghurt.

WEDNESDAY

Breakfast

Two slices wholegrain toast topped with slices of tomato and a sprinkle (40g) of reduced-fat grated cheese.

Lunch

Tuna salad made from one small (95g) tin flavoured tuna, one stick celery, 1/3 cup corn kernels, 1/2 red capsicum, 1/2 green capsicum and 1 cup shredded iceberg lettuce (dice celery and capsicum, mix all ingredients (except for lettuce) together and pile on to bed of lettuce). Serve with 4 wholegrain dry biscuits. Follow with a fruit smoothie made from 1 cup (250ml) skim milk, a tablespoon of low-fat yoghurt and one medium banana.

Dinner

Stir fry made from 100g lean pork strips, 1/2 cup snow peas, 1 carrot, 1/2 capsicum, 1/2 green capsicum, 1/3 cup bean sprouts and 1 cup cooked hokkein noodles. Follow with a bowl (1 cup) of fresh seasonal fruit, such as rockmelon (cantaloupe), banana or strawberries, and 1 scoop of low-fat ice cream.

THURSDAY

Breakfast

One cup wholegrain flake and fruit cereal, topped with 1 cup tinned peaches (in natural juice) and 1 cup (250ml) skim milk.

Lunch

Wholemeal pita wrap with 100g lean grilled chicken strips (1 small chicken breast), 1 teaspoon tomato relish and salad (lettuce, grated carrot, diced mushroom and diced tomato). Followed by a small (250ml) skim milk latte.

Dinner

1 small (100g) fillet of fish (such as salmon, blue grenadier or dory) (steamed or grilled) with a squeeze of lemon juice drizzled over the top. Serve with cous cous salad made by roasting diced onion, pumpkin, red capsicum, roma tomatoes, zucchini and eggplant in a small amount of olive oil & balsamic vinegar, then mix the cooked vegies into 1 cup of cooked cous cous (follow instructions on the back of the pack). Then enjoy a couple of slices of fresh pineapple or other seasonal fresh fruit.

FRIDAY

Breakfast

Two wholemeal crumpets topped with sliced banana and a drizzle of honey. One cup (250ml) skim milk with a teaspoon of chocolate powder.

Lunch

Egg and lettuce sandwich on wholemeal bread. Followed by carrot sticks (made from 1 carrot) served with low-fat hommus dip.

Dinner

Marinate a 100g lean eye fillet steak with garlic and olive oil, then grill on the BBQ. Serve with a baked jacket potato and a mango salad made with 1/3 cup rocket leaves, 1/2 fresh mango (diced), 1/3 cucumber (sliced) and 1/3 cup snow peas. Follow with 1 cup of in-season fruit like berries, banana or honeydew melon served with 200ml low-fat fruit yoghurt.

SATURDAY

Breakfast

One cup of bircher muesli topped with a handful of blueberries.

Lunch

Lentil patties and salad. Get a tin of red lentils, drain and mash. Mix mashed lentils with ½ cup cottage cheese, 5 chopped spring onions and 1 teaspoon thyme, then roll into patties. Dust the patties with wheatgerm, then cook in a griller. Serve with a side salad of coleslaw (you could buy this pre-cut to save time) with a low-fat coleslaw dressing.

Dinner

Homemade chicken burgers made with 100g grilled lean chicken (1 small chicken breast), lettuce, slices of tomato, grated carrot, tinned beetroot and a teaspoon of tomato relish in a wholemeal roll. Follow with a nibble platter of 30g nuts, 40g cheese, half a sliced apple and a handful of fresh grapes.

SUNDAY

Breakfast

One wholegrain English muffin (2 halves) topped with 2 poached eggs. Serve with 150ml freshly squeezed juice.

Lunch

Chick pea salad made from a small tin of chick peas (drained), shredded lettuce, grated carrot, slices of cucumber, slices of mushroom, slices of celery and halved cherry tomatoes drizzled with balsamic vinegar. Follow with a fruit smoothie made from 1 cup (250ml) skim milk, 1 tablespoon of low-fat yoghurt and ½ punnet of strawberries.

Dinner

Tuna pasta made with 1 cup cooked fettuccini mixed with a small (95g) tin of tuna in springwater (drained), ½ cup broccoli florets, 1/3 cup corn kernels, ½ diced red capsicum, ½ diced green capsicum, a handful of snow peas and 1/3 cup tomato pasta sauce. Serve with a side salad of rocket with flakes of parmesan cheese and a dash of balsamic vinegar.

Note: These recipes are for individual serves. For a family, please multiply the ingredients accordingly.

NUTRITION ANALYSIS

Energy – 6039kJ/day

Carbohydrate – 180.4g/day (50.2%)

Protein – 86.5g/day (24.3%)

Fibre – 30.5g/day

Total fat – 41.7g/day (25.5%) (11.8g/d (32% of fats; 8.1% of total energy) saturated, 9.0g/d polyunsaturated (24.6% of fats; 6.1% of total energy), 15.7g/d monounsaturated (42.9% of fats; 10.7% of total energy)), P/S = 2.7 (RR: >1.0)

SNACKS

If hungry between meals, save fruit or dairy from mealtimes and have as a snack, or alternatively select one or two choices from the following list:

- 1 cup air popped pop corn
- 1 slice fruit toast with low-fat cream cheese
- 1 piece of fresh seasonal fruit
- 30g raw, unsalted nuts
- ½ cup fruit salad
- 200g low-fat yoghurt
- 200ml skim milk latte
- Vegetable sticks with tzatziki or salsa dip
- 250ml skim milk smoothie

About Australia's Healthy Weight Week (AHWW)

The Dietitians Association of Australia (DAA) has made addressing overweight and obesity a top priority. And AHWW is one of the initiatives from DAA's comprehensive obesity strategy. The second annual Australia's Healthy Weight Week (AHWW) will run from 25 – 31 January 2009.

AHWW supports and encourages Australians to eat better, feel better and move more NOW. The week calls on Australians to seek expert advice and support on achieving or maintaining a healthy weight from an Accredited Practising Dietitian (APD) – a personal 'food coach'. To find an APD:

- Check the 'Find an Accredited Practising Dietitian' section of the AHWW website at: www.healthyweightweek.com.au
- Telephone the APD hotline on: 1800 812 942
- Check the Yellow Pages under 'dietitian'
- Ask your doctor for a recommendation

And the AHWW website has more healthy eating tips and hints for a healthier, happier you! Visit: www.healthyweightweek.com.au



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Australia's Healthy Weight Week is brought to you by the Dietitians Association of Australia (DAA)

www.healthyweightweek.com.au

DAA would like to acknowledge Melanie McGrice, Accredited Practising Dietitian and DAA member, for developing this meal planner and shopping list.