what a healthy day looks like

... FOR A FAMILY

Breakfast	Morning Tea	Lunch	Afternoon Tea	Dinner	Dessert/supper
½ cup muesli with ½ cup trim milk and sliced kiwifruit, one slice of grainy bread with peanut butter, tea with milk	Bran muffin 	Pasta salad with tinned salmon, tomato, lettuce, celery and a trim latte (regular)	Apple 	Cheese and tomato topped lamb meatballs with steamed broccoli, carrots and mashed potatoes	Blueberry & apple crumble with ¼ cup low-fat yoghurt

... FOR A SINGLE

Breakfast	Morning Tea	Lunch	Afternoon Tea	Dinner	Dessert/supper
Berry smoothie made from one banana, ¼ cup raspberries, ½ cup milk, ½ cup low fat plain yoghurt, ¼ cup rolled oats and one slice of grainy toast with margarine and vegemite	HFG Scone 	Beef and salad wrap with a trim latte (regular)	Two plums and two brazil nuts 	Chicken and broccoli red curry stir-fry with ½ cup of stir-fried veges in soy sauce	Milo made with trim milk and a whole-grain oaty apricot cookie 

... FOR A NON-COOK

Breakfast	Morning Tea	Lunch	Afternoon Tea	Dinner	Dessert/supper
1 cup Special K with ½ cup trim milk, ½ cup peaches and ¼ cup yoghurt; one slice of grainy bread with margarine and berry jam	Trim latte with 1 cup of popcorn and two brazil nuts 	Salad and chicken sand-wiches, made from four slices of grainy bread with margarine, lettuce, tomato, egg and chicken breast, one apple	Banana 	Grilled sirloin steak, steamed carrots and cabbage, boiled peas and 1 cup of mashed potatoes	½ cup fruit salad with 1 scoop low-fat vanilla icecream