

menu planner

HFG takes the guesswork out of eating a balanced diet with this menu for a week. All recipes are clickable.

This seven-day menu gives you:

- ✓ all your weekly **calcium**
- ✓ all your weekly **fibre**
- ✓ at least three servings of **vegetables** and two servings of **fruit** each day
- ✓ less than five per cent energy from free **sugars**.



Adjust portion sizes and snacks to suit your daily energy needs.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
<p>BREAKFAST</p> <ul style="list-style-type: none">• Vanilla poached apricots with 1 cup natural muesli, ½ cup trim milk and 2 tablespoons reduced-fat Greek yoghurt. (2278kJ/544cal) <p>LUNCH</p> <ul style="list-style-type: none">• Tofu and brown rice salad: 75g fried tofu, ½ cup cooked brown rice, red and green pepper, rocket, sesame oil, mirin and chopped peanuts• Plum (2518kJ/601cal) <p>DINNER</p> <ul style="list-style-type: none">• Courgette, mint and feta omelette with pita wedges• Slice of watermelon (2298kJ/549cal) <p>SNACKS</p> <ul style="list-style-type: none">• Trim latté with 3 Brazil nuts (663kJ/158cal)• Cool cucumber and corn salsa on 2 Ryvita crackers with sliced avocado (927kJ/221) <p>DAY TOTAL: 8684kJ / 2073cal</p>	<p>BREAKFAST</p> <ul style="list-style-type: none">• 2 slices of grainy toast with avocado, 30g smoked salmon and 2 roasted tomatoes (2323kJ/555cal) <p>LUNCH</p> <ul style="list-style-type: none">• Grainy bread roll with 75g lean beef and Sassy strawberry salsa• Small bowl cherry tomatoes and half a corn cob• 2 plums (2218kJ/530cal) <p>DINNER</p> <ul style="list-style-type: none">• Lemongrass chicken pasta salad (2500kJ/597cal) <p>SNACKS</p> <ul style="list-style-type: none">• Smoothie: 1 cup trim milk, ½ banana, ½ cup mixed berries, 1 teaspoon LSA, ice (878kJ/210cal)• 12 almonds and a small pottle of low-fat yoghurt (747kJ/179cal) <p>DAY TOTAL: 8666kJ / 2071cal</p>	<p>BREAKFAST</p> <ul style="list-style-type: none">• Egg scramble: 2 eggs, ½ tin of sardines, 1 cup mushrooms, ½ cup sweetcorn on 2 slices of grainy toast (2255kJ/539cal) <p>LUNCH</p> <ul style="list-style-type: none">• Leftover Lemongrass chicken pasta salad (2500kJ/597cal) <p>DINNER</p> <ul style="list-style-type: none">• Spicy steak with Mexican-style salad• Peach (2585kJ/618cal) <p>SNACKS</p> <ul style="list-style-type: none">• Trim latté and a small bowl of strawberries with dollop of low-fat yoghurt (724kJ/173cal)• Celery sticks filled with 2 tablespoons ABC (almond, Brazil, cashew) nut butter (633kJ/151cal) <p>DAY TOTAL: 8697kJ / 2078cal</p>	<p>BREAKFAST</p> <ul style="list-style-type: none">• 3 Weet-Bix with ½ banana, 1 cup strawberries, 1 cup trim milk, ½ cup reduced-fat Greek yoghurt and 1 tablespoon LSA (2193kJ/524cal) <p>LUNCH</p> <ul style="list-style-type: none">• Leftover Spicy steak with Mexican-style salad• 3 strawberries (2398kJ/573cal) <p>DINNER</p> <ul style="list-style-type: none">• Fish tacos with cabbage and coriander salad• Peach sorbet (2722kJ/650cal) <p>SNACKS</p> <ul style="list-style-type: none">• 3 walnuts and 3 Brazil nuts (765kJ/183cal)• Bowl of chopped watermelon with small pottle of low-fat yoghurt (626kJ/149cal) <p>DAY TOTAL: 8704kJ / 2079cal</p>	<p>BREAKFAST</p> <ul style="list-style-type: none">• French toast: 2 eggs, 2 slices grainy bread, topped with Vanilla poached apricots, a drizzle of maple syrup and 1 tablespoon LSA (2375kJ/567cal) <p>LUNCH</p> <ul style="list-style-type: none">• Fish with chickpea and edamame salad• Small corn cob (2505kJ/598cal) <p>DINNER</p> <ul style="list-style-type: none">• Rosemary and maple chicken sandwich with warm roasted veges• 2 plums (2619kJ/626cal) <p>SNACKS</p> <ul style="list-style-type: none">• Trim latté and a nectarine (592kJ/141cal)• Blackcurrant berry ice with 10 almonds (674kJ/161cal) <p>DAY TOTAL: 8765kJ / 2093cal</p>	<p>BREAKFAST</p> <ul style="list-style-type: none">• Mexican egg and chilli beans: ½ cup chilli beans, ½ cup no-added-salt tomatoes, capsicum, ½ cup sweetcorn, poached egg with a dollop of reduced-fat sour cream, sliced avocado and a slice of grainy toast, (2522kJ/603cal) <p>LUNCH</p> <ul style="list-style-type: none">• Leftover Rosemary and maple chicken sandwich with warm roasted veges (2340kJ/560cal) <p>DINNER</p> <ul style="list-style-type: none">• Spice-rubbed steak with baked potatoes with roast beetroot• Plum claufoutis (2687kJ/642cal) <p>SNACKS</p> <ul style="list-style-type: none">• Choc-cranberry bliss ball and a cup of tea with milk (534kJ/128cal)• Small bowl of rock melon with ½ cup of low-fat yoghurt (598kJ/143cal) <p>DAY TOTAL: 8681kJ / 2076cal</p>	<p>BREAKFAST</p> <ul style="list-style-type: none">• Courgette, mint and feta omelette with pita wedges• Vanilla poached apricots (2600kJ/621cal) <p>LUNCH</p> <ul style="list-style-type: none">• Grilled chicken with spicy mango, green chilli and coriander salsa• Apple (1985kJ/474cal) <p>DINNER</p> <ul style="list-style-type: none">• Salmon and Asian sesame slaw with brown rice and quinoa (2310kJ/553cal) <p>SNACKS</p> <ul style="list-style-type: none">• Chia, raspberry and banana smoothie (880kJ/211cal)• Small pottle of low-fat yoghurt and 15 almonds (840kJ/201cal) <p>DAY TOTAL: 8615kJ / 2060cal</p>

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