

menu planner

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



MEAT-FREE Monday

BREAKFAST

- 1 cup natural muesli with ¾ cup of mixed berries, ¾ cup trim milk and ¼ cup of reduced-fat Greek yoghurt (2177kJ/520cal)

LUNCH

- Corn fritters with chargrilled cherry tomatoes and avocado salsa
- Apple (2549kJ/609cal)

DINNER

- Green vege omelette
- Mandarin (2296kJ/549cal)

SNACKS

- Fruit and nut bar with a trim flat white (920kJ/220cal)
- 1 slice grainy bread with no-added-salt-or-sugar peanut butter (705kJ/169cal)

DAY TOTAL:
8647kJ / 2067cal



Tuesday

BREAKFAST

- Leftover **Corn fritters with chargrilled cherry tomatoes and avocado salsa**
- Small bowl of melon (2414kJ/577cal)

LUNCH

- Crunchy couscous salad (2360kJ/563cal)

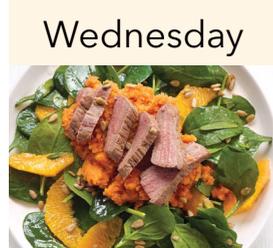
DINNER

- Crispy katsu chicken with braised eggplant and quick carrot pickle
- Lettuce, rocket and cucumber salad with a little vinaigrette
- Bliss ball (2665kJ/637cal)

SNACKS

- Trim latté and 3 Brazil nuts (663kJ/158cal)
- Pottle of low-fat yoghurt with 1 cup of strawberries (610kJ/146cal)

DAY TOTAL:
8712kJ / 2081cal



Wednesday

BREAKFAST

- 2 slices of grainy bread with avocado, tomatoes and mushrooms fried in a spray of olive oil.
- Small bowl of strawberries (2031kJ/485cal)

LUNCH

- Leftover **Crispy Katsu chicken with braised eggplant and quick carrot pickle**
- Lettuce, rocket and cucumber salad with a little vinaigrette (2283kJ/545cal)

DINNER

- Grilled lamb with carrot miso purée and orange salad
- Strawberry yoghurt cake (2598kJ/621cal)

SNACKS

- Smoothie: trim milk, ½ banana, 1 tablespoon LSA and ice (939kJ/224cal)
- 2 Ryvita crackers with smoked salmon and nori seaweed (780kJ/186cal)

DAY TOTAL:
8631kJ / 2061cal



Thursday

BREAKFAST

- 3 Weet-Bix with 1 cup trim milk, sliced banana, 2 tablespoons of flaked almonds and a dollop of low-fat yoghurt (2201kJ/526cal)

LUNCH

- All green chicken fritters
- Apple (2126kJ/508cal)

DINNER

- Chicken piccata with chickpeas and steamed greens with a slice of grainy bread
- Berry clafoutis (2752kJ/658cal)

SNACKS

- 4 walnuts and 3 Brazil nuts (912kJ/218cal)
- Hard-boiled egg with cherry tomatoes and a small slice of reduced-fat cheese (640kJ/153cal)

DAY TOTAL:
8631kJ / 2063cal



Friday

BREAKFAST

- Scrambled eggs with smoked salmon
- 2 slices of grainy toast with avocado (2449kJ/585cal)

LUNCH

- Leftover **Chicken piccata with chickpeas and steamed greens** with a slice of grainy bread
- Small bowl of blueberries (2302kJ/550cal)

DINNER

- Quick fish and pea pie with a lettuce, rocket and cucumber salad with a little vinaigrette
- Fruit and nut bar (2501kJ/597cal)

SNACKS

- Trim latté with 3 Brazil nuts (663kJ/158cal)
- Pottle of low-fat yoghurt and 12 almonds (747kJ/179cal)

DAY TOTAL:
8662kJ / 2069cal



Saturday

BREAKFAST

- Savoury mince on 2 slices of grainy bread
- Small glass of juice (2276kJ/544cal)

LUNCH

- Rice and mussel salad: 1 cup brown rice, rocket, red pepper, mussels, tomato, chopped nori, 2 teaspoons sesame seeds and 1 teaspoon sesame oil (2264kJ/541cal)

DINNER

- Thai chicken patties with shredded vege rice salad
- Small bowl of melon with reduced-fat Greek yoghurt (2324kJ/555cal)

SNACKS

- Fruit and nut bar with a trim latté (934kJ/223cal)
- 2 Ryvita crackers with avocado and a kiwifruit (873J/209cal)

DAY TOTAL:
8671kJ / 2072cal



Sunday

BREAKFAST

- Big brekkie: 2 eggs, fried mushrooms and potato, wilted spinach, avocado and 1 slice of grainy toast (2399kJ/573cal)

LUNCH

- Leftover **Thai chicken patties with shredded vege rice salad**
- Small bowl of fresh pineapple with low-fat yoghurt (2340kJ/559cal)

DINNER

- Asian-Inspired beef burger (2253kJ/538cal)

SNACKS

- Smoothie: trim milk, ½ banana, ½ cup of mixed berries and ice (819kJ/196cal)
- 15 almonds and 3 walnuts (905kJ/216cal)

DAY TOTAL:
8716kJ / 2082cal

Adjust portion sizes and snacks to suit your daily energy needs. Click on recipe headings or pics.

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**.



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