

menu planner

HFG takes the guesswork out of eating a balanced diet with this menu for a week. Click on the recipe names and images, to use.

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**.

Monday



BREAKFAST

- 1 cup of quinoa porridge with 5 chopped dates, ¾ cup of mixed berries, 1 tablespoon chia seeds, ½ cup trim milk, ¾ cup low-fat yoghurt and a drizzle of maple syrup. (2363kJ/565cal)

LUNCH

- **Mexi-spiced rice with chicken and slaw**
- Banana (2320kJ/554cal)

DINNER

- **Korean bibimbap**
- small square of dark chocolate (2596kJ/620cal)

SNACKS

- 15 almonds and 3 Brazil nuts (792kJ/189cal)
- **Green ginger buzz** (772kJ/184cal)

DAY TOTAL:
8836kJ / 2112cal

Tuesday



BREAKFAST

- **Banana, nut and berry knockout**
- 1 slice grainy toast with ¼ avocado and sliced tomato (2317kJ/554cal)

LUNCH

- **Chicken antipasto risoni salad** with flaked almonds
- Kiwifruit (2229kJ/533cal)

DINNER

- **Meatball couscous salad** with extra hummus
- 1 cup stewed apple with 3 tablespoons Greek-style yoghurt (2412kJ/576cal)

SNACKS

- Trim latte with a Carrot, spinach and pumpkin seed muffin (HFG January 2014 or www.healthyfood.co.nz) (913kJ/218cal)
- 1 serve of **Pumpkin pikelets** with a glass of trim milk (783kJ/187cal)

DAY TOTAL:
8654kJ / 2068cal

Wednesday



BREAKFAST

- 2 eggs poached on 2 slices grainy toast with fried mushrooms, grilled tomato and sliced avocado (2245kJ/536cal)

LUNCH

- Leftover **Meatball couscous salad** with extra hummus
- Orange (2143kJ/512cal)

DINNER

- **Grilled salmon with sweet barley salad**
- One-ingredient banana ice cream (www.healthyfood.co.nz) (2649kJ/633cal)

SNACKS

- Trim latte with 15 almonds (800kJ/191cal)
- Pottle of low-fat yoghurt with 1 tablespoon of LSA (816kJ/195cal)

DAY TOTAL:
8653kJ / 2067cal

Thursday



BREAKFAST

- 3 Weet-Bix with 1 cup trim milk and ½ cup berries
- **Mint and mango delight** (2513kJ/600cal)

LUNCH

- Leftover **Grilled salmon with sweet barley salad** (2280kJ/543cal)

DINNER

- **Chicken and basil meatball soup**
- Kiwifruit (2200kJ/526cal)

SNACKS

- 1 slice grainy toast with 1 tablespoon each of reduced-fat cream cheese and peanut butter (no added salt, no added sugar) (769kJ/184cal)
- Cup of grapes with 2 tablespoons walnuts (851kJ/203cal)

DAY TOTAL:
8613kJ / 2056cal

Friday



BREAKFAST

- Egg and tofu scramble: 2 eggs, 75g tofu, onion, capsicum, mushrooms, tomato, with 2 slices grainy toast (2283kJ/545cal)

LUNCH

- **Quick vege dumpling soup**
- Pear (2340kJ/559cal)

DINNER

- **Crispy chicken with beetroot, bulghur wheat and herb salad** with a small corn cob (2461kJ/588cal)

SNACKS

- Trim latte, 3 Brazil nuts and a mandarin (847kJ/202cal)
- ½ cup of hummus with carrot sticks and 5 rice crackers (817kJ/195cal)

DAY TOTAL:
8748kJ / 2089cal

Saturday



BREAKFAST

- **Spinach and ricotta omelette stack**
- **Green ginger buzz** (2185kJ/522cal)

LUNCH

- **One-pan curried couscous bowl** with grilled chicken
- Apple (2632kJ/629cal)

DINNER

- **Buckwheat and mushroom burgers**
- Small bowl of grapes (2246kJ/537cal)

SNACKS

- Pottle of low-fat yoghurt with 1 tablespoon chia seeds and a kiwifruit (772kJ/185cal)
- Milo with milk (200ml milk and 3 teaspoons Milo powder) with a small square of dark chocolate (920kJ/220cal)

DAY TOTAL:
8755kJ / 2093cal

Sunday



BREAKFAST

- 2 slices grainy toast with sardines and ½ avocado sliced (2221kJ/531cal)

LUNCH

- Quick cup of steamed rice and chia seed with canned salmon, broccoli, pumpkin, capsicum, rocket, pesto and sunflower seeds (2522kJ/602cal)

DINNER

- **Beef schnitzel with roast vege wedges** (2210kJ/529cal)

SNACKS

- Trim latte, 3 Brazil nuts and a kiwifruit (824kJ/197cal)
- Apple and 15 almonds (818kJ/195cal)

DAY TOTAL:
8595kJ / 2054cal

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