

menu planner

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

HFG takes the guesswork out of eating a balanced diet with this menu for a week. Just click on the recipe headings and pictures to view.

MEAT-FREE

Monday



BREAKFAST

- 2 slices of grainy toast with 2 poached eggs, ½ an avocado and fried mushrooms (2565kJ/613cal)

LUNCH

- Baked falafels with tahini yoghurt and tomato salad
- 1 banana (2226kJ/532cal)

DINNER


- Lentil and sweet potato korma
- 1 Apple rose tart (2053kJ/491cal)

SNACKS

- Trim latte, 3 Brazil nuts and a mandarin (847kJ/202cal)
- Small pottle of low-fat yoghurt with a kiwifruit and 10 almonds (852kJ/204cal)

DAY TOTAL:
8543kJ / 2042cal

Tuesday



BREAKFAST

- Oat porridge with trim milk, low-fat yoghurt, 2 tablespoons of LSA and ½ cup of stewed apple (no sugar) (2249kJ/537cal)

LUNCH

- Leftover lentil and sweet potato korma
- 1 cup of grapes (2268kJ/542cal)

DINNER

- Lamb and vegetable tagine with mint couscous and green beans
- 1 cup of stewed apple with low-fat yoghurt (2496kJ/596cal)

SNACKS

- 1 slice grainy toast with no-added-salt-or-sugar peanut butter (705kJ/169cal)
- 1 Apple rose tart with a pottle of low-fat yoghurt and 1 tablespoon sliced almonds (926kJ/221cal)

DAY TOTAL:
8644kJ / 2065cal

Wednesday



BREAKFAST

- Egg scramble: 2 eggs, ½ onion, 1 cup mushrooms, ½ potato, spinach, and 2 slices of grainy bread (2010kJ/480cal)

LUNCH

- Chargrilled pumpkin and haloumi salad with chickpeas
- 1 apple
- 1 mandarin (2373kJ/567cal)

DINNER

- Speedy squid spaghetti
- Berry pannacotta (2675kJ/639cal)

SNACKS

- Trim latte with 15 almonds (800kJ/191cal)
- 1 Cranberry and quinoa bar (845kJ/202cal)

DAY TOTAL:
8703kJ / 2079cal

Thursday



BREAKFAST

- 2 slices of grainy toast with no-added-salt-or-sugar peanut butter, and a banana with a sprinkle of cinnamon.
- 1 cup stewed apples (2286kJ/546cal)

LUNCH

- Salmon with beetroot, bulghur and mandarin salad (2350kJ/561cal)

DINNER


- Mexican mixed plate
- 1 kiwifruit (2382kJ/569cal)

SNACKS

- Berry smoothie: ¾ cup trim milk, 1 tablespoon LSA, ¼ cup low-fat yoghurt, ⅔ cup frozen berries, 1 tablespoon chia seeds (1087kJ/260cal)
- 2 rolls of salmon sushi (606kJ/145cal)

DAY TOTAL:
8711kJ / 2081cal

Friday



BREAKFAST

- Quinoa porridge with trim milk, 6 chopped dates, 1 tablespoon of chia seeds, ¼ cup of reduced-fat Greek yoghurt (2396kJ/572cal)

LUNCH

- Leftover Mexican mixed plate
- 1 orange (2457kJ/587cal)

DINNER


- Fish pie with pea mash topping
- 1 small square of dark chocolate (2285kJ/546cal)

SNACKS

- Trim latte with 3 Brazil nuts (658kJ/157cal)
- 1 Pumpkin, chia and rosemary scone and 2 mandarins (906kJ/216cal)

DAY TOTAL:
8702kJ / 2079cal

Saturday



BREAKFAST

- 2 poached eggs on 2 slices grainy toast with ⅓ of an avocado and 2 grilled tomatoes (2273kJ/543cal)

LUNCH

- Tasty tofu burger
- 1 pear and 1 apple, sliced (2360kJ/564cal)

DINNER


- Chicken shawarma with cucumber and dill salad
- Blackcurrant custard fool (2507kJ/599cal)

SNACKS

- Trim latte with 12 almonds (706kJ/169cal)
- 1 Cranberry and quinoa bar (850kJ/202cal)

DAY TOTAL:
8696kJ / 2077cal

Sunday



BREAKFAST

- 3 Weet-Bix with sliced banana, trim milk and 2 tablespoons sliced almonds (2148kJ/513cal)

LUNCH

- Salmon and corn fishcakes with a slice of grainy bread (2474kJ/591cal)

DINNER

- Tasty fish tacos
- Stewed rhubarb (no sugar) with reduced-fat Greek yoghurt (2411kJ/576cal)

SNACKS

- Leftover Blackcurrant custard fool (718kJ/172cal)
- Milo (3 level teaspoons with 200ml of milk) and 3 Brazil nuts (897kJ/214cal)

DAY TOTAL:
8648kJ / 2066cal

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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