

# menu planner

HFG takes the guesswork out of eating a balanced diet with this menu for a week. Just click on the headings and 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 added **sugar**.


**MEAT-FREE**
**Monday**

**BREAKFAST**

- 1 cup of low-fat yoghurt with chopped apple, kiwifruit, 12 almonds, 3 Brazil nuts, 1 tablespoon each of LSA and chia seeds (2280kJ/545cal)

**LUNCH**

- Herby quinoa savoury cakes with spicy dressing
- Grainy bread roll (2570kJ/615cal)

**DINNER**

- Orecchiette with roasted cauliflower, pine nuts and green olives (2250kJ/540cal)

**SNACKS**

- Jaffa nut bar (510kJ/122cal)
- Hot Milo; 200ml trim milk with 3 teaspoons Milo
- Mandarin (760kJ/180cal)

**DAY TOTAL:**  
8370kJ / 2002cal

**Tuesday**

**BREAKFAST**

- Quinoa porridge with sliced banana, ½ cup reduced-fat Greek yoghurt, 1 tablespoon LSA and a drizzle of maple syrup (2410kJ/575cal)

**LUNCH**

- Kumara, courgette and herb frittata with beetroot and rocket salad and a small wholemeal pita bread (2470kJ/590cal)

**DINNER**

- Seared venison with creamy mash and boysenberry sauce with ¾ cup roast pumpkin (2160kJ/515cal)

**SNACKS**

- Trim latte
- 3 Brazil nuts (660kJ/160cal)
- Blender muffin with 1 teaspoon reduced-fat spread (970kJ/230cal)

**DAY TOTAL:**  
8670kJ / 2070cal

**Wednesday**

**BREAKFAST**

- Sardines on 2 slices grainy toast with ½ an avocado and sliced tomatoes (2330kJ/555cal)

**LUNCH**

- Warm salmon, egg and quinoa salad
- Mandarin (2350kJ/560cal)

**DINNER**

- Mexican chicken pot (2420kJ/578cal)

**SNACKS**

- Trim latte
- Kiwifruit
- 2 walnuts (850kJ/205cal)
- 150ml low-fat yoghurt with ¾ stewed rhubarb (no added sugar) (790kJ/190cal)

**DAY TOTAL:**  
8740kJ / 2090cal



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

## Thursday



### BREAKFAST

- 2 slices **Banana and sultana bread** with sliced banana
- Trim flat white (2180kJ/520cal)

### LUNCH

- Leftover **Mexican chicken pot** (2420kJ/578cal)

### DINNER

- **Moroccan lamb with toasted Brussels sprouts**
- ½ cup grapes (2420kJ/575cal)

### SNACKS

- Smoothie; 1 cup trim milk, ½ cup low-fat fruit yoghurt and ¾ cup mixed berries (880kJ/210cal)
- 3 Ryvita crackers with 3 tablespoons hummus and sliced tomato (810kJ/195cal)

**DAY TOTAL:**  
8710kJ / 2080cal

## Friday



### BREAKFAST

- Green eggs on toast; 2 poached eggs, 2 slices soy & linseed toast, ¼ avocado and 1 tablespoon pesto (2100kJ/500cal)

### LUNCH

- Leftover **Moroccan lamb with toasted Brussel sprouts**
- Apple (2530kJ/605cal)

### DINNER

- **Chicken and mushroom potato topped pie**
- Small glass of hot milk (2670kJ/640cal)

### SNACKS

- 12 almonds
- 3 Brazil nuts (700kJ/165cal)
- **Jaffa nut bar**
- Kiwifruit (730kJ/175cal)

**DAY TOTAL:**  
8730kJ / 2085cal

## Saturday



### BREAKFAST

- **Beautiful bircher** with ¾ cup stewed rhubarb (no added sugar) (2360kJ/565cal)

### LUNCH

- **Lamb pita pocket** lunch of the month) (2500kJ/600cal)

### DINNER

- **Cauliflower couscous with corn and sesame salmon**
- 2 feijoas (2430kJ/580cal)

### SNACKS

- Trim latte
- 4 dates (650kJ/155cal)
- **Jaffa nut bar** (780kJ/185cal)

**DAY TOTAL:**  
8720kJ / 2085cal

## Sunday



### BREAKFAST

- Mother's day **Savoury French toast in a mug** with 1 cup mushrooms, fried, wilted spinach and ½ avocado, sliced
- Trim flat white (2240kJ/535cal)

### LUNCH

- **Creamy tuna and broccoli pasta bake**
- Apple (2430kJ/580cal)

### DINNER

- **Malaysian chicken curry** with ½ cup baked pumpkin and 2 tablespoons chopped cashew nuts (2590kJ/620cal)

### SNACKS

- 150ml low-fat yoghurt with ½ cup of grapes (600kJ/140cal)
- Hot Milo; 200ml trim milk with 3 teaspoons Milo
- 10g dark chocolate (800kJ/190cal)

**DAY TOTAL:**  
8660kJ / 2065cal