

Information below outlines the ingredients, portion sizes and cooking methods to help you with the AHW 7 day meal plan. Enjoy!

Monday

Breakfast

Half a cup (40g) of untoasted muesli served with one cup (250mL) of low-fat milk. Top with four tinned apricot halves (canned in natural juice and drained).

Lunch

Turkey and cranberry sandwich made from two slices of multigrain bread, 65g of sliced roast turkey (from the deli), lettuce and one tablespoon of cranberry sauce. Follow with one tub (200mL) of reduced-fat yoghurt.

Dinner

Make a fetta, sun-dried tomato and broccoli frittata. Pre-heat the oven to 180°C, then put five eggs and a quarter of a cup of low-fat milk into a bowl and whisk. Add 40g reduced-fat feta cheese, 60g finely-chopped semi-sundried tomatoes (oil drained on a paper towel), half a head of diced broccoli, and half a diced zucchini. Pour into a shallow non-stick frying pan and place in the oven for 10-15 minutes (or until firm when pressed lightly with your finger). Cut into six portions of 200g each and serve yourself one slice for dinner and put the rest in the fridge for another day.

For the bean salad, toss together one 125g can of three bean mix (remembering to rinse and drain the beans to remove excess salt), one diced stalk of celery, half a diced red onion, one cup of diced parsley, one teaspoon of balsamic vinegar and one teaspoon of olive oil.

Follow with 200g of reduced-fat yoghurt with one cup of fresh fruit salad with your favourite fruit.

Tuesday

Breakfast

Two slices of multigrain toast each spread with 40g of cottage cheese, a teaspoon of honey and half a sliced banana.

Lunch

One medium multigrain bread roll filled with 65g of ham, two slices (40g) of reduced-fat cheddar cheese, three slices of tomato, three slices of cucumber and baby spinach leaves.

To increase your vegetable intake, follow this by crunching on some carrot sticks or instead include one grated carrot as a filling in the bread roll if you would prefer.

Dinner

Two small chicken kebabs made by grilling 100g of lean chicken breast in a non-stick frypan for four minutes either side (or until cooked through so there is no pink on the inside)*. Wrap cooked chicken inside wholemeal pita bread filled with green salad ingredients, such as lettuce, a few slices of capsicum, 10 snow peas (30g) and half a diced cucumber. Serve with a side of extra green salad if desired using more of the ingredients in the wrap, along with ½ a sliced avocado. Top salad with a teaspoon of balsamic vinegar, if desired.

*Note: Chicken can be marinated beforehand if desired. To do this, cover chicken with a commercial-based sauce such as honey and soy and place in the fridge for a minimum of 30 minutes to allow the chicken to absorb the flavours.

For dessert blend a punnet of fresh strawberries through 200g of fruit-flavoured low-fat frozen yoghurt.

Look no further than an Accredited Practising Dietitian (APD) An Accredited Practising Dietitian (APD) is your diet coach - they can tailor an eating plan to your individual lifestyle and support and motivate you to make changes for life. Call, toll free, 1800 812 942 or visit 'Find an APD' at www.daa.asn.au to contact your local APD.

Wednesday

Breakfast

Two slices of thin 'sandwich-size' fruit toast thinly spread with margarine. Add to this a banana smoothie made by placing 250mL low-fat milk, one chopped banana and one tablespoon of honey into a blender and mixing until smooth.

Lunch

Make a pumpkin and chickpea salad. Toss together a quarter (150g) of a butternut pumpkin (peeled then boiled in a saucepan of boiling water or steamed in a microwave with a small amount of water until tender, and cut into 2cm pieces), half a large red onion (thinly sliced), half a tin (200g) of chickpeas (washed and drained), half a teaspoon each of ground coriander and ground cumin seeds, half a cup of freshly chopped coriander, a quarter (30g) of red capsicum (sliced) and a third of a bag of baby spinach. Dress the salad with a one tablespoon of commercially-bought soy, sesame and ginger sauce.

Dinner

150g grilled fish fillet (such as Atlantic salmon) bought either fresh or frozen. Serve with a medium cooked potato (either steamed in the microwave with one tablespoon of water for five minutes, or boiled in a saucepan by cutting potato into quarters, covering with water, waiting for the water to boil, and then let water simmer for eight minutes or until potato is soft when pricked with fork) and a side (2-3 cups) of green salad made up of lettuce, half a sliced capsicum, snow peas, cucumber and half an avocado.

Follow this meal with one cup (250mL) of reduced-fat custard mixed with 150g of stewed apple. To stew the apple, slice one medium apple and put in a saucepan with one tablespoon of water, cover the pan and put it over medium heat. When water starts boiling, leave for two to three minutes, stir until mixture is smooth, then remove from heat and allow to cool.

Thursday

Breakfast

Porridge (made from soaking 40g of regular oats in 250mL of low-fat milk in a small saucepan and heat over the stove until the oats have soaked up the milk) topped with 150g of fresh blueberries.

Lunch

Tuna patties (made by combining two medium potatoes (boiled and mashed), one medium (185g) tin of tuna (drained), a stalk of finely sliced celery, a carrot (grated) and an egg. Shape the patties, dust with flour, cook for 3-4 minutes (or until golden) on each side in a frying pan). Put half the patties in the freezer for another day.

Note: Patties can be made the night before and reheated for lunch.

Serve with a side salad of baby spinach leaves, diced mushrooms (100g), 1/3 tin drained corn kernels, and half a sliced red capsicum.

Dinner

Cook 100g of lean steak under the grill or on the barbeque. Serve with two cups of your favourite vegetables (such as carrots, zucchini, broccoli and squash) which can be cooked by steaming in the microwave for five minutes or boiling in a saucepan by just covering with water, bringing to the boil and simmering for eight minutes. Serve with a medium potato wrapped in foil and cooked in the oven on medium heat (200-220C) for 20 minutes.

For dessert, enjoy two scoops of reduced-fat ice cream with nine slices (150g) of canned peaches (in natural juice).

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Friday

Breakfast

One cup (45g) of wholegrain cereal flakes topped with two small kiwi fruit and a cup (250mL) of low-fat milk.

Lunch

Three bought Sushi rolls (choose those with salmon, tuna, avocado or salad fillings) and a small latte, cappuccino, flat white or hot chocolate, made with skim milk.

Dinner

Spaghetti bolognese made from 40g uncooked pasta topped with 100g bolognese sauce. Cook pasta by bringing water to the boil in a saucepan, then adding the pasta (there should be enough water to generously cover the pasta), and allowing to simmer for around 8-10 minutes.

Meanwhile, to make the bolognese sauce, add one diced brown onion and a spray of canola oil to a saucepan. Allow onion to brown. Add 400g of lean mince meat plus diced vegetables, including one carrot, one green capsicum, one red capsicum and six champignon mushrooms. Add one can of crushed tomatoes into the pan and leave to cook for 4-5 minutes.

Portion the bolognese sauce into four serves. Use one serving now and freeze the rest for another day. Serve with 2-3 cups of green salad (using your favourite salad ingredients, such as lettuce, carrot, tomato, cucumber, and snow peas).

Follow with a platter of 40g reduced-fat cheese, half a cup of grapes and one sliced apple.

Saturday

Breakfast

Two slices of multigrain toast each spread thinly with avocado (around two teaspoons per slice of toast) and topped with a poached egg and a grilled tomato (sprayed with oil and cooked, cut side down, on a non-stick frying pan).

Lunch

A small wholemeal pita bread wrap filled with 65g roast beef, a teaspoon wholegrain mustard and green salad. Serve with a side of two cups of green salad (such as lettuce, cucumber, red capsicum and snow peas) and a milkshake made with 1 cup (250mL) of low-fat milk and a tablespoon of diet chocolate topping, mixed with a blender or whisk.

Dinner

Tuna and pumpkin risotto made by roasting 150g of diced pumpkin (2cm pieces, sprayed with canola oil) in the oven. While this is cooking, put half a cup of Arborio rice in a pan and slowly add water, ladle by ladle, until the rice can absorb no more fluid (roughly about 2 cups), then add in 50g of peas, one small tin (100g) of tuna, a handful of baby spinach, 50g semi-sundried tomatoes (drained on a paper towel to remove oil then cut into slivers) and the roasted pumpkin.

Serve with a side salad made from a cup of baby spinach leaves, a third of a sliced cucumber, 10 snow peas (30g), half a red capsicum and a dash of reduced-fat Italian dressing.

Follow with a 200g tub of reduced-fat yoghurt and an apple for dessert.

Sunday

Breakfast

Make a 'breakfast bruschetta' by topping two slices of sourdough bread (preferably wholegrain) with half a diced avocado and two diced tomatoes.

Follow with a milk coffee made from 250mL warm low-fat milk and a teaspoon of coffee.

Lunch

Egg and lettuce sandwich made with two small, boiled and sliced eggs and half a cup of lettuce on multigrain bread and a 200g tub of low-fat frozen yoghurt.

Dinner

Tofu stir-fry made with 100g of firm store-bought marinated tofu and two cups of mixed vegetables (such as snow peas, sliced carrots, bean sprouts, baby corn, mushrooms and bok choy). Serve on a bed of one cup of hokkien noodles.

Follow with a strawberry smoothie made from one cup (250mL) low-fat milk and one punnet of strawberries (or use one cup of another favourite fruit that blends well, such as mango or banana).

Note recipes are for 1 person. Multiply for additional people as required.

Snacks

If hungry between meals, save fruit or dairy from mealtimes and have as a snack, or alternatively select one or two choices from the following list:

- 20 raw almonds
- One piece of fresh seasonal fruit
- 250mL low-fat milk
- One cup of vegetable sticks such as capsicum or carrot with 50g hummus
- Two wholegrain dry biscuits topped with slices of tomato and cracked pepper