HEALTHY MEAL PLAN INSPIRATION

Bakers Delight
We're for real.

+ Recipe available at health.bakersdelight.com.au

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	**Honey Cinnamon Porridge** Made with whole rolled oats, low fat milk, berries, cinnamon & honey to taste	**Fruit & Honey Toasted Delight** + + 1 skim/soy latte or glass of low fat milk	**Cereal with Apricots** Bowl of high fibre cereal with low fat milk & chopped dried apricots	**Ricotta & Cape Fruit & Nut Roll** Bakers Delight Cape Fruit & Nut Roll, halved & spread with ricotta cheese, topped with sliced banana	**Poached Eggs on Toast** 2 omega-3 enriched eggs, poached and served with cherry tomatoes on 2 slices Bakers Delight Cape Seed Bread + 1 skim/soy latte	**Maple pears on Cape Seed** + + 1 skim/soy latte	**Buckwheat Pancakes** Made with buckwheat flour, eggs & milk served topped with ricotta, honey & sliced banana
Lunch	**Sardine & Salad Sandwich** Made with 2 slices of Bakers Delight Cape Seed Bread, canned & drained sardines, 1 cheese slice & plenty of salad vegetables. + 1 medium fruit e.g. apple	**Chickpea & Cous Cous Salad** Made with chopped salad vegetables, canned & drained chickpeas mixed with cooked wholemeal couscous, dressed with lemon juice and olive oil + 1 tub low fat yoghurt	**Turkey & Cranberry Sandwich** + + 1 tub low fat yoghurt	**Chargrilled Vegetable Sandwich** + + 1 cup chopped fruit & 1 tub low fat yoghurt	**Healthy Cape Seed with Beetroot Relish** + + 1 tub low fat yoghurt + 2 kiwi fruit	**Vegetable & Barley Soup** Made with diced veg, tomato, barley & red kidney beans, sprinkled with parmesan cheese. Served with 1 slice Bakers Delight Cape Seed Bread + 2 kiwi fruit	**Thai Beef Salad** Made with lean roast beef, peanuts, mint, coriander, chilli, green beans, tomato, spring onion served with rice noodles + 1 tub low fat yoghurt
Dinner	**Beef Fajitas** Made with lean beef stir-fried with garlic, coriander & cumin. Serve on warmed tortillas with corn kernels, bean mix, & salad vegetables	**Stir Fry Chicken & Cashew Nuts** Stir fry chicken strips with garlic, sesame oil & soy sauce then add mixed vegetables & cashew nuts. Serve with soba noodles	**Frittata** Made with omega-3 enriched eggs, grated cheese, garlic, herbs, grated vegetables and cooked brown rice. Serve with a side salad	**Pasta Bolognese** Made with lean mince, no-added-salt tomato passata & grated veg served with wholemeal pasta & a large side salad dressed with lemon juice and olive oil	**Salmon with Cous Cous** Grill salmon fillets and serve on a bed of wholemeal couscous with steamed vegetables dressed with olive oil & lemon juice	**Steak & Mushrooms** Lean grilled steak served with mushrooms sautéed in olive oil, parsley & garlic served with steamed spinach & carrot and a side of brown rice	**Lemon Chicken** Marinate chicken pieces in lemon juice, olive oil & pepper. Grill and serve with polenta & steamed vegetables (e.g. carrot, broccoli, asparagus)
Snacks	1 tub low fat yoghurt Handful of unsalted nuts Chopped veggie sticks	1 medium orange or other fruit Fruit salad with low fat custard	1 medium fruit Handful of walnuts	Handful of unsalted nuts Skim hot chocolate or glass of low fat milk	2 reduced fat cheese slices on 6 small rye crackers Handful of dried apricot halves	1 medium apple or other fruit Veggie sticks Low fat yoghurt	1 cup chopped fruit 1 skim hot chocolate or café latte

This is a general meal plan only. For professional nutrition advice, seek the services of an Accredited Practising Dietitian.

ABOUT THIS MEAL PLAN

- This meal plan has been developed to promote good health for the body and mind.
- Each day contains at least 30g total fibre, has at least 5g soluble fibre and is low in saturated fat (approximately 6% of energy). It also provides <1600mg sodium per day which is optimal for good health* and provides more than 100% of the recommended dietary intake for adults (non-pregnant) and children for folate, magnesium and protein, and meets targets for general good health for omega-3 intakes. The meal plan also includes oats, barley, legumes, nuts and fish in amounts recommended to support good health for the body and mind.
- It provides the minimum number of serves from each of the core food groups as recommended in the Australian Guide to Healthy Eating** (other than dairy for women over 50 years).
- Choose brown/wholemeal pasta and rice as a preference as these foods increase your wholegrain intake
- Note it is also important to drink plenty of water.

- *This meal plan has been developed by an Accredited Practising Dietitian at Food & Nutrition Australia.*
- *Energy requirements vary depending on age, activity, health status, height and weight. It is recommended that portion sizes of the foods outlined in this meal plan be adjusted to meet individual energy needs. For more information on how to estimate your daily energy needs, go to www.8700.com.au and for personalised advice, seek the services of an Accredited Practising Dietitian.*
- *Those with a medical issue should seek advice from a medical practitioner before changing their diet.*

* *Nutrient Reference Values for Australia and New Zealand Suggested Dietary Targets to reduce Chronic Disease Risk, NHMRC 2006.*

** *Australian Guide to Health Eating, NHMRC, Commonwealth of Australia, 2013 http://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating*

Cape Seed Range

Did you know that as part of a healthy varied diet, Cape Seed bread provides iron, magnesium, & zinc to assist a healthy mind and body, as well as folate, iron and magnesium to assist with the reduction of tiredness and fatigue.

Combined with the power of 11 seeds and grains, it's rich in fiber and protein.

Do yourself a favour and grab a loaf or roll today from your local bakery!

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