

# SAMPLE MEAL PLANS

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## NUTRITIONAL GUIDELINES

### A. Meat/fish/chicken/eggs/other protein sources – 2 serves per day

1 serve = 30 - 45g meat / fish / chicken

- ◇ 1 egg
- ◇ Small tin tuna / salmon (approx. 95g can)
- ◇ Small tin baked beans (approx. 130g can)

### B. Dairy – 3 serves per day

1 serve = 250ml low fat milk

- ◇ 1 serve = 250ml low fat milk
- ◇ 100g low fat yoghurt
- ◇ 1 slice low fat cheese (1 slice per day only)

### C. Bread/Cereals/Starchy Vegetables – 3-4 serves per day

1 serve = 30g cereal (use high fibre, bran based)

- ◇ 1 slice bread (preferably multigrain)
- ◇ ¼ – ½ cup well cooked pasta or rice
- ◇ ½ medium size potato
- ◇ ¼ cup cooked sweet potato

### D. Fruit – 2-3 serves per day

1 serve = 200ml no added sugar fruit juice (once per day only)

- ◇ ½ medium size piece of fruit
- ◇ 110ml container 'no added sugar' tinned fruit

**E. Vegetables** – as much as you like. Vegetables provide much needed vitamins but few calories. These need to be cooked until soft.

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## SAMPLE MEAL PLAN

*Note that this is only a guide; you may need a bit more or a bit less food than is on this plan.*

### A. Breakfast:

- Small bowl (1/2 cup) high fibre cereal or porridge (1 sachet) + low fat milk
- Or 1 slice toast + margarine / butter + spread
- Or 1 egg + ½ slice of toast
- Or 100ml high protein yoghurt + 3 apricot halves

**B. Snack** – 1 snack from list below

### C. Lunch:

- ½ - 1 sandwich / pita bread + lean meat / tuna or low fat cheese and salad
- Or small tin of baked beans on ½ slice of toast
- Or small bowl of thick soup (not pureed) with chunks of soft meat / chicken/beans and vegetables + ½ - 1 slice of toast or ½ English muffin
- Or 1 - 1 ½ sushi roll (approx. 10cm long)
- Or ½ - 1 cup of leftovers

**D. Snack** – 1 snack from list below

### E. Dinner

- 30 – 45g lean meat/chicken/fish or 1 egg + ½ small potato
- Or ¼ – ½ cup of cooked pasta/rice + 3 different types of salad / vegetables

**F. Supper** – 1 snack from list below

## SNACKS

- ◇ 100ml high protein yoghurt / custard / Fruche™
- ◇ Small low fat Latte
- ◇ ½ piece fresh fruit / small serve canned (no added sugar) fruit/small banana
- ◇ Slice of lean ham / shaved chicken or turkey breast / boiled egg
- ◇ 20 – 30g nuts
- ◇ One protein ball
- ◇ Small packet of air popped popcorn
- ◇ Multi grain crackers 2 -4 + 1 slice low fat cheese
- ◇ Vegetable sticks e.g. Carrot/cucumber/celery + skinny humus or tomato salsa