



Adult 7 day meal plan



COOK



EAT



ENJOY

Based on recommended serves from each of the Five Food Groups for men aged 19-50 years according to the Australian Dietary Guidelines 2013

BREAKFAST

LUNCH

DINNER

SNACKS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	Apple berry pancakes (see recipe) <input type="checkbox"/> 2 pancakes <input type="checkbox"/> 100g reduced fat yoghurt <input type="checkbox"/> 2 tablespoons chopped almonds	Porridge and fruit <input type="checkbox"/> Made with ½ cup rolled oats and 1 cup reduced fat milk <input type="checkbox"/> ½ cup canned fruit	Cereal with fruit <input type="checkbox"/> ¾ cup (30g) wholegrain cereal with 1 cup reduced fat milk <input type="checkbox"/> 1 banana	Toast with baked beans and cheese <input type="checkbox"/> 2 slices wholegrain toast with thin spread of margarine <input type="checkbox"/> 1 cup baked beans <input type="checkbox"/> 1/3 cup (40g) grated reduced fat cheese	Fruit yoghurt parfait <input type="checkbox"/> 200g reduced fat yoghurt <input type="checkbox"/> 1 cup fresh or frozen or canned fruit <input type="checkbox"/> ¼ cup (30g) muesli	Cereal and toast <input type="checkbox"/> ¾ cup (30g) wholegrain cereal <input type="checkbox"/> 1 cup reduced fat milk <input type="checkbox"/> 1 slice wholegrain toast with 1 tbsp peanut butter	Big breakfast <input type="checkbox"/> 2 scrambled/ poached eggs <input type="checkbox"/> 2 slices wholegrain toast thinly spread with margarine <input type="checkbox"/> 1 grilled tomato <input type="checkbox"/> ½ cup sautéed mushrooms
LUNCH	<input type="checkbox"/> Mediterranean chicken pizza (see recipe)	<input type="checkbox"/> Leftover Vegetable curry with rice	<input type="checkbox"/> Leftover Honey soy noodles	<input type="checkbox"/> Leftover Zucchini slice with 1 cup salad and 1 slice of wholegrain bread	<input type="checkbox"/> Leftover Spaghetti bolognese	<input type="checkbox"/> Leftover Chicken and corn risotto	<input type="checkbox"/> Cheesy Mexican quesadillas (see recipe)
DINNER	<input type="checkbox"/> Vegetable curry (see recipe) <input type="checkbox"/> ½ cup canned fruit with ½ cup reduced fat custard	<input type="checkbox"/> Honey soy noodles (see recipe) <input type="checkbox"/> 100g reduced fat yoghurt with ½ cup tinned fruit salad	<input type="checkbox"/> Zucchini Slice (see recipe) <input type="checkbox"/> Apple berry strudel (see recipe)	<input type="checkbox"/> Spaghetti bolognese (see recipe) <input type="checkbox"/> 100g reduced fat yogurt with 1 cup fresh fruit salad	<input type="checkbox"/> Chicken and corn risotto (see recipe) <input type="checkbox"/> Yo-crunch (see recipe)	<input type="checkbox"/> Fish and chips (see recipe) <input type="checkbox"/> 1 cup fresh fruit salad with 100g reduced fat yogurt	<input type="checkbox"/> Beef burger with side salad (see recipe) <input type="checkbox"/> No bake apple crumble (see recipe)
SNACKS	<input type="checkbox"/> 1 medium piece of seasonal fruit <input type="checkbox"/> 30g unsalted nuts	<input type="checkbox"/> 3 (35g) wholegrain crispbreads with hummus spread and 1 sliced tomato <input type="checkbox"/> 30g unsalted nuts <input type="checkbox"/> 1 medium piece of seasonal fruit	<input type="checkbox"/> 1 medium piece of seasonal fruit <input type="checkbox"/> 1 slice wholegrain toast with ½ tbsp peanut butter <input type="checkbox"/> 1 cup carrot, capsicum and cucumber sticks with hummus dip	<input type="checkbox"/> 3 (35g) wholegrain crispbreads with 40g reduced fat cheese and 1 sliced tomato <input type="checkbox"/> 1 medium piece of seasonal fruit	<input type="checkbox"/> 1 cup carrot, celery and cucumber sticks with hummus dip <input type="checkbox"/> 2 slices raisin toast with thin spread of margarine <input type="checkbox"/> 1 small piece of seasonal fruit	<input type="checkbox"/> 1 medium piece of seasonal fruit <input type="checkbox"/> 1 thin slice toast with ½ tablespoon peanut butter <input type="checkbox"/> 3 (35g) wholegrain crispbreads with hummus spread and 1 sliced tomato	<input type="checkbox"/> 1 medium piece of seasonal fruit <input type="checkbox"/> 1 cup hot chocolate made with reduced fat milk