



BABY BOOMERS

5 DAY MEAL PLAN

Eating well as we age helps us stay energised, strong, and feeling our best. Good nutrition supports a healthy weight, strong bones, a healthy brain and a robust immune system. It also helps better manage any existing health related conditions while reducing the risk of other diet-related diseases, like heart disease and diabetes. This meal plan is packed with simple, tasty recipes and follows the Australian Guide to Healthy Eating for Baby Boomers — making it easy to enjoy good food that nourishes your body every day!



10 NUTRITIONAL TIPS FOR BABY BOOMERS

No.1



BUILD PROTEIN INTO EVERY MEAL

As we age, we naturally lose muscle mass. Including quality protein at each meal (e.g. eggs, fish, lean meat, dairy, legumes) supports muscle maintenance and strength. Aim to include a source of protein at each main meal.

No.2



INCLUDE EGGS REGULARLY – THEY'RE A NUTRIENT POWERHOUSE

Eggs are an affordable, versatile source of 17 different vitamins and nutrients, including high-quality protein, vitamin B12, vitamin D, and choline — a vital nutrient for brain health. Including eggs regularly supports bone and muscle strength, immunity, and cognitive function.

No.3



GET ENOUGH FIBRE WITH VEGETABLES, LEGUMES, AND WHOLE GRAINS

Fibre helps with digestion, blood sugar control, and heart health. Aim to include fibre-rich foods daily, including vegetables, legumes (beans, lentils), oats, and wholegrain breads and cereals.

No.4



STAY HYDRATED — EVEN IF YOU DON'T FEEL THIRSTY

Ageing can lead to a reduced sense of thirst. Aim for around 8 cups of fluid daily (preferably water but milk, tea, coffee and soups also count) to support kidney function, digestion, and mental alertness.

No.5



CHOOSE CALCIUM-RICH FOODS 3-4 TIMES DAILY

Bone density declines with age making us more susceptible to injuries from falls. Include dairy (milk, yoghurt, cheese), or calcium-enriched alternatives, or tinned salmon or sardines with bones to help meet recommendations.

10 NUTRITIONAL TIPS FOR BABY BOOMERS

No.6



GET ENOUGH VITAMIN D - THROUGH SUNLIGHT AND FOOD

Vitamin D is essential for bone strength and immune health, but many older Australians don't get enough, especially those who spend a lot of time indoors. Aim for safe sun exposure and include food sources like eggs in your diet regularly - a serving of 2 eggs provides 82% of your RDI (55% for those aged 71+ years).

No.7



EAT A RAINBOW OF VEGETABLES FOR ANTIOXIDANT PROTECTION

Brightly coloured vegetables (like carrots, spinach, capsicum, and beetroot) are rich in antioxidants and phytochemicals that help reduce inflammation and support eye and brain health.

No.8



WATCH YOUR SATURATED FAT INTAKE

Choose lean cuts of meat, minimise foods like pastries, pies and commercial biscuits, and use oils like olive oil instead of butter. This supports heart health and helps manage blood cholesterol levels.

No.9



GET ENOUGH CHOLINE TO SUPPORT BRAIN & NERVOUS SYSTEM HEALTH

Choline supports memory and learning, and is needed for a healthy nervous system, however most older Australians don't meet the daily target. Eggs are one of the best sources with a serving of two eggs providing 328mg of choline (roughly 60-75% of daily needs).

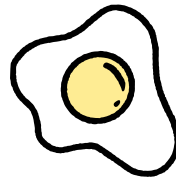
No.10



MAKE MEALS A SOCIAL OCCASION

Sharing meals with friends or family not only boosts emotional wellbeing, but can also improve appetite and food variety. Invite friends or family over regularly, or organise a 'bring a plate' social outing or picnic.

DAY ONE



BREAKFAST



CURRIED EGG SCRAMBLE WITH SPINACH AND ROTI

Whisk together 2 eggs, ½ tsp curry powder and 2 tbsp coconut milk. Scramble and serve with 1 cup cooked cherry tomatoes and spinach + 1 toasted roti.

LUNCH



PLOUGHMAN'S LUNCH

Plate up 2 slices (40g) cheese, 1 slice roast beef, celery sticks, olives, cherry tomatoes, chutney and serve with crusty bread.

+ coffee/tea with milk.

DINNER



SALMON ON SWEET POTATO MASH

100g pan fried salmon with 1 cup mixed greens e.g. beans, broccoli + ½ cup sweet potato mash.

DESSERT



FRUIT SALAD WITH CUSTARD

1 cup mixed fruit + ½ cup custard.

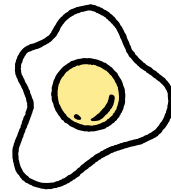
SNACK

Yoghurt with Berries

200g yoghurt with
1 cup berries.



DAY TWO



BREAKFAST



WHOLEGRAIN CEREAL WITH BANANA

$\frac{2}{3}$ cup high-fibre wholegrain cereal +
 $\frac{1}{2}$ cup milk topped with 1 sliced banana.

LUNCH



TUNA AND SALAD WRAP

Spread a wholemeal wrap with mayonnaise and top with 100g canned, drained tuna, 40g grated cheese, and plenty of salad. Roll up and enjoy.

DINNER



SPINACH LENTIL DHAL WITH EGGS

Heat 1 tbsp olive oil in a frying pan. Add 1 chopped onion and 2 crushed garlic cloves. When soft, add 2 tbsp each of tomato paste and curry powder. When aromatic, add 1 $\frac{1}{2}$ cups dried red lentils and 4 cups vegetable stock. Simmer for 20 minutes and season with salt and pepper. Stir through 3 cups spinach and $\frac{3}{4}$ cup coconut milk. Break 6 eggs on top of dhal. Cover, cook for 6-8 minutes until whites are set and yolks soft. Drizzle with extra coconut milk, garnish with coriander, and serve with naan.

Recipe serves 4.

DESSERT



HONEY, PEAR & RICOTTA

Slice one pear and gently cook in a small amount of water. When soft, drain and serve with $\frac{1}{2}$ cup whipped ricotta and a dash of honey.

SNACK

Crackers, Nuts & Dip

3 wholegrain crispbreads, with
hommus dip and a handful of almonds.

+ **hot chocolate** made with 1 cup milk.



DAY THREE

BREAKFAST



OVER-EASY EGGS

Serve 2 eggs on 2 slices wholegrain toast with a side of mushrooms and spinach.
+ 1 café latte.

LUNCH



LENTIL AND VEG SOUP

Chop celery, carrot, potato, garlic and onion. Stir fry in a large pot with olive oil. Add canned, drained lentils. Boil gently until cooked and serve with a small wholegrain dinner roll.

DINNER



BEEF STIR-FRY WITH RICE

Stir fry lean beef strips (100g per person) with plenty of sliced vegetables (carrot, onion, broccoli, snow peas, capsicum). Add soy, oyster and sweet chilli sauce to taste. Serve with 1 cup cooked brown rice per person.

DESSERT



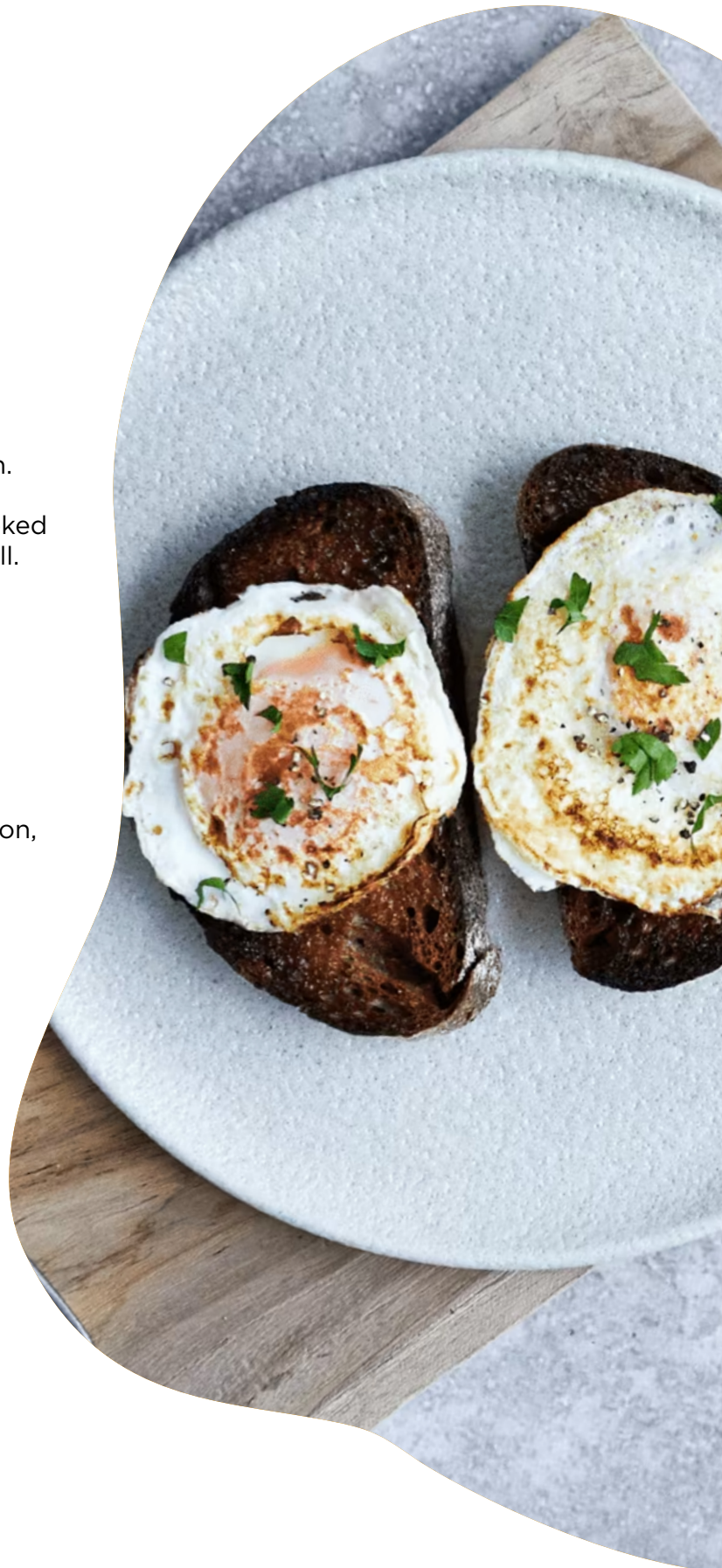
MANGO FOOL

Puree 1 mango, stir in 200g thick Greek yoghurt and add honey to sweeten.

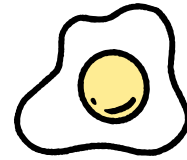
SNACK

Fruit & Cheese

Sliced pear, raisins, cheese and nuts.



DAY FOUR



BREAKFAST



BREAKFAST SMOOTHIE

Combine 1 cup yoghurt, with $\frac{1}{4}$ cup oats, 1 cup berries and a dash of honey. Blend until smooth.

LUNCH



FREEKAH SALAD WITH EGGS

Combine 1 cup cooked freekah with 1 sliced red onion, 2 sliced celery sticks, 2 cups chopped parsley and mint, $\frac{2}{3}$ cup chopped pistachios and almonds plus $\frac{1}{4}$ cup currants. Make a dressing in a jug by combining 2 tbsp apple cider vinegar, 2 tbsp olive oil, 1 $\frac{1}{2}$ tbsp pomegranate molasses and 1 tbsp honey. Pour $\frac{2}{3}$ of the dressing over the freekah mix and stir to combine. Spoon onto a serving platter and arrange 5 halved, boiled eggs on top. Drizzle with remaining dressing.

Recipe serves 4.

DINNER



ROAST CHICKEN & VEG

Place chopped potato, carrot, beetroot and pumpkin in a shallow oven proof dish. Drizzle with olive oil and herbs to taste. Roast in oven until cooked. Serve with 120g piece of ready-roasted chicken.

DESSERT



BANANA CUSTARD POT

Layer banana slices in a small bowl or glass. Add a spoonful of custard and repeat layers. Top with crushed ginger biscuit (optional).

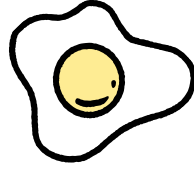
SNACK

Cheese, Carrot & Crackers

3 wholegrain crispbreads, carrot sticks and 40g hard cheese.



DAY FIVE



BREAKFAST



FLUFFY PANCAKES WITH FRUIT

Mix 1 ½ cups plain flour, 1 tbsp baking powder, 1 cup milk, 3 eggs, 50g butter, 1 tbsp caster sugar and 1 tsp vanilla extract to make a pancake batter. Cook ¼ of a cup batter at a time and serve with sliced banana, blueberries, yoghurt and honey.

LUNCH



TURKEY & SALAD SANDWICH

Made with wholegrain bread, cranberry sauce, sliced turkey, lettuce, tomato, cucumber and cheese.

DINNER



STUFFED CAPSICUM

Cut a capsicum in half, scoop out seeds and fill with a mix of cooked quinoa or rice, black beans, minced beef, corn kernels, onion, garlic and diced tomato.

Top with grated cheese and bake until soft and cooked through.

DESSERT



CINNAMON APPLE WITH WALNUT

Slice one apple and cook in a small amount of butter. Sprinkle with cinnamon and when soft, place in a bowl. Top with ricotta, honey and chopped walnuts.

SNACK

Yoghurt & Granola Parfait

Layer 200g vanilla yoghurt with ¼ cup granola in a glass.



NOTES ABOUT THIS MEAL PLAN

This meal plan provides:

- An average of 8700 kilojoules per day. Your energy requirements vary depending on age, activity, health status, height, and weight. For personalised advice, seek the services of an Accredited Practising Dietitian.
- The minimum number of serves from each of the core food groups, averaged across the five days as recommended in the Australian Guide to Healthy Eating* for older adults. It provides at least 3.5-4 serves of dairy per day. Note women 51+ years require 4 serves of dairy daily.
- This meal plan provides approximately 7 eggs over 5 days, providing an average of 5.7mcg vitamin D per day. This represents 57% of the Adequate Intake recommendations for adults aged 51-70 years and 38% for those aged 71+ years.
- Approximately 230mg of choline from eggs per day, representing 42-54% of the Adequate Intake recommendations for adult men and women respectively.
- A variety of different coloured vegetables and fruits to provide antioxidants needed to protect cells during ageing.

This meal plan has been developed by an Accredited Practising Dietitian at Food & Nutrition Australia.

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

