

Meal Plan - Weight Loss

Prepared for Australian Eggs by Food & Nutrition Australia, September 2019



INTRODUCTION

A combination of healthy balanced eating and leading an active lifestyle is the most effective way to manage weight over the long term. This 7-day meal plan is based on meeting the recommendations outlined in the Australian Guide to Healthy Eating and is created by an Accredited Practising Dietitian. It includes plenty of tasty and healthy recipes to help make the achievement of your weight related goals enjoyable!

OPTIONAL EXTRA DAILY

To ensure your meal plan is realistic and sustainable, you may like to include an optional extra a few times a week. Examples include a glass of wine, a small piece of chocolate, or a sweet biscuit. Each of these items provide an additional 600kJ taking your daily kilojoule intake to approximately 6,800kJ.



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NOTES ABOUT THIS MEAL PLAN

- This meal plan provides approximately 6,200-6,800kJ daily and is based on the average energy requirements to achieve weight loss in a 20-50 year old woman who undertakes a light level of activity. Those who are very active may need to eat more.
- Energy requirements vary depending on age, activity, health status, height and weight. For personalised advice, seek the services of an Accredited Practising Dietitian.
- Those with a medical issue should seek advice from a medical practitioner before commencing a weight loss plan.

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
BREAKFAST	Wholegrain Cereal and Milk 1 cup wholegrain flaky cereal + 1 cup skim milk.	English Muffin and Fruit 1 wholegrain toast English muffin + ½ tsp peanut butter + 1 average piece of fruit.	Yoghurt and Fruit 1 tub (200g) low fat/no added sugar yoghurt + 1 serve of fruit (eg. 2 nectarines or 200mL fruit juice or 1 apple).	Avocado on Toast 2 tbsp mashed avocado on 2 slices multigrain bread (toasted) + 1 serve of fruit (2 kiwi fruit or 2 apricots or 1 pear)	Porridge with Fruit ½ cup rolled oats + 2 cups berries (NB: porridge made with water + 0.5 cup skim milk).	Muesli and Milk with Added Fruit 1 cup muesli cereal + 1 cup low fat milk + 1 banana.	Scrambled Eggs on Sourdough 2 eggs (scrambled) + 2 slices sourdough bread (toasted) + 3 tsp margarine or 2 tbsp avocado + 1 average piece of fruit.
LUNCH	Chicken Salad & Roll ½ chicken breast (skin removed) + 1 slice reduced fat cheese + 2 cups salad vegetables (eg. lettuce, carrot, tomato, cucumber) + 1 grainy bread roll + ¼ avocado spread.	Rainbow Rice Salad Mix together 90g canned salmon + 1/3 cup chickpeas + reduced fat crumbled feta cheese + 2 cups salad vegetables (eg. capsicum, carrot, snow peas, rocket) + 1 cup cooked brown rice.	Tuna Salad Sandwich 200g tinned tuna in springwater (drained) + 2 cups salad vegetables (eg. lettuce, cucumber, tomato) + 2 tbsp avocado + 1 slice cheese + 2 slices multigrain bread.	Chickpea, Vegetable and Barley Soup ¾ cup chickpeas + 1 cup cooked vegetables (eg. tomato, celery, onion, carrot, spinach) + ½ cup cooked barley.	Tofu Miso Soup (1 serve) See recipe at https://bit.ly/2qM996w Served with 2 cups salad + 2 tsp balsamic vinegar.	Homemade Chicken Burger 100g grilled chicken + 2 cups salad vegetables (eg. lettuce, cucumber, tomato) + 2 tbsp avocado + 1 grainy bread roll.	Cheese, Avocado and Salad Sandwich 40g reduced fat hard cheese + 2 cups salad vegetables (eg. lettuce, carrot cucumber, tomato, capsicum) + 2 tbsp avocado + 2 slices multigrain bread.
DINNER	Beef Stir-fry 120g lean beef + 1.5 cups cooked vegetables (eg. carrot, mushroom, celery, capsicum, snow peas) + 1 cup cooked brown rice + 2 tsp sesame oil for cooking.	Prawn and Kimchi Omelette (1 serve) See recipe at https://bit.ly/2CHZJel Served with 2 cup salad and 1 slice wholegrain bread.	Pork Chops and Vegetables 120g lean grilled pork chops + 1 medium baked potato + 1.5 cups cooked vegetables (eg. carrot, squash, broccoli) + 2 tsp oil in cooking or as a dressing.	Beef Ramen (1 serve) See recipe at https://bit.ly/2qbODMq Served with additional 2 cup cooked vegetables.	Grilled Chicken and Vegetables 100g grilled chicken + 1.5 cups vegetables (eg. carrot, broccoli, eggplant) + 1 medium corn on the cob + 2 tsp oil in cooking or as a dressing.	Lamb Chop with Mash and Vegetables 1 large grilled lamb chop (fat trimmed) + 1 medium potato (mashed with 3 tsp margarine + a splash skim milk) + 1.5 cups vegetables (eg. carrot, pumpkin, broccoli).	Grilled Salmon and Vegetables 125g salmon + 1 cup cooked brown rice + 1.5 cups steamed vegetables (eg. cauliflower, broccoli, squash).
DESSERT /SUPPER	Fruit Salad & Yoghurt 1 cup fruit salad + 1 tub low fat yoghurt.	Fruit Smoothie 1 cup skim milk + 1 serve fruit (eg. 1 medium banana or 2 cups berries).	Fruit Salad 1 cup fresh fruit salad.	Yoghurt 1 tub low fat/no added sugar Greek yoghurt topped with mixed seeds and nuts.	Fruit Smoothie 1 cup skim milk + 1 serve fruit (eg. 1 medium banana or 2 cups berries).	Mango & Yoghurt Parfait 200g low fat yoghurt layered with ½ cup sliced mango and 2 tbsp chopped nuts.	Fruit Pop Made with frozen fruits (eg. bananas or mangos) with Greek yoghurt.
SNACKS	1 serve of fruit (eg. medium apple or banana or ¾ cup grapes or 2 tbsp raisins/currants/sultanas or 1 small mango).	1 tub low fat/no added sugar yoghurt. + 10 nuts (unsalted, raw/dry roasted).	40g reduced fat cheese + 4 wholegrain crackers.	1 serve of fruit (eg. 1 cups diced watermelon /rockmelon or berries) + 20g reduced fat cheese.	1 tub low fat/no added sugar yoghurt. + 10 nuts (unsalted, raw/dry roasted).	1 piece of small fruit (eg. kiwi fruit, apricot, apple, mandarin). + 20g cheese.	1 tub low fat/no added sugar yoghurt.