

# Meal Plan - Longer Lasting Energy

(low GI, even protein spread, high fibre)

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



## INTRODUCTION

It can be easy to overlook the importance of our diet when we lead a busy and hectic lifestyle. However not taking good care of our eating habits can lead to fatigue, poor concentration and health issues. What and when we eat can play a significant role in relation to our energy levels. Eating a balanced diet that includes a variety of wholegrain foods, fruit, vegetables, foods that are naturally rich in protein, healthy fats and fibre, can help boost energy levels and keep us going for longer. This meal plan aims to keep you satisfied for longer by incorporating high fibre foods, protein rich foods and low GI foods throughout each day.



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## NOTES ABOUT THIS MEAL PLAN

- This meal plan provides approximately 8,700kJ daily and is based on the average energy and nutrient requirements for weight maintenance in 18 – 65 year old adults who undertake light to moderate levels of activity. Your energy requirements vary depending on age, activity, health status, height and weight. For personalised advice, seek the services of an Accredited Practising Dietitian.
- This meal plan provides the minimum number of serves from each of the core food groups as recommended in the Australian Guide to Healthy Eating\* for adults (other than women over 51 years and men over 70 years who require additional milk, cheese or yoghurt).
- Those with a medical issue should seek advice from a medical practitioner before changing their diet.

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



	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
<b>BREAKFAST</b>	<b>Easy Boiled Eggs on Toast</b> 2 boiled eggs + 2 slices wholegrain toast + 1 cup milk + 1 piece of fruit (eg. 1 medium apple or pear). Easy Boiled Eggs recipe at <a href="https://bit.ly/2QglR7Z">https://bit.ly/2QglR7Z</a>	<b>Muesli with Yoghurt &amp; Fruit</b> ½ cup muesli + 1 tub yoghurt + 1 serve of fruit (eg. 2 nectarines or 1 medium apple or 2 tbsp dried fruit).	<b>Muffin &amp; Fruit</b> 1 toasted wholemeal English muffin + 1 tbsp peanut butter + 1 banana + 1 latte.	<b>Coconut Blueberry Baked Oats (1 serve)</b> See recipe at <a href="https://bit.ly/33IN5Z3">https://bit.ly/33IN5Z3</a> Serve with latte.	<b>Porridge with Fruit</b> ½ cup rolled oats, cooked + 1 cup milk + 1 piece of fruit + 1 tbsp linseed, cinnamon and honey to taste.	<b>Banana &amp; Chocolate Smoothie</b> Blend together 2/3 cup wholegrain flaky cereal + 1 cup milk + 1 banana + 2 tsp drinking chocolate.	<b>Fried Eggs with Spiced Avocado (1 serve)</b> See recipe at E: <a href="https://bit.ly/2CGeA9O">https://bit.ly/2CGeA9O</a> Serve with 1 serve of fruit and latte.
<b>LUNCH</b>	<b>Rainbow Quinoa Salad</b> 50g reduced salt sliced ham + ½ cup bean mix + 2 cups salad vegetables (eg. capsicum, carrot, snow peas, rocket) + 1 cup cooked quinoa + 2 tbsp dressing.	<b>Chicken Salad Flat Bread</b> ½ skinless chicken breast + 1.5 cups salad vegetables (eg. lettuce, carrot, tomato, cucumber) + 1 wholemeal flat bread + ¼ avocado + 2 tsp mayonnaise.	<b>Tuna &amp; Avocado Salad on Toast</b> 200g tinned tuna in springwater (drained) + 2 cups salad vegetables (eg. lettuce, cucumber, tomato) + ¼ avocado + 2 slice of cheese + 2 slices multigrain bread.	<b>Chickpea &amp; Barley Salad</b> 1 cup chickpeas + 1 cup salad leaves and 1 cup chopped vegetables (eg. tomato, celery, onion, carrot) + 1 cup cooked barley with 2 tbsp vinegar dressing + 1 serve of fruit.	<b>Chicken &amp; Pasta Salad</b> Mix together ½ grilled chicken breast + 1 cup steamed greens (eg. asparagus, broccoli, sugar snap peas) + ½ cup baby spinach + ½ cup red capsicum + 1 cup cooked pasta (eg. penne). Add 20g hard cheese + 2 tbsp vinegar dressing.	<b>Spiced Sweet Potato and Chick Pea Fritters with Soft Boiled Eggs (1 serve)</b> See recipe at <a href="https://bit.ly/2Qf8Rjk">https://bit.ly/2Qf8Rjk</a>	<b>Beef &amp; Noodle Lettuce Cups</b> ½ cup cooked lean mince + ½ cup grated carrot + 1 cup bean sprouts + 1 cup cooked mung bean noodles dressed with 2 tbsp fish sauce and 2 tsp oil, topped with 1 tbsp chopped peanuts. Serve in lettuce leaves.
<b>DINNER</b>	<b>Lamb Chop with Sweet Potato Mash &amp; Vegetables</b> 1 medium grilled lamb chop (fat trimmed) + ½ medium sweet potato (mashed with 2 tsp olive oil + a splash milk) + 1.5 cups steamed vegetables (eg. carrot, pumpkin, broccoli) + 1 slice wholegrain bread.	<b>Bourghal Wheat Salad with Poached Egg (1 serve)</b> See recipe at <a href="https://bit.ly/2QbSPX9">https://bit.ly/2QbSPX9</a> Serve with 2 cups salad.	<b>Beef &amp; Black Bean Stir-fry with Rice Noodles</b> 130g lean beef + 1.5 cups cooked vegetables (eg. carrot, mushroom, celery, capsicum, snow peas) + 1 cup cooked rice noodles + 2 tsp sesame oil for cooking.	<b>Spaghetti Bolognese</b> Made with ½ cup cooked lean mince stir fried with garlic in 2 tsp oil + tomato sauce, grated carrot, grated zucchini & herbs served on 1 cup cooked wholemeal spaghetti. Sprinkle with 2 tbsp grated parmesan cheese.	<b>Baked Salmon with Quinoa &amp; Vegetables</b> 100g salmon, baked & served with 1 cup cooked quinoa + 1.5 cups cooked vegetables (eg. cauliflower, broccoli, carrots) + 2 tsp oil in cooking or as a dressing with lemon juice.	<b>Pork Chops &amp; Vegetables</b> 130g lean grilled pork chops + 1 cup cooked brown rice + 1.5 cups cooked vegetables (eg. carrot, capsicum, broccoli, onion) + 2 tsp oil in cooking or as a dressing.	<b>Grilled Chicken with Rice &amp; Vegetable Salad</b> 80g grilled chicken + 1½ cups chopped vegetables (eg. carrot, celery, cucumber) mixed with 1 cup cooked brown rice + 2 tsp oil in cooking or as a dressing.
<b>DESSERT /SUPPER</b>	<b>Fruit Salad &amp; Yoghurt Dessert</b> 1 cup fruit salad + 200g natural yoghurt.	<b>Berry Smoothie</b> 1 cup milk + 1 cup berries + ½ cup natural yoghurt + 1 tsp honey, blended.	<b>Fruit Crepe</b> Sliced fruit and ricotta cheese, drizzled with honey and wrapped in a crepe.	<b>Fruit Pop</b> Homemade by blending fruit with yoghurt and freezing (eg. banana or mango work well).	<b>Summer Pudding</b> Mix 1 cup fresh/frozen berries in ¼ cup apple juice. Pour into a cup lined with multigrain bread. Top with additional bread and remaining juice. Cover in cling wrap and refrigerate overnight. Invert pudding to serve.	<b>Mango Yoghurt Smoothie</b> Made with 1 cup Greek yoghurt + mango + banana + ¼ tsp cinnamon + 1 tsp honey, blended.	<b>Wholesome Baked Custard (1 serve)</b> See recipe at <a href="https://bit.ly/32N5jHH">https://bit.ly/32N5jHH</a>
<b>SNACKS</b>	A handful of nuts (30g) + 20g hard cheese.	1 slice raisin bread + handful of nuts and/or seed mix (30g).	1 tub yoghurt + mixed seeds.	A handful of nuts (30g) + 1 glass of milk.	1 tub yoghurt + mixed seeds.	6 wholegrain crispbreads + 40g cheese + A handful of nuts (30g).	1 serve of fruit + 1 tub yoghurt.