

Live your life

Introduction

This meal plan provides easy and nutritious meal options for seniors that are lower in kilojoules and higher in protein. It will make it easy for you to meet your nutrition needs while achieving your weight management goal!

Notes about this meal plan:

- This meal plan has been developed by an Accredited Practising Dietitian at Food & Nutrition Australia to meet the nutritional requirements of older adults aged 60-70 years for weight management.
- This meal plan provides 7 eggs and 3 fish meals a week, provides approximately 7500kJ and a variety of protein rich foods and includes sources of healthy fats across the day.
- This meal plan provides at least 2.5 serves of dairy per day. Women over 60 years require additional 1.5 serves of reduced fat dairy (milk, cheese or yoghurt).
- For tailored advice please speak to an Accredited Practising Dietitian.

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



Weight Management Meal Plan for Seniors (60 - 70 Years)

Prepared for Australian Eggs by Food & Nutrition Australia, January 2022



	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
Breakfast	Nutty Spread on Toast 1 slice wholemeal or linseed bread with nutty spread + 1 glass of reduced fat milk or small tub of yoghurt + 2 plums, apricots or kiwifruits	Wholegrain Cereal & Fruit ¾ cup wholegrain flaky cereal sprinkled with pumpkin seeds + a cup of milk + 1 cup of fruit (e.g. raspberries, melons, grapes)	Muesli with Yoghurt & Fruit ½ cup muesli (without dried fruit) + 1 tub yoghurt + 1 piece of fruit (e.g. apple, pear, peach)	Baked Beans on Toast 1 small canned salt-reduced baked beans + wholegrain toast + 1 glass milk + 1 piece of fruit (e.g. orange, banana)	Porridge with Chia Seeds ½ cup dried rolled oats + ½ tbsp chia seeds + 250ml reduced fat milk + cinnamon to taste + 1 piece of fruit (e.g. peach, banana, orange)	Mixed Berry Smoothie Smoothie made with ¾ cup wholegrain flaky cereal + 1 cup reduced fat milk + 1 cup of frozen mixed berries	Healthy Big Breakfast with Fried Eggs  Recipe at bit.ly/HealthyBigBreakfast
Lunch	Guacamole and Black Bean Served with Tortilla Made with ½ avocado + ½ diced onion + 1 diced tomato + herbs + lime juice + 1 cup black beans Served with barley/wholegrain tortilla	Baked Beans, Spinach & Tomato on Toast Small canned salt-reduced baked beans with 1 slice linseed toast + steamed spinach and grilled tomato + 1 piece of fruit	Roasted Pumpkin and Egg Rounds with Fetta and Herb Pesto (1 serve)  Recipe at bit.ly/PumpkinAndEggRounds	Chickpea Salad 1 cup Chickpeas + reduced fat fetta/haloumi cheese + salad vegetables (e.g. spinach, cucumber, carrot, capsicum, cherry tomatoes) + 1 tbsp Dijon mustard and 2 tsp mayo	Egg Salad and Cucumber Sandwich 2 slices wholegrain/linseed bread topped sliced cucumber, cheese and egg salad (1 boiled egg mayo + optional curry powder)	Tuna and Avocado Wrap 100g tinned tuna + cheese + ½ avocado + 1 cup salad vegetables (e.g. lettuce, cucumber, carrot, capsicum) + 1 barley/wholegrain wrap	Beans, Vegetables and Barley Soup 1 cup canned mixed beans with 2 cups vegetables (e.g. celery, kale, carrot, onion), salt-reduced vegetable stock, and ½ cup cooked barley + 1 piece of fruit (e.g. apple, pear, mango)
Dinner	Tomato Egg Stir Fry (1 serve) + 2 cups steamed vegetables (broccoli, peas and carrots) Served with 1 cup of cooked brown rice/basmati rice  Recipe at bit.ly/TomatoEggStirFry	Grilled Fish & Vegetables 120g grilled fish fillet + ½ cup sweet potato + 1 cup steamed broccoli + ½ cup peas	Beef Mince and Veggie Stir Fry Made with 100g lean beef mince, 2 cups vegetables (e.g. cabbage, broccoli, asparagus, carrot, mushroom) + 1 cup of cooked brown rice/basmati rice	Soto Ayam (Balinese Chicken Soup) (1 serve)  Recipe at bit.ly/BalineseChickenSoup	Salmon & Vegetables 100g salmon + ¾ cup low GI potato (e.g. carisma) + 2 cups vegetables (e.g. green beans, peas, carrots)	Grilled Chicken Quinoa Salad Mix together grilled chicken + 2 cups salad vegetables (e.g. capsicum, carrot, snow peas, rocket) + 1 cup cooked quinoa	Mince, Cherry Tomato & Mushroom Pasta 1 cup wholemeal pasta with tomato-based pasta sauce, lean pork/beef mince, cherry tomatoes and mushroom + 1 cup side salad with vinegar dressing
Dessert/Supper	Yoghurt with Fruit 1 tub of natural yoghurt and 1 cup of mixed berries	Strawberry and Ricotta Crackers Strawberry slices + ricotta cheese on wholegrain crackers	Banana Smoothie Made with 1 cup reduced fat milk + banana	Chia Pudding Mix well together 3 tbsp chia seeds with 1 cup reduced fat milk, refrigerate for 3-4 hours + 1 cup sliced strawberries	Fruit Salad 1 cup of fresh fruit salad	Yoghurt with Linseeds 1 tub of yoghurt topped with 2 tsp linseeds	Fruit Salad 1 cup of fresh fruit salad
Snacks	Cheese on wholegrain crackers	1 glass of milk (can be warm in your favourite hot drink)	Handful of mixed nuts	4 small crackers with avocado or hummus dip	1 tub yoghurt	Fresh Fruit Juice made with ½ apple, ½ orange + mint leaves	2-4 slices of cheese (40g)