

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	<u>Egg omelette</u> 2 small eggs 1 tbsp unsweetened almond milk (fortified with calcium and B12) 4 mushrooms ½ capsicum 160g medium potato 1 handful of baby spinach	<u>Berry Smoothie:</u> 1 ¼ cups of unsweetened almond milk (fortified with calcium and B12) ¼ cup mixed berries 1 small frozen banana 1 tbsp cashew nut butter	<u>Scrambled eggs</u> 3 tsp avocado 2 small eggs 1 tbsp almond milk (fortified with calcium and B12) 100g sweet potato ¼ cup raspberries	<u>Strawberry smoothie</u> 1.5 cups of unsweetened almond milk (fortified with calcium) ¼ cup strawberries 1 small frozen banana 1/2 Tbsp cashew butter	<u>Sausage & Cauliflower rice:</u> ¼ cauliflower 1 hard-boiled egg 1 chicken sausage ¼ onion ½ capsicum 3 tsp avocado	<u>Berry Bowl</u> 75g mixed berries 1 small frozen banana ½ cup almond milk (fortified with calcium and B12) 2 tbsp coconut yoghurt (fortified with calcium) 7 almonds 1 tsp cinnamon	<u>Big Brekky</u> 3 slices smoked salmon 1 boiled egg 100g eggplant 10 cherry tomatoes 4 mushrooms ½ capsicum
Snack AM	1 orange 2 walnuts	1 small handful dried cranberries 3 cashews, unsalted	2 small apricots 3 tsp pumpkin seeds	1 kiwi fruit 1 tbsp pumpkin seeds	1 small banana 1 tsp cashew butter	1 orange 2 walnuts	1 apple 3 almonds
Lunch	<u>Chicken salad</u> 40g chicken breast 1 small carrot ½ capsicum 175g pumpkin butternut 1 tbsp balsamic vinegar 1 tbsp avocado ¼ cup rocket leaves	<u>Prawn Zoodles:</u> 5 prawns 150g zucchini 150g sweet potato 1 tbsp avocado 2 cloves garlic	<u>Beef Rissolle salad</u> 1.5 rissoles 1 carrot 15 cherry tomato 1 cucumber 6 lettuce leaves 3 tbsp salad dressing ¼ red cabbage ½ tbsp avocado	<u>Salmon & Cauliflower rice</u> 55g salmon fillet 100g eggplant 8 small mushrooms 150g zucchini ¼ cauliflower head	<u>Sweet potato boat</u> 64g can tuna 100g sweet potato 3 tsp avocado 1 small carrot 1 tsp sesame seeds	<u>Sardines</u> 125g canned sardines 100g pumpkin 1/3 cup rocket 1 cucumber 15 cherry tomatoes	<u>Chicken Salad:</u> 2 tbsp avocado 40g chicken breast 10 cashew nuts 4 strawberries 1 tbsp balsamic dressing 1cup baby spinach leaves
Snack PM	5 tbsp coconut yoghurt (fortified with calcium) 1 packet of roasted seaweed	<u>Potato Salad:</u> 1 small egg 150g small potato 1 tsp mayonnaise, low fat	<u>Green Smoothie:</u> 4 kale leaves Handful of baby spinach leaves ¼ banana (frozen) 1 cup almond milk (fortified with calcium and B12) 8 strawberries (frozen)	5 tbsp coconut yoghurt (fortified with calcium) 1 packet of roasted seaweed	1/3 cup coconut yoghurt (fortified with calcium) 1 tsp chia seeds 75g mixed berries	<u>Salad:</u> 8 asparagus spears 5 walnuts 2 tbsp balsamic 1 tbsp avocado 15 cherry tomatoes 1 handful of baby spinach	1/3 cup coconut yoghurt (fortified with calcium) 1 tsp chia seeds 75g mixed berries
Dinner	<u>Grilled Salmon</u> 55g salmon fillet 10 green beans 150g sweet potato 3 florets of broccoli	<u>Roast Chicken</u> 50g chicken breast 250g pumpkin 5 asparagus spears 2 cloves of garlic 2 tsp lemon juice 1 tsp olive oil	<u>Grilled Cod/Hake</u> 100g fillet cod/hake 7 brussel sprouts 1 tsp olive oil 1 tsp lemon juice 100g sweet potato 2 garlic cloves	<u>Pork stir fry</u> 50g pork mince ¼ red cabbage 1 spring onion 150g pumpkin 2 garlic cloves 1 tsp olive oil	<u>Garlic Lemon chicken</u> 75g chicken breast 8 Brussel sprouts 5 asparagus spears 2 garlic cloves 1 tsp lemon juice 175g pumpkin	<u>Steak & Veg</u> 60g beef steak 6 florets broccoli 8 Brussel sprouts 100g sweet potato	<u>Sweet Potato Toast</u> 100g sweet potato cut lengthways into slices 3 tbsp avocado ½ tbsp pumpkin seeds
Total Cal	1001	1003	1007	998	1004	1005	1006

Each breakfast, lunch and dinner = ~250 calories; snack (am) = ~100 calories; snack (pm) = ~150 calories

While this meal plan is dietician designed, it is for general information only and is not tailored to your specific needs. It is recommended this is used in conjunction with your doctor or dietitian and is not designed for long term use.