

# MEAL PLAN - DAY 1

## BREAKFAST

### Porridge & Fruit

Rolled oats with milk, served with mixed berries and a drizzle of honey



## MORNING TEA

1 snack sized tub of yoghurt  
A handful of almonds



## LUNCH

### Sandwich & Fruit Salad

Smoked Trout High Protein Sandwich<sup>^</sup>  
1 serve of fruit salad (orange, melon & apple)



## AFTERNOON TEA

Mango smoothie made with milk and mango, blended



## DINNER

### Soup & Salad

1 Minestrone Soup Bowl<sup>^</sup> served with a side salad of leafy greens, capsicum and tomato with an oil and balsamic vinegar dressing



## NOTES ABOUT THIS MEAL PLAN:

- This meal plan provides  $\geq 100\%$  of the Recommended Daily Intake (RDI) of the following nutrients as per Food Standard Australia New Zealand (FSANZ) Food Standard Code<sup>\*\*</sup>:

Thiamin  
Vitamin C  
Folate  
Phosphorus  
Vitamin A  
Riboflavin  
Vitamin E

Magnesium  
Iron  
Niacin  
Vitamin B12  
Calcium  
Zinc

- This meal plan is high in fibre (>30g a day) and meets daily requirements for protein as outlined in the Australian New Zealand Food Standards Code.
- This is a general meal plan for an average adult and is based on the average daily energy requirements of 8,700kJ. It provides the minimum number of serves from each of the core food groups as recommended in the Australian Guide to Healthy Eating<sup>\*</sup> for adult men and women.
- Your energy and nutrient requirements vary depending on your age, gender, activity level, height, weight, health status and pregnancy status. It is recommended that portion sizes be adjusted to meet individual energy and nutrition needs. For personalised advice, seek the services of an Accredited Practising Dietitian.
- It is also recommended to drink plenty of water throughout the day.

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<http://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

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*Bakers Delight*

# MEAL PLAN - DAY 2



## BREAKFAST

### Toast & Milk

1 serve Chia and Fruit Loaf Breakfast Topper<sup>^</sup>  
1 glass of milk



## MORNING TEA

Seasonal fruit with yoghurt



## LUNCH

### Cranberry & Turkey Sandwich

2 slices Bakers Delight High Protein Wholegrain Loaf  
spread with cranberry sauce and topped with sliced  
turkey breast, cucumber, onion & baby spinach leaves



## AFTERNOON TEA

Cheese and wholegrain crackers



## DINNER

### Minute Steak & Roast Vegetables

Thinly sliced pieces of steak, pan fried with olive oil,  
garlic & oregano, served with roasted mixed vegetables  
(e.g. onion, sweet potato, zucchini, beetroot & carrot)



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*Bakers Delight*

# MEAL PLAN - DAY 3



## BREAKFAST

### Cereal & Fruit

Wholewheat breakfast biscuits served with milk and a bowl of fresh grapes



## MORNING TEA

Yoghurt parfait made with mango, Greek yoghurt, natural muesli and a drizzle of honey



## LUNCH

### Panzanella Salad with Sourdough<sup>^</sup>

Panzanella Salad served with Mixed Seed Sourdough Baguette



## AFTERNOON TEA

Wholegrain crackers with guacamole spread and cherry tomatoes



## DINNER

### Gourmet Burger & Salad

Gourmet Brioche Hamburger served with garden salad and a balsamic dressing



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# MEAL PLAN - DAY 4

## BREAKFAST

**Kale and Mushroom Toast<sup>^</sup>**  
Kale and Mushroom Fancy Toast



## MORNING TEA

Celery and carrot sticks with hummus dip



## LUNCH

**Roast Beef Roll**  
1 Cape Seed Roll with green salad, tomato, cucumber, cheese and roast beef



## AFTERNOON TEA

Banana and berry smoothie made with mixed berries, banana, yoghurt and ice, blended



## DINNER

**Grilled Salmon & Brown Rice**  
Salmon fillet, grilled with olive oil, garlic, lemon juice and dill. Served with brown rice and roasted mixed vegetables (e.g. onion, zucchini, beetroot & carrot)



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# Bakers Delight

## MEAL PLAN - DAY 5

### BREAKFAST

#### Salmon on Sourdough

Salmon, Peas and Rocket on Mixed Seed Sourdough



### MORNING TEA

Watermelon & Fetta Salad<sup>^</sup>



### LUNCH

#### Tuscan Soup<sup>^</sup>

Tuscan Bread Soup  
1 serve of berries



### AFTERNOON TEA

1 snack sized tub of natural yoghurt topped with a handful of pumpkin seeds and mixed nuts. Drizzle with honey for sweetness if desired.



### DINNER

#### Pasta & Salad

Chicken Pesto Pasta made with skinless chicken breast, pine nuts, green beans, garlic, semi sun-dried tomato & pesto sauce, served with green salad (baby spinach, rocket, onion, tomato & cucumber)



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