

Healthy Meal Ideas and Menu Planning

Thinking ahead and menu planning for you or your family can help you to choose healthier options, manage your weight and ease the daily stress of planning meals.

Creating a Menu

Create a menu plan for a few days, a week or even a month in advance.

When planning your meals and snacks aim to choose foods from the 5 food groups:

- Vegetables; a variety of colours
- Fruit; a variety of colours
- Grain (cereal) foods; choose wholegrain and/or high fibre varieties.
- Lean meats; poultry, fish, eggs, tofu, nuts and seeds and legumes/beans.
- Milk, yoghurt, cheese and/or alternatives; choose reduced fat options

Once you have decided on your meals and snacks write a list of all the items that you need to buy.

Save time by cooking meals in advance and freezing individual portions that can be reheated when you are short on time.

Use supermarket catalogues to guide menu planning to help you save money.

Recipe Ideas

Websites:

- <http://www.eatforhealth.gov.au/>
- <http://healthier.qld.gov.au/>
- <http://www.daa.asn.au>
- <http://www.heartfoundation.org.au>
- <http://www.diabetesqld.org.au/>

Books & Magazines:

- Australian Healthy Food Guide
- 'Symply Too Good To Be True'
- Women's Weekly 'Good Food Fast'
- CSIRO 'Total Wellbeing Diet'

Healthy Meal Ideas

Use the following tables to help plan your menu.

These meal ideas will help you to meet the Australian Guide to Health Eating.

Please discuss with your Dietitian if this is suitable for your health & dietary needs.



Breakfast

Don't skip breakfast!

Starting your day with a healthy meal will give you energy, can be a good source of fibre and calcium and can prevent you from over eating later in the day. Include a protein option at this meal such as milk or yoghurt, eggs, baked beans to keep you full.

Get creative and try adding some vegetables to any of these meal options. Great choices for breakfast are: sautéed free vegetables – mushrooms, tomato, onion, spinach, zucchini, asparagus, and capsicum.

Choose one option from the table for breakfast:

2 x Weet-bix/Vita-brits + 1 cup low fat milk	1 cup fresh fruit salad + 1 small tub of yoghurt.	2 x eggs + 2 x thin slices wholemeal/grain toast or 1 x wholemeal muffin + 1 tsp spread (margarine/butter/nuttelelex/etc)
$\frac{3}{4}$ cup All Bran/Sultana Bran/Guardian/Fibre Plus or other wholegrain flaked cereal + 1 cup low fat milk.	Smoothie – 100g frozen berries, 100g vanilla yoghurt, 0.25 cup oats, 200ml low fat milk	130g tin baked beans 2 x thin slices wholemeal/grain toast or 1 x wholemeal muffin + 1 tsp spread (margarine/butter/nuttelelex/etc)
0.5 cup (45g) muesli + 1 cup low fat milk or 175g yoghurt.	2 x thin slices wholemeal/ grain toast + 1 tablespoon peanut butter	Tinned fish ie sardines. 2 x thin slices wholemeal/grain toast or 1 x wholemeal muffin + 1 tsp spread (margarine/butter/nuttelelex/etc)
1 x 40g serving of quick oats or 0.3 cup Traditional oats + 1 cup milk	French toast – dip bread in egg mixture (2 large eggs + 2 thin slices wholemeal/grain bread.	Omelette – 2 eggs + free vegetables, 50g diced ham + 1 slice toast.



Lunch

Sandwiches, wraps, salads and soups are easy meals to prepare for lunch or to have on the go. Remember to add plenty of vegetables at lunch!

Choose one option from each column:

Healthy carb	Lean Protein	Vegetables/salad	Healthy Fats
1 x small wholegrain roll 2 thin slices wholegrain bread 1 x wholemeal pita pocket 6 wholegrain crispbreads ie Vita-Weat 6 x thin wholegrain rice thins 1 x small wrap 0.5 cup cooked rice/pasta/quinoa 1 x medium corn cob (100g) 1 x medium potato cooked potato (150g)	-1 slice cheese -0.5 cup cottage cheese -1 extra large egg -Tin salmon/tuna 95g -Roast chicken 80g (skin off) -Roast beef 80g -Lean ham 80g -Tofu 80g -Legumes/tinned beans 0.5cup/100g	Aim for >1 cup Steamed vegetable bag Garden salad or non-starchy vegetables	Olive oil – 2 tsp Avocado – 0.25 medium Butter/margarine – 2 tsp Nuts – 15g

Healthy Lunch Ideas

Roll/sandwich/wrap - Roast beef, mustard + salad - Boiled egg, low fat mayo, lettuce - Tinned Tuna or salmon and salad - Ham, cheese and salad - Roast chicken/turkey and salad	Tinned/fresh soup with legumes/vegetables with a slice of wholegrain toast.	Tinned tuna/sardines/salmon with salad or on a sandwich.
Pita Pocket pizza	Salad - following portions above ie Garden salad 1.5 cups, corn 0.5 cups, 80g chicken, 0.25 avocado, 0.5 cup brown rice.	Frozen meal ~1500kJ



Dinner

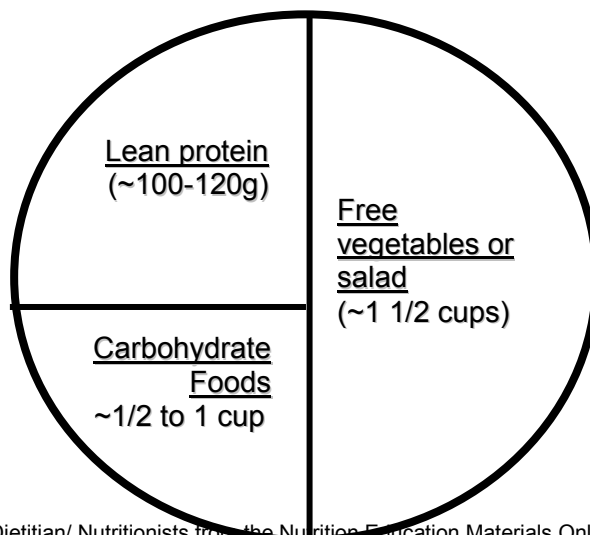
Try to fill half your plate with salad or vegetables every night as per the “Healthy Plate Guide”. Choose lean meats, and wholegrains.

Healthy carb	Lean Protein	Vegetables/salad	Healthy Fats
0.5 cup cooked carbohydrate <i>Brown rice, quinoa, wholemeal/spelt pasta, potato/sweet potato, small cob corn.</i>	120g lean meat/vegetarian protein <i>Skinless chicken, lamb, beef, pork, tofu, fish, legumes.</i>	1.5 cups <i>Salad or non-starchy vegetables (not including potato/sweet potato or corn)</i>	1-2 tsp <i>Olive oil, avocado</i>

Healthy Dinner Ideas

Stir fry 120g chicken/beef/tofu + 1.5 cups free vegetables + 0.5 cup cooked rice.	Spaghetti Bolognese 120g mince + 0.5 cup pasta +1.5 cups vegetables or salad.	Frozen Meal Choose options based on meat and vegetables ~1500kJ.
Casserole 120g lean meat/legumes + 1.5 cups free vegetables + 1 medium potato.	Grilled meat + veggies 120g grilled steak/chicken + 1 medium potato/corn/0.5 cup sweet potato + 1.5 cups steamed vegetables	Fish and vegetables Individual steamed fish, + microwave brown rice + steamed vegetables.
Curry – 120g lean meat/legumes + 0.5 cup rice + 1.5 cups free vegetables	Fish and Chips 120g Grilled fish + baked home-made chips + 1.5 cups salad	Soup + toast Tinned/fresh Soup with legumes/vegetables with a slice of wholegrain toast.

Healthy Plate Guide





Snacks

Choose up to 3 snacks a day from the table below.

Keep healthy snacks at home and prevent having unhealthy choices in your house.

5 x round wholegrain crackers + 1 tbs hummus	1 x wholegrain crisp bread + slice low fat cheese + tomato	Veggie sticks + 1 tbs dip
150-200g Greek yoghurt	Baked beans 130g	Piece of fruit 1 large or 2 small
1 cup fruit salad	20g nuts	Boiled egg
1 cup low fat milk	1 x medium skim flat white/latte/cappuccino	0.5 can (265g) Hearty vegetable soup
1 x 95g Tin tuna	1 x 20g snack bag of Popcorn	2 x Corn thins + 2 tsp peanut butter
Fruit snack tub 140g	3-4 thin slices of watermelon.	1 slice light cheese + 4 round crackers

Drinks

One of the best things you can do for your health is to avoid sugary drinks. Best choices:

- Water
- Sparkling mineral water or soda water
- Tea or coffee
- Herbal tea

For further information contact your Dietitian or Nutritionist: _____

Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Morning Tea							
Lunch							
Afternoon Tea							
Dinner							
Supper							
Total kJ							