

Breakfast	Morning Tea	Lunch	Afternoon Tea	Dinner	Supper	Total Energy
Strawberry Smoothie (see attached recipe) & 1 slice multigrain toast with 2 tbsp. (40g) low fat cottage cheese & ½ tomato Energy: 1085 kJ/258 cal Fat: 2.7g Carb: 34.7g Protein: 22.8g Fibre: 6.2g	30g unsalted mixed nuts Energy: 745 kJ/177 cal Fat: 15.5g Carb: 7.6g Protein: 5.2g Fibre: 2.7g	1 serve of Tuna Salad (see attached recipe) with 1 slice multigrain/sourdough bread Energy: 947 kJ/226 cal Fat: 2g Carb: 26.4g Protein: 23.3g Fibre: 5.7g	3 Vita-Wheat biscuits with 2 tbsp. (40g) low fat cottage cheese & ½ tomato Energy: 471 kJ/112 cal Fat: 2.6g Carb: 15g Protein: 6.9g Fibre: 3g	1 serve of Pumpkin Pesto Pasta (see attached recipe) Energy: 1772 kJ/421.8 cal Fat: 13.8g Carb: 51.5g Protein: 18.6g Fibre: 13.3g	¾C (200g) low fat natural yoghurt 1 medium banana Energy: 916 kJ/218 cal Fat: 0.7g Carb: 33.8g Protein: 15.9g Fibre: 3g	~5936 kJ/1413 cal
2 slices multigrain toast with 2 poached/boiled eggs & 1 grilled tomato Energy: 1265 kJ/ 301 cal Fat: 12.7g Carb: 26.9g Protein: 18.2g Fibre: 4.6g	¾C (200g) low fat natural yoghurt & 1 apple Energy: 782 kJ/186 cal Fat: 0.6g Carb: 26.6g Protein: 14.4g Fibre: 3.3g	1 light wrap with 2 tbsp. (40g) low fat cottage cheese, ½ tomato, 1C mixed lettuce, ½C shredded carrot & 1 tbsp. (7.5g) pine nuts Energy: 1293 kJ/308 cal Fat: 7.7g Carb: 45.9g Protein: 12.1g Fibre: 5.6g	30g unsalted mixed nuts Energy: 745 kJ/177 cal Fat: 15.5g Carb: 7.6g Protein: 5.2g Fibre: 2.7g	1 serve of Homemade Pizza (see attached recipe) Energy: 1455kJ/346 cal Fat: 6.1g Carb: 42.4g Protein: 26.3g Fibre: 7.6g	1C strawberries & ¾C (200g) low fat natural yoghurt Energy: 662 kJ/158 cal Fat: 0.9g Carb: 17.9g Protein: 15.1g Fibre: 3.8g	~6202 kJ/1476 cal
½ C (60g) untoasted muesli, ¾C (200g) low fat natural yoghurt & ½ C strawberries Energy: 1654 kJ/394 cal Fat: 11.9g Carb: 40.7g Protein: 25.1g Fibre: 7.5g	3 Vita-Wheat biscuits with 2 tbsp. (40g) low fat cottage cheese & ½ tomato Energy: 471 kJ/112 cal Fat: 2.6g Carb: 15g Protein: 6.9g Fibre: 3g	1 serve of Pumpkin Soup (see attached recipe) & 1 small multigrain dinner roll Energy: 949 kJ/226 calories Fat: 3.6g Carb: 35g Protein: 10.5g Fibre: 6.0g	30g unsalted mixed nuts Energy: 745 kJ/177 cal Fat: 15.5g Carb: 7.6g Protein: 5.2g Fibre: 2.7g	1 serve of Beef Stir fry (see attached recipe) Energy: 1510 kJ/360 cal Fat: 4.5g Carb: 39g Protein: 35.5g Fibre: 8g	1½C fruit salad & ¾C (200g) low fat natural yoghurt Energy: 965 kJ/230 cal Fat: 1.2g Carb: 34.5g Protein: 16.1g Fibre: 3.9g	~6294 kJ/1499 cal
¾C high fibre breakfast cereal (e.g. All Bran Honey & Almond) with ½C skim milk & ½ small banana (sliced) Energy: 804 kJ/191 cal Fat: 1.6g Carb: 32.8g Protein: 13.2g Fibre: 9.3g	¾C (200g) low fat natural yoghurt & 1C diced fruit Energy: 810 kJ/193 cal Fat: 1g Carb: 27g Protein: 15.4g Fibre: 2.6g	1 multigrain sandwich with 1 slice lean shaved ham, 2 tbsp. light cottage cheese, 1C mixed lettuce, ½ tomato & ½C shredded carrot Energy: 929 kJ/221 cal Fat: 3.4g Carb: 31.5g Protein: 13.7g Fibre: 6.2g	3 Vita-Wheat biscuits with 2 tbsp. (40g) low fat cottage cheese & ½ tomato Energy: 471 kJ/112 cal Fat: 2.6g Carb: 15g Protein: 6.9g Fibre: 3g	1 serve of Grilled Salmon with rice & vegetables (see attached recipe) Energy: 1932 kJ/460 cal Fat: 15.9g Carb: 36.4g Protein: 36.1g Fibre: 11.5g	1 slice toasted multigrain/sourdough bread with 2 tbsp. low fat ricotta cheese & 1 tsp. honey, top with ½ small banana (sliced) Energy: 674 kJ/160 cal Fat: 2.4g Carb: 29g Protein: 5.5g Fibre: 2.3g	~5620 kJ/1338 cal

©ABC On Food 2013 Information aimed for females 31-50 years and of average height and ideal weight. This information is a general guide only and should not replace the advice of a medical practitioner.

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¾C high fibre breakfast cereal (e.g. All Bran Honey & Almond) with ½C skim milk & ½ small banana (sliced) Energy: 804 kJ/191 cal Fat: 1.6g Carb: 32.8g Protein: 13.2g Fibre: 9.3g	¾C (200g) low fat natural yoghurt, 1C diced fruit & 15g unsalted mixed nuts Energy: 1183 kJ/282 cal Fat: 8.75g Carb: 30.8g Protein: 18g Fibre: 4g	1 multigrain sandwich with 1 slice lean shaved ham, 2 tbsp. light cottage cheese, 1C mixed lettuce, ½ tomato & ½C shredded carrot Energy: 929 kJ/221 cal Fat: 3.4g Carb: 31.5g Protein: 13.7g Fibre: 6.2g	3 Vita-Wheat biscuits with 2 tbsp. (40g) low fat cottage cheese & ½ tomato Energy: 471 kJ/112 cal Fat: 2.6g Carb: 15g Protein: 6.9g Fibre: 3g	1 serve of Garlic and Lime Chicken with steamed vegetables and rice (see attached recipe) Energy: 1590 kJ/378.5 cal Fat: 6.7g Carb: 34g Protein: 35.7g Fibre: 11.9g	1 slice toasted multigrain/sourdough bread with 2 tbsp. low fat ricotta cheese & 1 tsp. honey, top with ½ small banana (sliced) Energy: 674 kJ/160 cal Fat: 2.4g Carb: 29g Protein: 5.5g Fibre: 2.3g	~5651 kJ/1345 cal
2 slices multigrain toast with 2 poached/boiled eggs & 1 grilled tomato Energy: 1265 kJ/ 301 cal Fat: 12.7g Carb: 26.9g Protein: 18.2g Fibre: 4.6g	¾C (200g) low fat natural yoghurt & 1 apple Energy: 782 kJ/186 cal Fat: 0.6g Carb: 26.6g Protein: 14.4g Fibre: 3.3g	1 light wrap with 2 tbsp. (40g) low fat cottage cheese, ½ tomato, 1C mixed lettuce, ½C shredded carrot & 1 tbsp. (7.5g) pine nuts Energy: 1293 kJ/308 cal Fat: 7.7g Carb: 45.9g Protein: 12.1g Fibre: 5.6g	30g unsalted mixed nuts Energy: 745 kJ/177 cal Fat: 15.5g Carb: 7.6g Protein: 5.2g Fibre: 2.7g	1 serve of Vegetable Lasagna (see attached recipe) served with side salad (make salad according to Tuna Salad recipe and omit tuna) Energy: 1695 kJ/403.6 cal Fat: 5.4g Carb: 53g Protein: 29.5g Fibre: 12.4g	1C strawberries & ¾C (200g) low fat natural yoghurt Energy: 662 kJ/158 cal Fat: 0.9g Carb: 17.9g Protein: 15.1g Fibre: 3.8g	~6442 kJ/1534 cal

Drinks: Aim for 2-2.5 L of water over the day. Tea/Coffee (with low fat milk & no sugar), unflavoured mineral water or plain soda water may also be consumed. Diet soft drinks & cordials should only be consumed occasionally.

Strawberry Smoothie

Preparation time: 5 minutes

Serves 1

Ingredients

½ cup skim milk

½ cup low fat natural yoghurt

1 cup strawberries

Method

Blend all ingredients in blender/food processor until smooth, serve immediately.

Nutritional Information per serve

Energy: 600 kJ/143 calories Fat: 0.8g Carb: 19.8g Protein: 14.5g Fibre: 3.8g

Tuna Salad

Preparation time: 10 minutes

Serves 1

Ingredients

1 tin of tuna chunks (95g) in spring water, drained

1 cup (30g) baby spinach

6 cherry tomatoes, halved

½ spanish onion, sliced

½ cucumber (common), sliced

1 tbsp. lemon juice

Method

Combine tuna, baby spinach, cherry tomatoes, onion and cucumber in a bowl. Pour lemon juice over salad and toss to combine.

Nutritional Information per serve

Energy: 647 kJ/154 calories Fat: 1.4g Carb: 11.5g Protein: 20.6g Fibre: 4.5g



Pumpkin Pesto Pasta

Preparation time: 10 minutes

Cooking time: 20 minutes

Serves 4

Ingredients

2 cups whole-wheat penne pasta, uncooked

500g (~2 cups) pumpkin, cut into 1-2 cm cubes

1 tsp. olive oil

1 garlic clove, crushed

1 medium onion, diced

½ cup mushrooms, sliced

¼ cup pine nuts

1 punnet cherry tomatoes, halved

1 cup baby spinach

1 tub (250g) low fat ricotta

2 tbsp. pesto (traditional basil)



Method

Cook pasta according to packet directions. In a microwave safe dish cook pumpkin in a little water in the microwave for 4 minutes or until soft. Heat oil in a large saucepan and cook garlic and onion until tender, add in mushrooms and pine nuts and cook until brown. Then add cherry tomatoes and pumpkin (after microwaved) and cook until softened. Add in baby spinach and cooked pasta and stir through ricotta and basil pesto.

Nutritional Information per serve

Energy: 1772 kJ/ 421.8cal Fat: 13.8g Carb: 51.5g Protein: 18.6g Fibre: 13.3g

Homemade Pizza

Preparation time: 15 minutes

Cooking time: 15 minutes

Serves 4

Ingredients

4 light flat bread bases 20cm

8 tbsp. (200g) reduced salt tomato paste

200g lean ham, chopped

1 tin (225g) pineapple pieces (in natural juice), drained

12 cherry tomatoes, sliced in quarters

2 medium green capsicums, sliced

1 cup mushrooms, sliced

1 cup baby spinach

1/2 cup (60g) Kraft Livefree extra light grated cheese

2 teaspoon mixed herbs, chopped



Method

Preheat oven to 200°C. Thinly spread pizza bases with tomato paste. Add the ham, pineapple pieces, cherry tomatoes, capsicum, mushrooms and baby spinach evenly among the four bases. Sprinkle lightly with cheese and herbs. Bake for 15 minutes or until golden brown and cheese has melted.

Nutritional Information per serve

Energy: 1455kJ/346 cal Fat: 6.1g Carb: 42.4g Protein: 26.3g Fibre: 7.6g

Pumpkin Soup

Preparation time: 10 minutes

Cooking time: 20 minutes

Serves 4

Ingredients

1 tsp. olive oil

1 medium sized onion, chopped

1 clove of garlic, crushed

750g pumpkin, peeled and cubed

4 cups of salt reduced vegetable or chicken stock

Low fat natural yoghurt to serve



Method

Heat oil in a large saucepan over low heat, add onion and garlic and cook until onion is softened. Add pumpkin and stock and bring to the boil. Turn heat to low, cover and simmer for 20 minutes. Remove from heat and allow to cool slightly. Place in blender, and puree until a smooth consistency. Serve with 1 tbsp. of low fat natural yoghurt.

Nutritional Information per serve

Energy: 589.8 kJ/140 calories Fat: 2.5g Carb: 20.9g Protein: 6.6g Fibre: 4g

Beef Stir-fry

Preparation time: 15 minutes

Cooking time: 20 minutes

Serves 4

Ingredients

1 tsp. olive oil
400g lean beef, thinly sliced
1 medium brown onion, chopped
1 garlic clove, chopped
½ cup mushrooms, sliced
1 medium carrot, sliced
1 cup of broccoli, chopped
1 medium zucchini, sliced
1 red capsicum, sliced
1 cup of snow peas, sliced
1 tbsp. honey
1 tbsp. salt reduced soy sauce
1 small lime
2 cups brown rice, boiled



Method

Heat wok over high heat and add a little olive oil. Place 1/3 beef in wok and stir-fry until beef is cooked. Repeat for remaining two batches. Remove all beef, set aside and loosely cover with foil. Heat remaining olive oil in wok and cook onion, garlic and mushrooms until lightly browned. Then add harder vegetables, carrot and broccoli and stir-fry until tender. Add zucchini, capsicum and snow peas and stir until lightly cooked. Combine honey and soy sauce in a separate bowl and add to vegetables. Toss well. Add the beef and stir until the mixture is well heated through. Squeeze lime over stir-fry mixture and serve with boiled brown rice.

Helpful Tip: For convenience purchase frozen stir-fry vegetables which are equally nutritious.

Nutritional Information per serve

Energy: 1510 kJ/360cal Fat: 4.5g Carb: 39g Protein: 35.5g Fibre: 8g

Grilled Salmon and Vegetables

Preparation time: 10 minutes

Cooking time: 15 minutes

Serves 4

Ingredients

2 lemons

2 tsp. mixed herbs

2 tsp. olive oil

4 Salmon Fillets (Approximately 120g each)

2 cups broccoli

2 medium carrots

2 medium zucchinis

Small bunch of asparagus (Approximately 350g)

2 cups brown rice, boiled

Method

Leave skin on fillets, squeeze lemon over and season with herbs. Place fillets on a lightly oiled aluminum foil sheet and cover with another sheet of foil that is lightly oiled. On medium heat, grill salmon for 10-15 minutes per side or when it flakes easily with a fork. Serve with steamed vegetables (broccoli, carrots, zucchini and asparagus) and boiled brown rice.

Nutritional Information Per Serve

Energy: 1932 kJ/460 cal Fat: 15.9g Carb: 36.4g Protein: 36.1g Fibre: 11.5g

Spaghetti Bolognaise

Preparation time: 20 minutes

Cooking time: 15 minutes

Serves 4

Ingredients

½ packet (250g) whole-wheat spaghetti

1 tsp. olive oil

1 medium onion, diced

1 clove of garlic, crushed

½ cup mushrooms, sliced

350g lean beef mince

1 medium sized carrot, sliced

1 cup of broccoli, chopped

1 medium sized green capsicum, sliced

1 can (410g) crushed tomatoes

1 tub (140g) salt reduced tomato paste

1 tsp. mixed herbs

Parmesan cheese to serve



Method

Cook the spaghetti as per directions on packet. Heat olive oil in a large saucepan, add onion, garlic and mushrooms and cook until softened. Add the lean beef mince and cook until browned. Then add carrot, broccoli and capsicum and cook until vegetables are tender. Add crushed tomatoes, salt reduced tomato paste and mixed herbs and stir well. Add cooked spaghetti and serve with 2 tsp. parmesan cheese on top.

Nutritional Information per serve

Energy: 2095 kJ/499cal Fat: 11.9g Carb: 57.7g Protein: 36.4g Fibre: 14.8g

Garlic and Lime Chicken

Preparation time: 10 minutes

Cooking: 20 minutes

Serves 4

Ingredients

2 tsp. olive oil

4 limes (rind and juice)

2 cloves garlic, crushed

2 chicken breast fillets, no skin (~200g each), slice through horizontally to make thinner portions

2 cups broccoli

2 medium zucchinis

2 medium carrots

Small bunch of asparagus (~350g)

2 cups brown rice, boiled

Method

Combine the oil, rind and juice of the 4 limes and garlic in a bowl, add the chicken breast fillets and toss to coat. On medium heat, grill chicken until brown on both sides and cooked through. Serve with steamed vegetables (broccoli, zucchini, carrot and asparagus) and boiled brown rice.

Nutritional Information per serve

Energy: 1590 kJ/378.5 cal Fat: 6.7g Carb: 34g Protein: 35.7g Fibre: 11.9g

Vegetable Lasagna

Preparation time: 15 minutes

Cooking time: 60 minutes

Serves 6

Ingredients

500g butternut pumpkin, thinly sliced

1 medium eggplant, thinly sliced

1 tbsp. soy sauce

4 tomatoes, thinly sliced

1 tsp. basil flakes

2 cups traditional basil/classic tomato pasta sauce

½ cup mushrooms, sliced

250g Extra Light ricotta cheese

2 cups Kraft Livefree Extra Light grated cheese

1 red capsicum, sliced

1 zucchini, thinly sliced

1 cup baby spinach

Pasta sheets, whole wheat



Method

Pre-heat oven to 200°C. Use half of sliced pumpkin to layer the bottom of a large tray then layer half of sliced eggplant on top and lightly brush with a little soy sauce. Add half of the sliced tomatoes and sprinkle with basil flakes. Place a layer of pasta sheets on top and spread with 1 cup of pasta sauce and layer mushrooms on top, then spread all of ricotta cheese and add half of shredded cheese on top. Add another layer of remaining pumpkin and eggplant (lightly brushed with soy sauce), then tomato, capsicum and zucchini combined. Add another layer of pasta sheets and spread with remaining cup of pasta sauce, add baby spinach on top of this and then use remainder of shredded cheese to sprinkle on top. Cover with foil and cook for 40 minutes, then remove foil and cook for a further 20 minutes. Test to see whether pasta and vegetables are cooked using a fork.

Nutritional Information per serve

Energy: 1354 kJ/322 cal Fat: 4.7g Carb: 41.5g Protein: 25.3g Fibre: 7.9g