

Australia's Healthy Weight Week

7 DAY MEAL PLAN

Meeting the Australian Dietary Guidelines (ADG)

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Number of serves of core food groups as compared to the ADG*	Grain (cereal) foods	4	4	3	5	4	6	6
	Milk, yoghurt and cheese products/alternatives	3	2	3	2	2.5	2	2.5
	Meat, fish poultry and alternatives	1.4	2	3	2	1.5	2.5	2
	Vegetables	5.5	6.5	5.5	6-7	6	4.5	5
	Fruit	2	2	2	2	2.5	2	1
Energy (kJ) of main meals		6503	6289	6789	6510	6467	6667	6921

NB: The average number of kilojoules for any of the mid-meal snacks listed is between 550-650kJ.

Disclaimer: The average energy calculated for the main meals of the 7 Day Meal Plan ranges from 6289kJ – 6921kJ. Snacks added to the meal plan will slightly alter the total energy and macronutrient profiles of the meals.

*Serving sizes as per the Australian Dietary Guidelines, available from: <http://www.eatforhealth.gov.au/guidelines>