

# Australia's Healthy Weight Week

# 7 DAY MEAL PLAN

The information below outlines the ingredients, portion sizes and cooking methods to help you with the Australia's Healthy Weight Week 7 Day Meal Plan. Enjoy!

## Monday

### **Breakfast**

- ½ cup (60g) natural muesli
- 4 tinned apricot halves (canned in natural juice and drained)
- 1 cup (250mL) of reduced-fat milk

### **Lunch**

- 1 medium wholemeal pita bread
- 95g tuna in springwater, drained
- 2 cups of salad (lettuce, cucumber, red capsicum, snowpeas, avocado)
- 200g tub of reduced-fat yoghurt

### **Dinner**

- Sweet Potato, Rocket and Asparagus Frittata served with Four Bean Salad (see recipes)*
- 1 slice multigrain bread
- 200g tub of reduced-fat yoghurt mixed with 1 cup of frozen berries

## Tuesday

### **Breakfast**

- 2 slices of multigrain toast
- 40g cottage cheese
- ½ banana, sliced
- 1 tsp honey

### **Lunch**

- Salmon Potato Cakes served with Baby Spinach & Sweet Corn Salad (see recipes)*
- 1 slice multigrain bread

### **Dinner**

- Grilled Lemon Chicken and Salad Wraps (see recipes)*
- Spiced Apple Compote (see recipes) served with 2 scoops of reduced-fat vanilla ice cream*

## Wednesday

### **Breakfast**

- 1 cup (45g) whole grain cereal flakes
- 9 slices (150g) of canned peaches (in natural juice and drained)
- 1 cup (250mL) of low-fat milk

### **Lunch**

- 2 slices of multigrain bread
- 65g lean sliced ham
- 2 slices (40g) reduced-fat cheddar cheese
- 3 slices each of tomato and cucumber
- 10 baby spinach leaves
- 1 carrot cut into sticks to munch

### **Dinner**

- Pan-fried salmon with Chickpea Salad* (see recipes)
- 200g tub of reduced-fat yoghurt with 1 cup of fresh cut rockmelon

## Thursday

### **Breakfast**

- 2 thin slices of fruit toast
- 1 tsp margarine spread
- Banana Smoothie* (see recipes)

### **Lunch**

- Pumpkin and Chickpea Salad* (see recipes)

### **Dinner**

- Spaghetti Bolognese* (see recipes)
- 2-3 cups green salad (lettuce, capsicum, snowpeas, cucumber, avocado) and 1 tbs light Italian dressing
- 1 slice of sourdough bread
- Grilled Plums* (see recipes) with 200g tub of reduced-fat vanilla yoghurt

## Friday

### **Breakfast**

- 1 cup (45g) whole grain cereal flakes
- 1 banana, sliced
- 1 cup (250mL) of reduced-fat milk

## Lunch

3 sushi rolls, take-away (choose vegetable and fish varieties)

1 small take-away coffee (latte, flat-white, cappuccino) or hot chocolate using skim milk.

## Dinner

100g steak, lean trimmed of all fat, barbequed or grilled

1 medium potato, baked

2 cups of mixed vegetables (such as carrot, broccoli, cauliflower, green beans, red capsicum) steamed, using either fresh or frozen

1 slice of multigrain bread

Cheese platter – 40g reduced-fat cheese, ½ cup grapes, 1 granny smith apple, sliced

## Saturday

### Breakfast

2 slices of sourdough bread

½ avocado

2 tomatoes, diced

Ground black pepper to taste

### Lunch

1 medium wholemeal pita bread

65g roast beef

1 tsp wholegrain mustard

1 cup of lettuce

Chocolate milkshake made with 1 cup (250mL) of low-fat milk and 1 tsp diet chocolate topping

### Dinner

*Chicken, Rocket & Leek Risotto* (see recipes)

2 cups green salad (lettuce, capsicum, snowpeas, cucumber, avocado) and 1 tbs light Italian dressing

9 slices (150g) of canned peaches served with 2 scoops of reduced-fat vanilla ice cream

## Sunday

### Breakfast

2 slices of multigrain toast

2 slices of avocado

1 egg, poached

1 tomato, grilled (sprayed with oil and cooked cut side down on a non-stick frying pan)

Ground black pepper to taste

## Lunch

- 2 slices of multigrain toast
- 65g sliced chicken luncheon meat
- 1 cup of lettuce
- ½ tbs reduced-fat mayonnaise
- 200g tub of reduced-fat yoghurt

## Dinner

- Marinated Tofu Stir Fry with Cashews* (see recipes)
- Banana Smoothie* (see recipes)

## Snacks

If you are hungry between meals, save fruit or dairy serves from mealtimes to have as a snack, or alternatively select one or two choices from the following list:

- 20 raw almonds
- 8 dried apricots
- One piece of fresh seasonal fruit
- 250mL/g reduced-fat milk/yoghurt
- One cup of vegetable sticks such as capsicum or carrot with 50g hummus
- Two whole grain dry biscuits topped with slices of tomato and cracked pepper

## Recipes

### **Sweet Potato, Rocket and Asparagus Frittata (Serves 4)**

#### *Ingredients*

350g sweet potato, peeled, cut into 3 cm pieces  
1 bunch asparagus, trimmed, cut into 4cm lengths  
60g baby rocket leaves  
Cooking oil spray  
6 eggs  
1/2 cup (125mL) reduced-fat milk  
100g grated reduced-fat cheese

#### *Method*

Cook sweet potato in a saucepan of boiling water for 8-10 minutes, or until tender, adding asparagus to pan for the last 3 minutes of cooking. Drain well.  
Preheat grill to high. Spray a large, ovenproof frying pan with oil and place over medium-high heat. Add sweet potato, asparagus and rocket. Cook stirring occasionally, for 2 minutes or until rocket wilts. Whisk together eggs and milk. Pour eggs into frying pan over sweet potato mixture. Cook for 4-5 minutes over medium heat, or until frittata is almost set. Sprinkle with cheese and place under preheated grill for 3-4 minutes until golden brown and just set. Cut into quarters.

### **Four Bean Salad (Serves 4)**

#### *Ingredients*

420g can of Four Bean Mix, rinsed and drained  
2 stalks of celery, diced  
1 red onion, diced  
2 cups diced flat leaf parsley  
1 tbs balsamic vinegar  
1 tbs olive oil

#### *Method*

Toss all ingredients together and serve with Sweet Potato, Rocket and Asparagus Frittata

### **Salmon Potato Cakes (Serves 4)**

#### *Ingredients*

450g desiree potatoes, peeled, chopped  
1/3 cup frozen peas, thawed  
2 x 200g cans pink salmon, drained, flaked  
2 teaspoons grated lemon rind

- 1 tablespoon lemon juice
- 2 tablespoons of finely chopped flat leaf parsley
- 1/3 cup dried breadcrumbs
- Olive oil spray

#### *Method*

Cook potatoes in saucepan of boiling water for 10–12 minutes or until tender. Drain. Transfer to a bowl and mash. Add peas, salmon, lemon rind, lemon juice, chives, parsley and half the breadcrumbs to the potato. Shape into 8 patties. Coat the patties in remaining breadcrumbs.

Spray a large frying pan with oil. Heat over medium heat. Cook patties for 4–5 minutes each side or until golden and heated through. Transfer to a plate lined with a paper towel.

### **Baby Spinach & Sweet Corn Salad (Serves 4)**

#### *Ingredients*

- 1 small bag of baby spinach leaves
- 420g can of sweet corn, rinsed and drained
- 200g button mushrooms, sliced
- 1 red capsicum, sliced

#### *Method*

Toss all ingredients together and serve with Salmon Potato Cakes

### **Grilled Lemon Chicken and Salad Wraps (Serves 4)**

#### *Ingredients*

- 400g lean chicken breast
- 4 medium wholemeal pita breads
- 4 cups lettuce, shredded
- 1 cucumber, sliced
- 1 red capsicum, sliced
- 125g snowpeas, chopped
- 2 avocados, sliced
- Juice of 1 lemon

#### *Method*

Marinate chicken breasts in the juice of 1 lemon and place in fridge for 20-30 minutes. Spray a large frying pan with oil and place over medium-high heat. Cook chicken breasts for 4-5 minutes each side, until golden brown and cooked through (so there is no pink on the inside). Let chicken rest for a few minutes then cut in thick slices. Divide chicken slices into 4 portions and wrap cooked chicken inside wholemeal pita bread and fill with salad ingredients. Serve with a side of extra salad if desired using

more of the above salad ingredients along with ½ a sliced of avocado. Top salad with a teaspoon of balsamic vinegar, if desired.

### **Spiced Apple Compote (Serves 4)**

#### *Ingredients*

4 large Granny Smith apples, peeled and cored  
1 lemon  
1/3 cup of brown sugar  
3 cinnamon sticks  
¼ tsp ground all-spice

#### *Method*

Cut each apple into 8 wedges. Peel 2 strips of rind from lemon, using a vegie peeler. Squeeze 1 tablespoon of lemon juice. Place juice, rind, 2 cups of water, sugar, cinnamon and spice in a saucepan. Stir over medium heat until sugar dissolves. Bring to boil, then simmer for 5 minutes. Add apple. Simmer for 10-15 minutes or until tender. Serve hot with 2 scoops of reduced-fat vanilla icecream.

### **Banana Smoothie (Serves 1)**

#### *Ingredients*

1 medium banana, chopped  
1 cup (250mL) of low-fat milk  
1 tbs of honey

#### *Method*

Place all ingredients into a blender and mix until smooth

### **Pan-fried salmon with Chickpeas Salad (Serves 4)**

#### *Ingredients*

400g can sweetcorn, drained  
1 red onion, finely chopped  
400g can chickpeas, rinsed and drained  
1/3 cup of finely chopped coriander  
2 tablespoons fat-free Italian dressing  
4 x 150g salmon steaks (fresh or frozen)  
200g reduced-fat natural yoghurt  
4 cups steamed green vegetables, to serve (fresh or frozen)

#### *Method*

In a bowl, combine corn, onion, chickpeas, coriander and dressing. Set aside. Spray a large frying pan with oil and place over medium-high heat. Add salmon to pan and cook for 2 minutes on each side for

medium, or until cooked to your liking. Serve salmon with a large dollop of yoghurt, chickpea salad and steam green vegetables.

### **Pumpkin and Chickpea Salad (Serves 4)**

#### *Ingredients*

600g of butternut pumpkin (approx. half cut pumpkin)  
2 red onions  
2 x 400g tin of chickpeas (washed and drained)  
1 tsp of ground coriander  
1 tsp of ground cumin seeds  
2 cups of chopped coriander  
1 red capsicum, sliced  
1 large bag of baby spinach leaves  
1 tbs sweet chilli, ginger and soy marinade

#### *Method*

Peel pumpkin and cut into 2 cm pieces and boil in a saucepan of boiling water or steam in a microwave with a small amount of water until tender. Allow pumpkin to cool. Toss all the ingredients together and dress salad with 1 tablespoon of commercially bought sweet chilli, ginger & soy marinade.  
N.B. Salad can be made the night before and dressed the following day when required.

### **Spaghetti Bolognese (Serves 4)**

#### *Ingredients*

400g lean mince meat  
1 brown onion  
1 carrot  
1 celery stalk  
1 red capsicum  
6 champignon mushrooms  
1 can of tomatoes, crushed  
160g pasta, uncooked

#### *Method*

To make the bolognese sauce, add diced onion and a spray of canola oil to a saucepan. Cook, stirring, for 5 minutes or until tender. Increase heat to medium-high. Add mince. Cook, stirring, for 5 minutes or until browned. Add the diced vegetable and crushed tomatoes into the saucepan. Bring to the boil. Reduce heat and simmer, partially covered, for 20 minutes. Season with salt and pepper.  
In a large saucepan, bring water to the boil then add pasta (there should be enough water to generously cover pasta). Cook pasta to packet instructions. Divide pasta into 4 bowls and top with bolognese sauce.



### Grilled Plums (Serves 4)

#### *Ingredients*

8 firm ripe plums, halved, stones removed  
2 tbs brown sugar  
200g tub of reduced-fat vanilla yoghurt

#### *Method*

Preheat grill to high. Place plums, cut side up, on a baking tray lined with foil. Sprinkle evenly with brown sugar. Grill for 3–4 minutes, until golden and caramelised. Place 4 plum halves in each serving bowl, top with vanilla yoghurt to serve.

### Chicken, Rocket & Leek Risotto (Serves 4)

#### *Ingredients*

2 cups of reduced-salt chicken stock  
1 tbs olive oil  
1 leek (white part only), finely chopped  
2 cloves of garlic, crushed  
1 ½ cups Arborio rice  
1/3 cup finely grated parmesan  
400g lean chicken breast  
1 bunch of rocket, shredded

#### *Method*

Spray a large frying pan with oil and place over medium-high heat. Cook chicken breasts for 4-5 minutes each side, until golden brown and cooked through (so there is no pink on the inside). Let chicken rest for a few minutes then cut into smaller pieces. Cover with foil to keep warm and set aside.

In the meantime, place stock and 2 cups of water into a medium saucepan. Bring to the boil over high heat. Reduce heat to low and keep simmering until needed. Heat oil in a large saucepan over medium heat. Add onion and garlic. Cook, stirring, for 5 minutes, until softened. Add rice and cook, stirring, for 1 minute. Add 1/3 cup stock to rice mixture. Cook, stirring, until stock has been absorbed. Repeat with the remaining stock, adding 1/3 cup at a time, until all liquid is absorbed and rice is tender and creamy. Remove from heat and stir through parmesan, chicken and a bunch of shredded rocket. Divide into 4 serving bowls and serve with green salad.

### Marinated Tofu with Cashews (Serves 4)

#### *Ingredients*

300g firm tofu, cubed  
6 tablespoons sweet chilli, ginger & soy marinade

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450g hokkien noodles  
4 cups mixed vegetables, chopped (fresh or frozen)  
1/4 cup unsalted cashews

*Method*

Place tofu and marinade in a bowl and toss to combine. Set aside for 5 minutes. Plunge noodles into a large bowl of boiling water and stand for 1 minute. Loosen noodles, drain and keep warm. Spray a medium frying pan with oil and place over medium-high heat. Add tofu and cook for 2–3 minutes. Add vegetables and stirfry for another 2 minutes. Stir in cashews. Divide noodles between bowls. Top with tofu and veggies.