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1 - WEEK

Healthy
meal plan

Plan Introduction

When it comes to all things weight loss, the simplest, fastest way to make impactful, lasting change is to form habits you can actually stick with for life. That's why this plan includes an easy-to-follow meal planning guide as a good starting point.

This full week of healthy and delicious food will take the guesswork out of grocery shopping and prepping with nutritionist-approved breakfast, lunch, and dinner ideas. Keep in mind to determine the appropriate portion sizes, according to your weight loss goals, activity levels, and individual requirements.

This information is for educational purposes only and is not intended as a substitute for medical diagnosis or treatment. You should not use this information to diagnose or treat a health problem or condition. Before starting a new diet plan, consult with a healthcare provider or a registered dietitian, especially if you have an underlying health condition.



Tips for healthy eating

Choose these foods more often:

- **Vegetables and fruits.** Fill half your plate with vegetables at most meals. Choose fresh, frozen, or canned with no added sugar or salt.
- **Whole grains** like barley, oats, and whole grain breads, pastas, and brown rice.
- **Plant proteins** like beans, peas, lentils, tofu, and other soy foods.
- **Lean animal proteins** like fish, seafood, eggs, chicken, and turkey. Eat fish at least 2 times a week.
- **Healthy fats** like nuts and seeds and their butters; avocados; oils like olive, canola, avocado, and walnut

Limit these foods:

- **Limit foods higher in saturated fat** like red meat (beef and pork); skin on poultry; bacon, sausage, and other processed meats; and higher fat dairy products.
- **Limit foods with trans fats** like hard margarine, some store-bought baked foods, chips, cookies, and deep fried foods.
- **Add little or no salt to cooking** or to your plate of food. Use flavourings like herbs, spices, garlic, lemon, or vinegar.
- **Read labels to limit higher sodium foods** like some processed foods, canned foods, and fast food.
- **Limit foods and drinks with added sugars** like juice, pop, candy, desserts, sweet baked foods, and sweet sauces.
- **Choose water, milk, tea, or coffee,** and drinks with **no added sugar.**

Healthy snacks are lower in sugar, unhealthy fats, and salt (sodium).

Not everyone needs a snack. Eating healthy snacks can help you:

- **Get important nutrients** like fibre, vitamins, minerals, and healthy fats.
- **Satisfy hunger** if there is a long time between your meals.

7 day health menu plan

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<p>Wholegrain Cereal and Milk:</p> <p>1 cup wholegrain flaky cereal + 1 cup skim milk. Wholegrain Cereal and Milk 1 cup wholegrain flaky cereal + 1 cup skim milk.</p>	<p>English Muffin and Fruit:</p> <p>1 wholegrain toast English muffin + 1/2 tbsp peanut butter + 1 average piece of fruit.</p>	<p>Yoghurt and Fruit:</p> <p>1 tub (200g) low fat/no added sugar yoghurt + 1 serve of fruit (eg. 2 nectarines or 200mL fruit juice or 1 apple).</p>	<p>Avocado on Toast:</p> <p>2 tbsp mashed avocado on 2 slices multigrain bread (toasted) + 1 serve of fruit (2 kiwi fruit or 2 apricots or 1 pear)</p>	<p>Porridge with Fruit:</p> <p>1/2 cup rolled oats + 2 cups berries (NB: porridge made with water + 1/2 cup skim milk).</p>	<p>Muesli and Milk with Added Fruit:</p> <p>1 cup muesli cereal + 1 cup low fat milk + 1 banana.</p>	<p>Scrambled Eggs on Sourdough:</p> <p>2 eggs (scrambled) + 2 slices sourdough bread (toasted) + 3 tsp margarine or 2 tbsp avocado + 1 average piece of fruit.</p>
Lunch	<p>Chicken Salad & Roll:</p> <p>1/2 chicken breast (skin removed) + 1 slice reduced fat cheese + 2 cups salad vegetables (eg. lettuce, carrot, tomato, cucumber) + 1 grainy bread roll + 1/4 avocado spread.</p>	<p>Rainbow Rice Salad:</p> <p>Mix together 90g canned salmon + 1/3 cup chickpeas + reduced fat crumbled feta cheese + 2 cups salad vegetables (eg. capsicum, carrot, snow peas, rocket) + 1 cup cooked brown rice.</p>	<p>Tuna Salad Sandwich:</p> <p>200g tinned tuna in springwater (drained) + 2 cups salad vegetables (eg. lettuce, cucumber, tomato) + 2 tsp avocado + 1 slice cheese + 2 slices multigrain bread.</p>	<p>Chickpea, Vegetable and Barley Soup:</p> <p>3/4 cup chickpeas + 1 cup cooked vegetables (eg. tomato, celery, onion, carrot, spinach) + 1/2 cup cooked barley.</p>	<p>Tofu Miso Soup (1 serve):</p> <p>Served with 2 cups salad + 2 tsp balsamic vinegar.</p>	<p>Homemade Chicken Burger:</p> <p>100g grilled chicken + 2 cups salad vegetables (eg. lettuce, cucumber, tomato) + 2 tsp avocado + 1 grainy bread roll.</p>	<p>Cheese, Avocado and Salad Sandwich:</p> <p>40g reduced fat hard cheese + 2 cups salad vegetables (eg. lettuce, carrot, cucumber, tomato, capsicum) + 2 tsp avocado + 2 slices multigrain bread.</p>
Dinner	<p>Beef Stir-fry:</p> <p>120g lean beef + 1.5 cups cooked vegetables (eg. carrot, mushroom, celery, capsicum, snow peas) + 1 cup cooked brown rice + 2 tsp sesame oil for cooking</p>	<p>Prawn and Kimchi Omelette (1 serve):</p> <p>Served with 2 cup salad and 1 slice wholegrain bread.</p>	<p>Pork Chops and Vegetables:</p> <p>120g lean grilled pork chops + 1 medium baked potato + 1.5 cups cooked vegetables (eg. carrot, squash, broccoli) + 2 tsp oil in cooking or as a dressing.</p>	<p>Beef Ramen (1 serve):</p> <p>Served with additional 2 cup cooked vegetables.</p>	<p>Grilled Chicken and Vegetables:</p> <p>100g grilled chicken + 1.5 cups vegetables (eg. carrot, broccoli, eggplant) + 1 medium corn on the cob + 2 tsp oil in cooking or as a dressing.</p>	<p>Lamb Chop with Mash and Vegetables:</p> <p>1 large grilled lamb chop (fat trimmed) + 1 medium potato (mashed with 3 tsp margarine + a splash skim milk) + 1.5 cups vegetables (eg. carrot, pumpkin, broccoli).</p>	<p>Grilled Salmon and Vegetables:</p> <p>125g salmon + 1 cup cooked brown rice + 1.5 cups steamed vegetables (eg. cauliflower, broccoli, squash).</p>
Dessert/ Supper	<p>Fruit Salad & Yoghurt:</p> <p>1 cup fruit salad + 1 tub low fat yoghurt.</p>	<p>Fruit Smoothie:</p> <p>1 cup skim milk + 1 serve fruit (eg. 1 medium banana or 2 cups berries)</p>	<p>Fruit Salad:</p> <p>1 cup fresh fruit salad.</p>	<p>Yoghurt:</p> <p>1 tub low fat/no added sugar Greek yoghurt topped with mixed seeds and nuts.</p>	<p>Fruit Smoothie:</p> <p>1 cup skim milk + 1 serve fruit (eg. 1 medium banana or 2 cups berries)</p>	<p>Mango & Yoghurt Parfait :</p> <p>200g low fat yoghurt layered with 1/2 cup sliced mango and 2 tsp chopped nuts.</p>	<p>Fruity Pop:</p> <p>Made with frozen fruits (eg. bananas or mangos) with Greek yoghurt.</p>
Snacks	<p>1 serve of fruit (eg. medium apple or banana or 3/4 cup grapes or 2 tbsp raisins/ currants/sultanas or 1 small mango).</p>	<p>1 tub low fat/no added sugar yoghurt + 10 nuts (unsalted, raw/dry roasted).</p>	<p>40g reduced fat cheese + 4 wholegrain crackers.</p>	<p>1 serve of fruit (eg. 1 cups diced watermelon /rockmelon or berries) + 20g reduced fat cheese.</p>	<p>1 tub low fat/no added sugar yoghurt + 10 nuts (unsalted, raw/dry roasted).</p>	<p>1 piece of small fruit (eg. kiwi fruit, apricot, apple, mandarin) + 20g cheese.</p>	<p>1 tub low fat/no added sugar yoghurt.</p>

Tips to Save Calories

Breakfast Breakthroughs

- Make an omelet with 1 egg and 2 egg whites instead of 3 whole eggs.
- Choose a whole grain english muffin instead of a bagel.
- Spread 2 tbsp. sugar-free jam on an english muffin instead of 1 tbsp. butter.
- Replace ½ cup of granola with ½ cup of oatmeal cooked in water.
- Have 3 slices turkey bacon instead of 3 slices regular bacon.
- Replace fried eggs with hard boiled eggs.
- Top toast with 1 tbsp. of peanut butter instead of 2 tbsps.
- Cook ½ cup of oatmeal 1 cup of water instead of 1 cup of milk.
- Sweeten oatmeal with cinnamon instead of milk and sugar.
- Replace 3 oz. pork sausage with 3 oz. lean turkey sausage.

Dinner Developments

- Replace half of the beans in a chili recipe with an equivalent amount of mushrooms.
- Make a meatloaf with 98% lean ground beef instead of regular beef.
- Trim the fat off of your meat or poultry before cooking.
- Broil a 3 oz. steak instead of pan frying it in butter or oil.
- Skip the skin of rotisserie chicken.
- Swap 4 oz. of salmon for 4 oz. tilapia.
- Replace linguini pasta with spiralized zucchini noodles.
- Swap spaghetti squash for spaghetti.
- Leave the cheese out of homemade pesto sauce.

Lighter Lunches

- Skip the second piece of bread to make an open face sandwich.
- Top a salad with tuna packed in water instead of tuna packed in oil.
- Add lettuce and tomato to a sandwich instead of 1 slice of cheese.
- Make egg salad with low-fat plain greek yogurt instead of mayonnaise.
- Sweeten up a salad with ¼ cup of fresh raspberries instead of ¼ cup dried cranberries.
- Make a sandwich on a sandwich thin instead of on a bun.
- Dress a salad with fresh squeezed lemon or 1 tbsp. balsamic vinegar instead of 2 tbsps. regular salad dressing.
- Make a sandwich with 3 oz. lean turkey rather than 3 oz. roast beef.

Smarter Snacks

- Snack on a small apple instead of 1 cup dried apple slices.
- Snack on 1 cup of celery sticks with peanut butter instead of an apple with peanut butter.
- Opt for fruit packed in water instead of juice.
- Swap a serving of chips with 3 cups of plain air-popped popcorn.
- Order a kid-sized popcorn at the movie theater.
- Top popcorn with herbs and spices instead of butter and oil.
- Munch on ½ cup edamame instead of ¼ cup raw almonds.
- Swap a ¼ cup salted almonds for a 1 serving of lightly salted pretzels.
- Serve up hummus with 1 cup of raw veggies instead of 1 serving of crackers.

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