

	Breakfast options		Lunch		Dinner		Snack and dessert options					
	Female	Male	Female	Male	Female	Male	Female	Male				
Sun	<b>Fruit</b> plus one of the options below:	1 pc	1 pc	Keep lunch light today – you have a big barbecue in the afternoon! Try a fruit salad with low-fat yoghurt, or a garden salad with dressing on the side (dressing optional)	1 cup fruit 2 tbs yog	1 cup fruit 3 tbs yog	BBQ at a friend's place! Take along a <b>potato salad</b> [Recipe on <a href="http://betterhealth.vic.gov.au">betterhealth.vic.gov.au</a> ]	n/a	n/a	<b>Two pieces of fruit</b> If you're still hungry choose 1–3 options from the list below depending on your activity levels		
Mon	<b>Cereal &amp; milk</b> Fruit and flake style cereals/untoasted muesli/bran cereals or wheat biscuits	1 cup	2 cups	<b>Buy out!</b> Try a roast vegie wrap	u/l salad 1 tbs dressing	u/l salad 1 tbs dressing	<b>Moroccan lamb pizza</b> [Recipe on <a href="http://taste.com.au">taste.com.au</a> ]	1 serve <sup>1</sup>	1½ serves <sup>1</sup>	Small handful of unsalted nuts/dried fruit	10–20 pc	10–20 pc
Tues	<b>OR</b> <b>Grain toast with spread</b> (eg margarine, avocado, vegemite or 100% spreadable fruit)	2 slice thin spread	2 slice thin spread	Lamb pizza leftovers!	200g 1 pc	200g 1 pc	<b>Cannellini beans with tuna, cherry tomatoes and baby spinach</b> [Recipe on <a href="http://betterhealth.vic.gov.au">betterhealth.vic.gov.au</a> ]	1 serve <sup>1</sup>	1½ serves <sup>1</sup>	Guacamole with high fibre crackers and/or vegetable sticks	½ cup 4 cr u/l veg	½ cup 5 cr u/l veg
Wed	<b>OR</b> <b>Hot breakfast</b> Grain toast with sautéed mushroom	2 sl	2 sl	Low-fat yoghurt tub	200g 1 pc	200g 1–2 pc	<b>Tofu omelette</b> [Recipe on <a href="http://betterhealth.vic.gov.au">betterhealth.vic.gov.au</a> ] <i>Tip: Try coriander instead of parsley in this recipe to make the most of your grocery list</i>	1 serve <sup>1</sup>	1½ serves <sup>1</sup>	High fibre crackers with reduced fat cheese	4 2 thin sl	4 2 thin sl
Thurs	<b>On the run</b> <b>Options:</b> Fruit smoothie or Fruit salad and Low-fat yoghurt	300ml 1 cup 200g	300ml 1 cup 200g	Low-fat yoghurt tub	200g 1 pc	200g 1–2 pc	Stir fried bok choy, carrot, beans and mushrooms	u/l	u/l	Low-fat yoghurt tub	200g	200g
Fri	<b>Optional</b> Coffee/tea with skim milk	Small	Small	Grain/Wholemeal sandwich with reduced-fat cheese, avocado and salad	2 sl 1 slice ¼ avo u/l salad	2 sl 1 slice ¼ avo u/l salad	<b>Fried rice</b> [Recipe on <a href="http://betterhealth.vic.gov.au">betterhealth.vic.gov.au</a> ]	1 serve <sup>1</sup>	1½ serves <sup>1</sup>	Try making your own <b>banana chips</b> [Recipe on <a href="http://betterhealth.vic.gov.au">betterhealth.vic.gov.au</a> ]	1 serve <sup>1</sup>	1½ serves <sup>1</sup>
Sat	<b>Weekends</b> Finally, a chance to relax! Try cooking up some delicious <b>Banana pancakes</b> [Recipe on <a href="http://taste.com.au">taste.com.au</a> ]	1 serve <sup>1</sup>	1 serve <sup>1</sup>	Fruit	1 pc	1 pc	<b>Eat out!</b> The ol' burger and fries can be healthier if you choose a lean meat burger with lots of salad vegies, including beetroot. Be a real star and skip the hot chips.	1 burger u/l salad	1 burger u/l salad	<b>Dessert (enjoy dessert occasionally and try to include fruit as a healthy sweet addition):</b> <b>Coconut fruit skewers</b> [Recipe on <a href="http://taste.com.au">taste.com.au</a> ]	1 serve <sup>1</sup>	1½ serves <sup>1</sup>
				<b>Low-fat potato wedges</b> [Recipe on <a href="http://taste.com.au">taste.com.au</a> ] <i>Tip: switch the fresh rosemary for some of the dried herbs already in your pantry</i> Serve with low-fat natural yoghurt and sweet chilli sauce	1 serve <sup>1</sup>	1½ serves <sup>1</sup>	<b>Thai beef salad</b> [Recipe on <a href="http://betterhealth.vic.gov.au">betterhealth.vic.gov.au</a> ]	1 serve <sup>1</sup>	1½ serves <sup>1</sup>	Fruit salad with low-fat natural yoghurt (add a dash of lime or orange juice for extra zing!)	1 cup fruit 2 tbs yog	1 cup fruit 3 tbs yog
										Fresh seasonal fruit with low-fat ice cream	1 cup fruit 1 sc	1 cup fruit 2 sc

**Eat well when you eat out!**

Did you know the average Australian eats out four times a week? Foods prepared out of the home are often higher in kilojoules, fat and salt than meals prepared in the home. If you want to maintain a healthy lifestyle there are lots of ways you can still eat well and enjoy eating out. Some simple tips are:

- Pay attention to portion size. Try to eat until you're satisfied, rather than overfull. An entrée size can often be all you need for your main (and will save you money too!).
- Choose wisely: a tomato-based pasta with lots of vegetables will have fewer kilojoules and saturated fat than a creamy pasta; a tomato-based vegetable curry is a healthier option than a coconut-based meat curry; swap fries for salad; and fried rice for steamed.
- Limit drinks other than water to avoid unneeded kilojoules and drink alcohol responsibly.

**Notes and abbreviations**

1 Wherever you see the portion size listed as a 'serve' please refer to the recipe for details.

tsp = teaspoon, pc = piece, sl = slice, ml = millilitres, g = grams, avo = avocado, u/l = unlimited, med = medium, tbs = tablespoon, yog = yoghurt, sc = scoops, cr = crackers, n/a = not applicable

Drink water regularly throughout the day and combine this menu plan with daily exercise

