

# 7 DAY

## Meal plan with recipes

This healthy and delicious meal plan is packed with nutritious foods and recipes that are all dietitian-approved. Each meal is thoughtfully chosen to help you meet your nutrition requirements, including the recommended five serves of vegetables and two serves of fruit every day.

The meal plan and recipes have been prepared with the Australian Guide to Healthy Eating in mind. Food group analyses were completed using **Foodworks.online Professional**.

### Healthy alternatives

- Use lean proteins such as chicken breast, lean steak or fish in place of tofu.
- If you are using plant-based dairy alternatives, look for at least 100mg of calcium per 100mL.
- Find allergen friendly options on the recipe flyers.
- Swap out fruits and vegetables to suit your preferences.

This meal plan and information has been prepared by Xyris dietitians as general information for healthy individuals.

### How to use this meal plan:

- 1 Download or print this meal plan and keep it somewhere easily accessible.
- 2 Take the shopping list with you to the supermarket to help you shop for the week.
- 3 Use the recipes provided to prepare meals and snacks for the week.
- 4 Use this as an opportunity to try new foods and include more variety in your diet.



Average daily intake  
**8,700\***  
kilojoules / day

\*approx 2,000 Cal per day



### This meal plan provides:

Average intake per day



**2 serves of fruit**



**5 serves of wholegrains**



**7 serves of veg**



**3.5 serves of protein foods**



**3 serves of dairy and dairy alternatives**

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| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY   |
|---|--|---|--|--|---|--|
| <p><b>Breakfast</b><br/>Mixed berry oatmeal with banana</p> <p><b>Morning snack</b><br/>Cheese and crackers</p> <p><b>Lunch</b><br/>Roast chickpea and edamame salad with an orange</p> <p><b>Afternoon snack</b><br/>Celery sticks and hommus</p> <p><b>Dinner</b><br/>Tofu and vegetable stir fry</p> | <p><b>Breakfast</b><br/>Scrambled eggs on toast with vegetables</p> <p><b>Morning snack</b><br/>Peanut and oat bliss balls</p> <p><b>Lunch</b><br/>Roast vegetable and tofu sandwich with a mandarin</p> <p><b>Afternoon snack</b><br/>Fruit salad with greek yoghurt</p> <p><b>Dinner</b><br/>Mushroom and tomato pasta</p> | <p><b>Breakfast</b><br/>Berry smoothie</p> <p><b>Morning snack</b><br/>Muesli bar and a banana</p> <p><b>Lunch</b><br/>Mushroom and tomato pasta dish</p> <p><b>Afternoon snack</b><br/>Falafel balls</p> <p><b>Dinner</b><br/>Lentil curry with brown rice</p> | <p><b>Breakfast</b><br/>Muesli with yoghurt and mixed berries</p> <p><b>Morning snack</b><br/>Peanut and oat bliss balls and a mango</p> <p><b>Lunch</b><br/>Roast vegetable salad with an orange</p> <p><b>Afternoon snack</b><br/>Celery sticks and hommus</p> <p><b>Dinner</b><br/>Vegetable and tofu casserole with rice</p> | <p><b>Breakfast</b><br/>Cheese &amp; tomato toastie and a banana</p> <p><b>Morning snack</b><br/>Apple slices with peanut butter</p> <p><b>Lunch</b><br/>Roast chickpea and edamame salad with strawberries</p> <p><b>Afternoon snack</b><br/>Cottage cheese on wholegrain crackers</p> <p><b>Dinner</b><br/>Tofu and vegetable stir fry</p> | <p><b>Breakfast</b><br/>Cheese and vegetable frittata with kiwi fruit</p> <p><b>Morning snack</b><br/>Popcorn</p> <p><b>Lunch</b><br/>Cheese and salad wrap with greek yoghurt</p> <p><b>Afternoon snack</b><br/>Ricotta cheese with fresh strawberries</p> <p><b>Dinner</b><br/>Vegetable and tofu casserole with rice</p> | <p><b>Breakfast</b><br/>Mixed berry oatmeal with banana</p> <p><b>Morning snack</b><br/>Peanut and oat bliss balls</p> <p><b>Lunch</b><br/>Roast vegetable and tofu sandwich with cheese</p> <p><b>Afternoon snack</b><br/>Fruit salad with greek yoghurt</p> <p><b>Dinner</b><br/>Lentil burger</p> |
| <p>Drink plenty of water</p>  | <p>Incorporate 30 mins of physical activity daily</p>  | <p>Eat a variety of colourful fruits and vegetables</p>   | <p>Practice eating mindfully</p>   | <p>Choose wholegrains over refined grains</p>  | <p>Consult a dietitian before taking any supplements</p>  | <p>Prepare and store your food safely</p>  |

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# Shopping list

Take this list with you to the supermarket to shop for the week.

## Fruit

- Bananas
- Oranges
- Strawberries
- Blueberries
- Mandarins
- Mixed frozen berries
- Apples
- Kiwi fruit
- Mangos
- Lemon

## Vegetables

- Celery
- Mushrooms
- Capsicum
- Snow peas
- Baby spinach
- Carrot
- Zucchini
- Pumpkin
- Broccoli
- Tomatoes
- Cherry tomatoes
- Cucumber
- Mixed leafy greens
- Onion
- Garlic

## Grains

- Wholegrain bread
- Wholegrain wraps
- Brown rice
- Wholegrain bread rolls
- Rolled oats
- Wholemeal pasta
- Muesli
- Popcorn
- Wholegrain crackers
- Muesli bars

## Meat and meat alternatives

- Eggs
- Tofu
- Canned chickpeas
- Canned lentils
- Falafels
- Frozen edamame
- Lentil burger patty

## Dairy and dairy alternatives

- Milk (dairy or dairy alternative)
- Greek yoghurt
- Cheddar cheese
- Ricotta cheese
- Cottage cheese

## Nuts and seeds

- Chia seeds
- Flax meal
- Walnuts
- Peanut butter

## Herbs and Spices

- Cinnamon
- Paprika
- Garlic powder
- Dried mixed herbs
- Salt
- Pepper

## Condiments and other

- Hommus
- Maple syrup
- Crushed garlic
- Crushed ginger
- Soy sauce
- Canned tomatoes
- Coconut milk
- Curry paste
- Extra virgin olive oil
- Balsamic vinegar
- Coconut sugar

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### Ingredients

- 0.5 cup crunchy peanut butter
- 0.5 cup rolled oats
- 2 tbsp maple syrup
- 1 tbsp chia seeds
- 1 tbsp flax meal
- 1 tsp cinnamon

### Method

1. Add all ingredients into a small blender or food processor and blend until combined.
2. Using a heaped tsp, roll mixture into balls.
3. Place in the fridge to set, or enjoy immediately.



### Nutrition Information

Serving Size = 1 ball (25g)

|               |       |
|---------------|-------|
| Energy        | 460kJ |
| Protein       | 4g    |
| Total Fat     | 7g    |
| Saturated Fat | 1g    |
| Carbohydrates | 7g    |
| Sugars        | 3g    |
| Added Sugars  | 3g    |
| Fibre         | 2g    |

### Allergen Notes

- Contains gluten and peanuts
- Gluten free - swap oats for almond meal
- Peanut free - swap peanuts for other nut type

Serves = 12, Time = 20 mins, Difficulty = 1/5

## Method

1. In a medium saucepan, bring 1.5 cups of soy milk to boil.
2. Reduce heat to medium and add 0.5 cup rolled oats.
3. Cook for ~5 minutes, stirring occasionally.
4. Stir in 0.5 cup frozen mixed berries and 0.25 cup water.
5. Add lid to saucepan and cook for 5-10 minutes, stirring occasionally.
6. Add 1 tsp of cinnamon and stir to combine.
7. Pour oats into a bowl and top with banana, chia seeds and 0.25 cup frozen berries (microwaved for 30s).

## Ingredients

- 1.5 cups light soy milk
- 0.5 cup rolled oats
- 0.5 cup frozen berries
- 0.25 cup water
- 1 tsp cinnamon
- 0.5 medium banana, sliced
- 1 tbsps chia seeds
- 0.25 cup frozen berries (for topping)

## Nutrition Information

Serving Size = 1 bowl (430g)

|               |        |
|---------------|--------|
| Energy        | 1980kJ |
| Protein       | 21g    |
| Total Fat     | 13g    |
| Saturated Fat | 3g     |
| Carbohydrates | 65g    |
| Sugars        | 28g    |
| Added Sugars  | 4g     |
| Fibre         | 14g    |



## Allergen Notes

- Contains soy and gluten
- Soy free - use an alternative high protein plant-based milk
- Gluten free - try quinoa flakes instead of rolled oats

Serves = 1, Time = 25 mins, Difficulty = 2/5



## Ingredients

- 1 small carrot, sliced
- 1 small zucchini, sliced
- 1 small piece pumpkin
- 0.5 small red capsicum
- 50g firm tofu
- Pinch of salt
- Pinch of pepper
- 0.5 tbsp mixed dried herbs
- 0.5 tbsp extra virgin olive oil
- 2 slices wholegrain bread
- 1 tbsp hommus
- 0.25 cup fresh baby spinach

## Method

1. Preheat oven to 180\* C fan forced. Line a tray with baking paper.
2. Place sliced carrot, zucchini, pumpkin, capsicum and tofu in a container. Add oil, salt, pepper and herbs. Shake until well coated.
3. Place vegetables and tofu on the baking tray and bake for 20-30 minutes (turning halfway).
4. To assemble the sandwich, spread hommus on each slice of bread.
5. Top one slice of bread with fresh baby spinach. Add roast vegetables and tofu and place the other slice of bread on top.

## Allergen Notes

- Contains soy, wheat, gluten and sesame seeds
- Soy free - Replace tofu with seitan or chickpea tempeh
- Wheat & Gluten free - Use a gluten free bread
- Sesame seed free - replace hommus with tomato chutney

## Nutrition Information

Serving Size = 315g

|               |        |
|---------------|--------|
| Energy        | 2200kJ |
| Protein       | 24g    |
| Total Fat     | 23g    |
| Saturated Fat | 3g     |
| Carbohydrates | 50g    |
| Sugars        | 14g    |
| Added Sugars  | 0g     |
| Fibre         | 17g    |
| Iron          | 8mg    |
| Calcium       | 465mg  |



Serves = 1

Time = 35 mins

Difficulty = 2/5

## Ingredients

- |                          |   |                 |  |              |   |
|--------------------------|---|-----------------|--|--------------|---|
| <b>Roasted chickpeas</b> | <ul style="list-style-type: none"><li>• 1 cup chickpeas, canned</li><li>• 1 tsp extra virgin olive oil</li><li>• Pinch of salt</li><li>• Pinch of pepper</li><li>• Pinch of garlic powder</li><li>• Pinch of smoked paprika</li></ul> | <b>Dressing</b> | <ul style="list-style-type: none"><li>• 2 tbsp fresh lemon juice</li><li>• 1 tsp maple syrup</li><li>• 1 tsp extra virgin olive oil</li><li>• Pinch of salt</li><li>• Pinch of pepper</li><li>• Pinch of garlic powder</li></ul> | <b>Salad</b> | <ul style="list-style-type: none"><li>• 3/4 cup frozen edamame beans, microwaved</li><li>• 2 cup fresh leafy greens (e.g. kale, rocket, spinach)</li><li>• 1/3 cup grated carrot</li><li>• 1/3 cup chopped cucumber</li><li>• 3 cherry tomatoes, chopped</li><li>• 1/2 tbsp chopped walnuts</li></ul> |
|--------------------------|---|-----------------|--|--------------|---|

## Method

### Roasted chickpeas

1. Preheat oven to 180°C fan forced. Line a tray with baking paper.
2. Drain and rinse chickpeas. Place chickpeas on a paper towel and lightly pat dry. Discard loose skins from outside of the chickpeas.
3. Combine chickpeas with oil, salt, pepper, garlic powder and paprika.
4. Add chickpeas to baking tray and bake for 25-30 minutes.

### Salad dressing

1. Mix lemon juice, oil, maple syrup and a pinch of salt, pepper and garlic powder in a small bowl. Set aside.

### Assembling the salad

1. In a bowl, start with a bed of mixed leafy greens.
2. Add grated carrot, chopped cucumber, chopped tomatoes, edamame beans and roasted chickpeas.
3. Drizzle with dressing and sprinkle with crushed walnuts.

## Nutrition Information

Serving Size = 370g

|               |         |
|---------------|---------|
| Energy        | 2000 kJ |
| Protein       | 22g     |
| Total Fat     | 20g     |
| Saturated Fat | 2g      |
| Carbohydrates | 40g     |
| Sugars        | 13g     |
| Added Sugars  | 6g      |
| Fibre         | 21g     |
| Iron          | 6mg     |
| Calcium       | 200mg   |



## Allergen Notes

- Contains soy and tree nuts
- Soy free - swap edamame for extra chickpeas
- Tree nut free - swap walnuts for sesame seeds

Serves = 1, Time = 40 mins, Difficulty = 3/5