



TOTAL  
WELLBEING  
DIET



## Foodie Menu

# Prep steps and tips for this week

Here's our checklist to help you prepare for the week:

1. **Swap meals to suit your preferences** – if you don't like the sound of a meal or would prefer more options for breakfast, go to the [online meal plan](#) and click the “Swap” button on any meals you want to change.
2. **Shop for all the ingredients** – see the [shopping list](#) at the back of this PDF or on the TWD website where you can adjust the list to cater for your family.
3. **Freeze your fruit for Mango ginger smoothies\*** – you can purchase pre-packed frozen mango or freeze fruit nearing the end of its freshness. Frozen mango in smoothies will add a nice creamy texture.
4. **Prepare wraps the night before** – make lunch wraps the night before, wrap in clingwrap and take as a quick, on-the-go lunch the next day.
5. **Cook double the Garlic ginger chicken\*** – Make double the recipe the first time you cook it, portion out the second serving and refrigerate in an airtight container for a quick dinner later in the week.
6. **Beef topside roast** – You can buy this slice of meat from most deli's in the supermarket, be sure to ask for the lean option.

## Optional extras

- **Light sour cream** – the Mex beef wrap is delicious with a dollop of sour cream. One tablespoon of light sour cream = 0.5 Indulgence units, so you can add it if you think it's worth it!
- **Swapping around Breads & Cereals units** – if you want to save some breads and cereals from earlier in the day, you can have it with dinner instead. For example: the Garlic ginger chicken would go well with brown rice (½ cup of cooked brown rice = 1 Breads & Cereals unit).

\*Refers to recipes in the meal plan as specified. These prep steps may not apply if you have swapped meals or chosen another menu plan version.



# Meal plan

	Breakfast	Lunch	Dinner	Snack
<b>Thu, Dec 15</b>	Mango ginger smoothie	Egg 'fried' rice	Pork larb	Snacks with latte
<b>Fri, Dec 16</b>	Nutty banana overnight oats	Egg 'fried' rice	Sesame salmon	Snacks with yoghurt
<b>Sat, Dec 17</b>	Breakfast bruschetta wrap	Mint & feta salad	Leftover pork larb	Snacks with latte
<b>Sun, Dec 18</b>	Mango ginger smoothie	Tuna wrap with sweet chilli mayo	Garlic ginger chicken	Snacks with yoghurt
<b>Mon, Dec 19</b>	Nutty banana overnight oats	Sweet chilli chicken wombok wrap	Sesame salmon	Snacks with latte
<b>Tue, Dec 20</b>	Breakfast bruschetta wrap	Mint & feta salad	Steak with crunchy garlic beans	Snacks with yoghurt
<b>Wed, Dec 21</b>	Mango ginger smoothie	Mex beef & guacamole wrap	Garlic ginger chicken	Snacks with latte

# Breakfast meals

## Mango ginger smoothie

Frozen mango, 1 cup(s), or fresh (125g)

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Rolled oats, raw, 25 g (25g)

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Chobani Low Fat Greek Yogurt, any flavour, 1 170g tub(s) (170g)

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Milk, low-fat, 1 cup(s) (250ml)

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Ginger, fresh, 2 teaspoon(s), grated (6g)

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Peanut butter (smooth or crunchy), no added sugar or salt, 1 heaped teaspoon(s) (7g)

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### Method

Combine all ingredients in a blender. Blend until smooth. Add 3 ice cubes for a thicker consistency and blend further. Pour into glass to serve.

TIP: Try replacing  $\frac{1}{2}$  the mango with  $\frac{1}{2}$  cup (75g) of fresh papaya, peeled and chopped. Fresh or frozen mango will work. Frozen mango is available all year round so may be easier to find. It also provides a thicker, creamier texture.

**Makes 1 serve.** Each serve provides: 1 Bread & Cereals, 1 Fruit, 2 Dairy, 1 Healthy Fats & Oils, 1970 kilojoules, 29.5g protein.



# Lunch Meals

## Mex beef & guacamole wrap

Avocado, 20 g (20g)

Cherry tomatoes, 5 regular cherry tomato(es), diced (75g)

Spring onion, 1 medium onion(s), chopped (15g)

Lemon, ¼ lemon(s), juiced (25g)

Pepper, any type, ground, 1 pinch(es), to taste (1g)

Wholegrain wrap, 1 large wrap(s) (70g)

Beef, lean, roasted, 100 g, sliced (100g)

Rocket, any type, 1 cup(s) (16g)

Cucumber, ½ cucumber(s), sliced or ribbons (155g)

### Method

In a bowl roughly mash avocado, tomatoes, spring onion, lemon juice and season to taste.

Spread guacamole on centre of wrap. Top with roast beef slices, rocket and cucumber. Roll to make wrap.

TIP: For a bit of extra spice, feel free to add sweet chilli sauce, chutney, hot sauce or any free food condiment.

For cooler days, toast wrap in a sandwich press for a warm lunch option, If preferred, add salad vegetables after toasting.

**Makes 1 serve.** Each serve provides: 1 Meat & Protein, 2 Bread & Cereals, 1.1 Vegetables, 1 Healthy Fats & Oils, 1872 kilojoules, 42.3g protein.



# Dinner Meals

## Garlic ginger chicken

Olive oil, ½ teaspoon(s) (3ml)

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Ginger, fresh, 1 teaspoon(s), grated (3g)

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Garlic, 2 clove(s), grated (6g)

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Chicken breast, lean, raw, 150 g, diced (150g)

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Broccolini, ½ bunch(s), trimmed and cut into 4 cm pieces (140g)

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Frozen peas, , ½ cup(s) (60g)

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Zucchini, ½ medium, cut into rounds or batons (51g)

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Spring onion, 1 medium onion(s), thinly sliced (15g)

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Sesame seeds, any type, 1 teaspoon(s) (3g)

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### Method

Heat oil in a large non-stick frying pan or wok over high heat. Add ginger, garlic and chicken and stir-fry for 5 minutes.

Add the broccolini, peas and a splash of water to the pan and stir fry for a further 2 minutes.

Add zucchini and spring onion to the pan. Stir fry for 1 minute or until the chicken is cooked through.

Sprinkle with sesame seeds to serve.

**Makes 1 serve.** Each serve provides: 1.5 Meat & Protein, 2.9 Vegetables, 1 Healthy Fats & Oils, 1313 kilojoules, 43.7g protein.



# Snack meals

## Snacks with latte

Fresh fruit, any type, 1 medium piece(s), e.g. banana, apple, pear (150g)

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Latte, low-fat milk, 1 large takeaway cup(s), or mug (400ml)

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### Method

Enjoy a piece of fruit and a takeaway coffee or homemade latte made with 1 cup of low-fat milk as snacks throughout the day.

TIP: Snacks can be enjoyed at a time that suits you.

**Makes 1 serve.** Each serve provides: 1 Fruit, 1 Dairy, 906 kilojoules, 11.2g protein.



# Grocery List

## Fruits & Vegetables

- Avocado 58g
- Baby spinach 180g
- Banana, 3 medium (330g)
- Carrot, 1 medium carrot(s) (109g)
- Cucumber, 3 cucumber(s) (930g)
- Fresh fruit, any type, 8 medium piece(s) (1.2kg)
- Garlic, minced or crushed 5g
- Kaleslaw, with dressing & toppings 210g
- Lemon, 2 lemon(s) (198g)
- Mixed berries, fresh, 3 cup(s) (486g)
- Mixed stir-fry vegetables, 6 cup(s) (617g)
- Tomato, 7 medium (1.1kg)

## Pantry Items

- Almonds 22g
- Balsamic vinegar 20ml
- Brown rice, heat & serve, 2 x 125g quick cup(s) (250g)

- Hoi sin sauce 70ml
- Mayonnaise, reduced-fat 100g
- Olive oil spray 10g
- Peanut butter (smooth or crunchy), no added sugar or salt 20g
- Pepper, any type, ground 3g
- Sesame seeds, any type 26g
- Sweetcorn, canned, 2 x 125g can(s), drained (151g)
- Tuna, canned in springwater, 2 x 185g can(s) (drained) (288g)
- Wheat bran flakes 135g

## Bread & Bakery

- Burgen bread, any type, 14 slice(s) (581g)

## Meat, Poultry, Seafood

- Beef fillet, lean, raw, 650g
- Eggs, raw, 2 extra large egg(s) (102g)
- Roast chicken, skin and fat removed, 500g
- White fish, any type, raw 300g

## Chilled & Frozen Goods

- Cheddar cheese, reduced-fat (15% fat) 100g