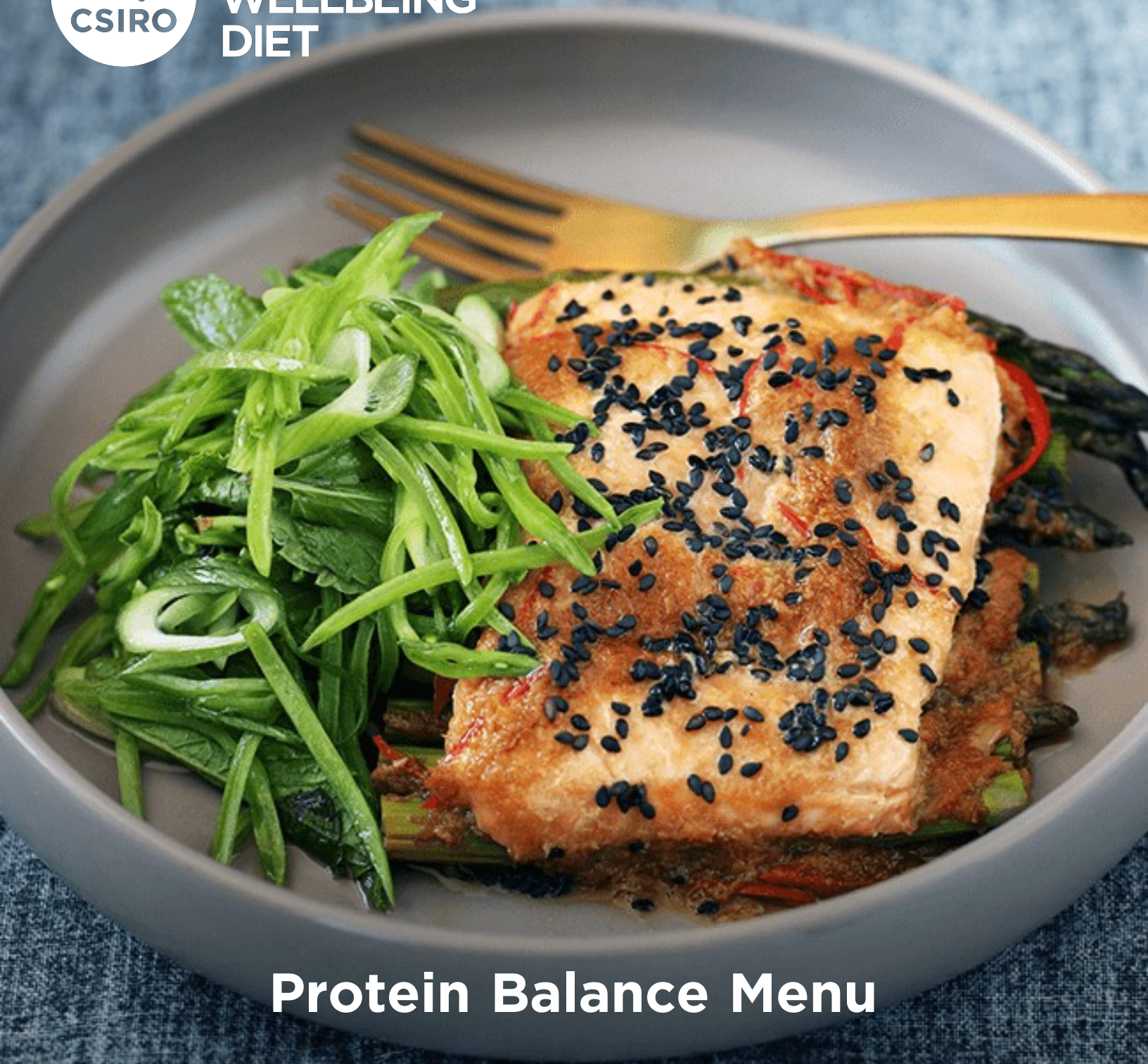




**TOTAL
WELLBEING
DIET**



Protein Balance 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 Banana berry smoothies*** – you can purchase pre-packed frozen fruit or get prepared and avoid wastage by freezing fruit nearing the end of its freshness. Frozen bananas in smoothies will add a nice creamy texture.
4. **Boil eggs ahead of time** – boiled eggs appear in a couple of meals this week. Save time by cooking these at the beginning of the week so you can grab and go when prepping meals, or for snacks. Boiled eggs will keep in the fridge for up to a week with their shells left on.
5. **Prepare vegetables in advance** – there are lots of tasty chopped or grated veggies included in this week's menu. You can get a head start on meals by preparing your veggies ahead of time and storing in airtight containers in the fridge.



Optional extras

- **Tomato relish or extra chutney** – the Protein packed scrambled eggs* taste delicious with a dollop of tomato relish or chutney.
- **Drinking chocolate** – if you're not a fan of coffee, you can swap the lattes out for a glass of milk and add a little drinking chocolate or Milo for flavour. Remember to log it in the tracker because drinking chocolate is an Indulgence.

*Refers to recipes in the meal plan as specified. Your meal plan may differ if you have swapped meals.

Meal plan

	Breakfast	Lunch	Dinner	Snack
Thu, Dec 15	Simple banana berry smoothie	Egg & avocado sandwich	Simple steak with salad	Snacks with takeaway latte
Fri, Dec 16	Simple banana berry smoothie	Roast beef & chutney sandwich	Soy baked salmon with snow pea salad	Snacks with cheese
Sat, Dec 17	Protein packed scrambled egg	Cheddar and chutney toasted sandwich	Leftover soy baked salmon with snow pea salad	Snacks with takeaway latte
Sun, Dec 18	Simple banana berry smoothie	Tuna nicoise salad	Steak with vegetable salad	Snacks with cheese
Mon, Dec 19	Simple banana berry smoothie	Simple salad with beef	Steamed lemon fish with vegetables	Snacks with takeaway latte
Tue, Dec 20	Protein packed scrambled egg	Smashed avocado toast	Basic chicken stir-fry	Snacks with cheese
Wed, Dec 21	Protein packed scrambled egg	Cheddar and chutney toasted sandwich	Pan-fried lamb steaks with pea puree	Snacks with takeaway latte

Breakfast meals

Simple banana berry smoothie

Banana, ½ medium, frozen (55g)

Frozen mixed berries, ½ cup(s) (98g)

The Complete Dairy High Protein Milk, Light, 250 ml (250ml)

Chobani Low Fat Greek Yogurt, Plain, 100 g (100g)

Rolled oats, raw, 25 g (25g)

Almonds, 6 nut(s) (7g)

Method

Combine all ingredients in a blender, along with ice and blend until mixture reaches a smooth consistency.

Pour into a glass and serve chilled.

TIP: You may like to add a teaspoon of honey if you have any daily indulgences to spare.

You can use fresh banana and add ice for a thicker consistency. Alternatively you can buy prepackaged frozen banana from your local supermarket.

If you are unable to find high protein milk, either add 1/4 cup skim milk powder to 1 cup (250ml) of low fat milk. Alternatively, you can use a low fat milk and add or increase the amount of high protein yoghurt used.

Makes 1 serve. Each serve provides: 1 Bread & Cereals, 1.2 Fruit, 2.1 Dairy, 1 Healthy Fats & Oils, 1747 kilojoules, 31.1g protein.



Lunch meals

Egg & avocado sandwich

Eggs, raw, 2 extra large egg(s) (102g)

Avocado, 20 g, chopped (20g)

Burgen bread, any type, 2 slice(s) (83g)

Baby spinach, 1 handful(s) (22g)

Vegetable crudites (carrot, celery, cucumber, capsicum), 1 serve(s) (150g per serve) (150g)

Method

Place eggs in a pot of water and bring to the boil. Let eggs boil in water for 8-10 minutes. Remove and place in cold water immediately. When cooled, peel and place in a bowl.

Add avocado to the bowl with the eggs, season with pepper and mash with a fork.

Spread avocado and egg mixture over one slice of bread and top with spinach closing to make a sandwich.

Serve with vegetable crudites or save for an afternoon snack.

Makes 1 serve. Each serve provides: 1 Meat & Protein, 2 Bread & Cereals, 1.1 Vegetables, 1 Healthy Fats & Oils, 1859 kilojoules, 25.6g protein.



Dinner meals

Simple steak with salad

Olive oil, 1 teaspoon(s) (5ml)

Beef fillet, lean, raw, 150 g, use other lean cut if preferred (150g)

Baby spinach, 2 handful(s) (44g)

Tomato, 1 medium, chopped (150g)

Cucumber, ¼ cucumber(s), diced (78g)

Red capsicum, ¼ capsicum(s), cut into thin strips (80g)

Carrot, ½ medium carrot(s), chopped or grated (55g)

Balsamic vinegar, 2 teaspoon(s) (10ml)

Method

Heat oil in a non-stick fry pan over a medium heat. Season steak to taste and cook for 3-4 minutes each side, or until cooked to your liking.

Meanwhile prepare a basic mixed salad using the spinach, tomato, cucumber, capsicum and carrot. Drizzle with balsamic vinegar.

Serve salad topped with sliced cooked steak.

TIP: Serve steak with steamed mixed vegetables if preferred.

Makes 1 serve. Each serve provides: 1.5 Meat & Protein, 2 Vegetables, 1 Healthy Fats & Oils, 1454 kilojoules, 37.4g protein.



Snack meals

Snacks with takeaway latte

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

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

Method

Enjoy a piece of fruit and a latte as snacks throughout the day.

TIP: Snacks can be enjoyed in any combination, and 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