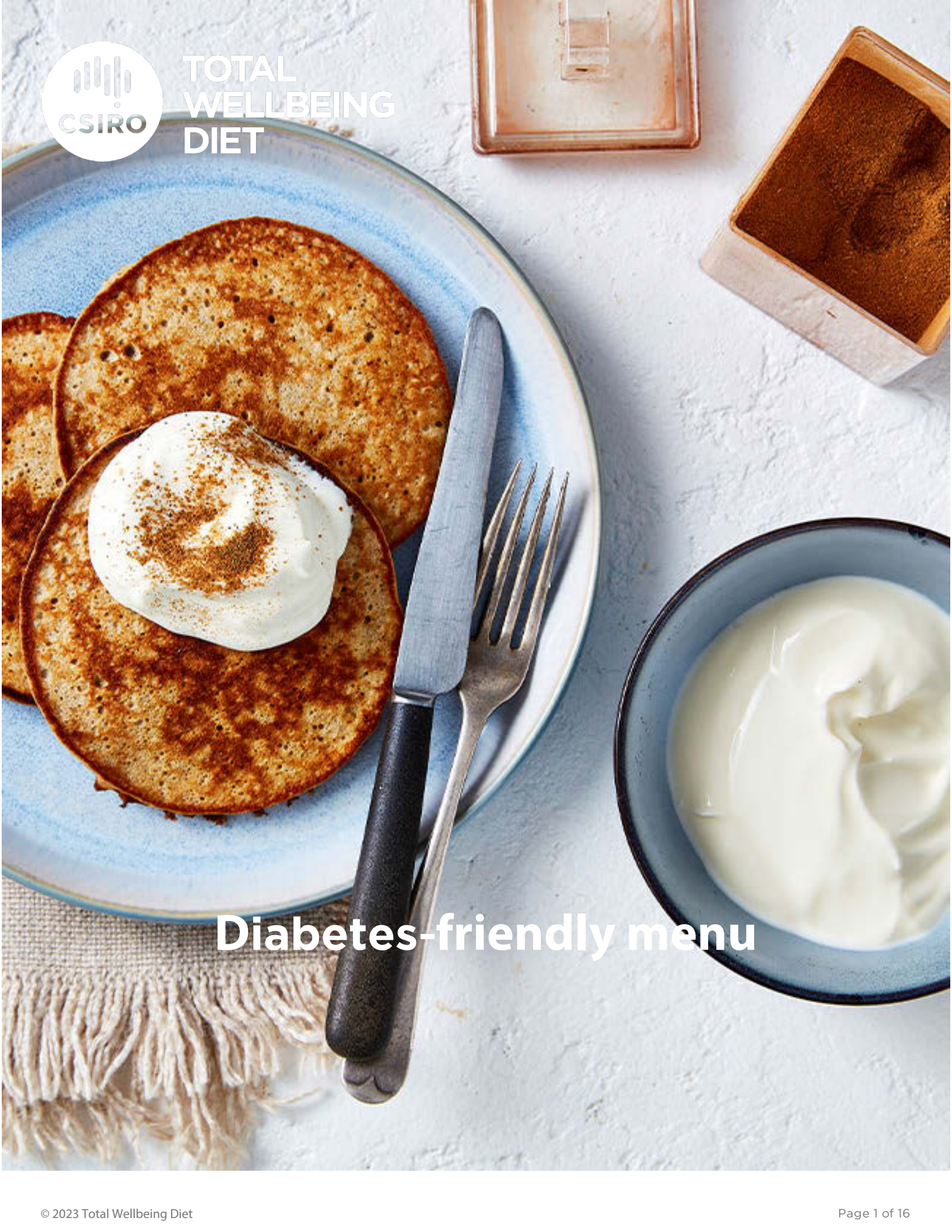




TOTAL
WELLBEING
DIET



Diabetes-friendly 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. **Prepare batches of Overnight oats*** – you can prepare 3-4 separate containers at the start of the week, store in the fridge and grab and go for breakfasts later in the week.
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. **Cook chicken ahead of time** – you can purchase cooked chicken from most delis, alternatively, you can grill chicken breast in the oven at the start of the week to use in lunches.

Optional extras

- **Mayonnaise** – if you have spare fats & oil units or as an alternative, add 1 tablespoon of reduced fat mayonnaise to sandwiches and wraps for an extra creamy taste.
- **Mint** – if you feel like jazzing up your peas, add a few torn mint leaves to the peas. Mash for some tasty minty mushy peas.
- **Cacao** – if you like dark chocolate, add ½ teaspoon of cacao powder to the overnight oats for an extra taste!

*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	Overnight oats with apple & blueberries	Simple chicken sandwich	Braised beef, rosemary and mushroom casserole	Assorted snacks with latte
Fri, Dec 16	Overnight oats with apple & blueberries	Simple tuna sandwich	Simple dinner with chicken	Assorted snacks with latte
Sat, Dec 17	Overnight oats with apple & blueberries	Simple egg sandwich	Simple dinner with white fish	Assorted snacks with latte
Sun, Dec 18	Overnight oats with apple & blueberries	Simple chicken sandwich	Leftover Braised beef, rosemary and mushroom casserole	Assorted snacks with latte
Mon, Dec 19	Overnight oats with apple & blueberries	Simple tuna sandwich	Simple dinner with chicken	Assorted snacks with latte
Tue, Dec 20	Overnight oats with apple & blueberries	Simple chicken sandwich	Simple dinner with salmon	Assorted snacks with latte
Wed, Dec 21	Overnight oats with apple & blueberries	Simple egg sandwich	Simple dinner with lamb	Assorted snacks with latte

Breakfast meals

Overnight oats with apple & blueberries

Rolled oats, raw, ¼ cup(s) (25g)

Milk, low-fat, ¼ cup(s) (63ml)

Low-fat yoghurt, any flavour, ½ cup(s) (125g)

Ground cinnamon, 1 pinch(s), optional (1g)

Apple, any type, ½ medium, grated (87g)

Blueberries, ½ cup(s), use frozen if fresh not available (79g)

Method

Combine rolled oats, milk, yoghurt, cinnamon (if using) and apple in a container or jar. Top with blueberries. Seal container and refrigerate overnight. The oats will be ready to eat in the morning!

TIP: See meal swaps for flavour variations or to swap for an alternative breakfast such as cereal or a smoothie.

Makes 1 serve. Each serve provides: 1 Bread & Cereals, 1 Fruit, 0.9 Dairy, 1300 kilojoules, 12.9g protein.



Lunch meals

Simple chicken sandwich

Burgen bread, any type, 2 slice(s), e.g. Wholemeal & Seeds or Rye (83g)

Margarine, light, 2 teaspoon(s) (10g)

Chicken breast, lean, baked, 50 g, shredded (50g)

Mixed salad vegetables, 1 cup(s), e.g. tomato, cucumber, lettuce, onion (131g)

Method

1. Spread bread with margarine. Top with cooked chicken, salad and condiments (if using).
2. Season to taste and close to make a sandwich.

TIP: Substitute margarine for 1 tablespoon of mashed avocado if preferred.

Makes 1 serve. Each serve provides: 0.5 Meat & Protein, 2 Bread & Cereals, 1 Vegetables, 1 Healthy Fats & Oils, 1445 kilojoules, 25.4g protein.



Dinner Meals

Simple dinner with chicken

Chicken breast, lean, raw, 200 g (200g)

Mixed vegetables, any type, 1½ cup(s), e.g. carrot, capsicum, broccoli (167g)

Sweetcorn, raw, ½ cup(s) kernels, use frozen or canned if fresh not available (70g)

Olive oil, 2 teaspoon(s) (10ml)

Total Wellbeing Diet Dairy unit, e.g. 175g low fat yoghurt, 250ml low fat milk or 50g reduced fat cheese, 1 unit(s) (1 serving(s))

Method

1. Cook chicken, vegetables and corn to your liking. For example, on the grill, barbecue, stir fry or steam. The oil can be used in the cooking process or to dress your vegetables.
2. Follow with low fat dairy dessert of your choice, such as 175g low fat yoghurt or 35g cheese.

TIP: You can season your meal with any free food seasoning - refer to the PDF Guide for free food seasoning options. Just go easy on the soy sauce and salt.

Makes 1 serve. Each serve provides: 2 Meat & Protein, 2.1 Vegetables, 1 Dairy, 2 Healthy Fats & Oils, 2087 kilojoules, 60.8g protein.



Snack meals

Assorted snacks with latte

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

Latte, low-fat milk, 1 large takeaway cup(s), or 175g low fat yoghurt (400ml)

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

Method

Enjoy a piece of fruit, reduced fat latte and vegetable crudites as snacks during the day.

TIP: Substitute reduced fat latte for 175g low fat yoghurt, 250ml glass of milk or 35g cheddar cheese if preferred. Snacks can be enjoyed in any combination, and at a time that suits you.

Makes 1 serve. Each serve provides: 1 Vegetables, 1 Fruit, 1 Dairy, 1038 kilojoules, 12.6g 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