



**TOTAL
WELLBEING
DIET**



Healthy & Indulgent 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.** You can swap meals by clicking the “Swap” button on a meal in your [online meal plan](#).
2. **Shop for all the ingredients.** Check 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. **Prep fruit for Plant powered smoothies*.** Cut up fruit and veg for smoothies, and place in a zip lock bag in portions in the fridge. This will save you time in the mornings.
4. **Prepare Tabbouleh-style salad* ahead of time.** Make Tabbouleh-style salad ahead of time for a quick and easy lunch.
5. **Make Roasted vegetable & couscous salad*.** Make ahead of time and portion out the individual servings. Refrigerate in an airtight container for quick lunches in the week.
6. **Beef topside roast.** You can buy cut slice of meat from most deli's in the supermarket. Be sure to ask for the lean option.

Optional extras:

- **Mango & raspberry froyo*.** We have included this healthy Indulgence recipe in this week's menu plan as an optional snack. If you do not wish to use your Indulgence unit here, you can choose to swap this for another snack if preferred.
- **Swapping around Breads & Cereals units.** If you want to save a Breads & Cereals unit from earlier in the day, you can enjoy it with dinner. For example: the Paprika pork with roast veg salad* would be delicious with couscous (25g uncooked couscous = 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
Thu, Dec 15	Plant-powered smoothie with ricotta toast	Falafel with Tabbouleh-style salad	Salmon with sauteed vegetables	Snacks with yoghurt
Fri, Dec 16	Whipped ricotta on toast with strawberry and mint	Chicken with Roasted vegetable & couscous salad	Peppered steak with balsamic mushroom sauce & steamed greens	Mango & raspberry froyo
Sat, Dec 17	Plant-powered smoothie with ricotta toast	Roast beef sandwich with lemon parsley mayo	Salmon with sauteed vegetables	Snacks with latte
Sun, Dec 18	Plant-powered smoothie with ricotta toast	Falafel with leftover Tabbouleh-style salad	Leftover Peppered steak with balsamic mushroom sauce & steamed greens	Snacks with yoghurt
Mon, Dec 19	Whipped ricotta on toast with strawberry and mint	Chicken with leftover Roasted vegetable & couscous salad	Easy lentil patties with salad	Leftover Mango & raspberry froyo
Tue, Dec 20	Plant-powered smoothie with ricotta toast	Roast beef sandwich with lemon parsley mayo	Paprika pork with roast veg salad	Snacks with latte
Wed, Dec 21	Omelette with parsley & tomato	Green grilled cheese sandwich	Leftover Easy lentil patties with salad	Snacks with yoghurt

Breakfast meals

Plant-powered smoothie with ricotta toast

Soy milk, calcium fortified, 1 cup(s) (250ml)

Kale, raw, 1/2 cup(s) shredded (loosely packed) (8g)

Baby spinach, 1/2 cup(s), loosely packed (10g)

Cucumber, 1/2 cucumber(s), washed, chopped (155g)

Green apple, 1 medium apple(s), quartered, cored (160g)

Fresh mint, 1 tablespoon(s) (4g)

Avocado, 20 g, (1 tablespoon) (20g)

Ricotta cheese, reduced-fat, 1/2 cup(s) (125g)

Burgen bread, any type, 1 slice(s), toasted (42g)

Paprika, dry powder, 1 pinch(es)

Method

To make the Plant-powered smoothie combine soy milk, kale, spinach, cucumber, apple, mint and avocado in a blender. Blend until smooth. Pour into chilled glass.

Spread the ricotta over the toast, sprinkle with paprika and serve with green smoothie.

Makes 1 serve. Each serve provides: 1 Bread & Cereals, 0.8 Vegetables, 1 Fruit, 2 Dairy, 1 Healthy Fats & Oils, 2353 kilojoules, 29.8g protein.



Lunch meals

Falafel with Tabbouleh-style salad

Tabbouleh-style salad, makes 2 servings

Couscous, raw, 100 g (100g)

Tomato, 2 medium, e.g. Roma, very finely chopped (300g)

Cucumber, 1 cucumber(s), very finely chopped (310g)

Parsley, 2 handful(s), very finely chopped (29g)

Fresh mint, 6 leaf(s), very finely chopped (1g)

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

Lemon, 1 lemon(s), juiced (99g)

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

Extra Ingredients, 1 serving

Falafel, 2½ pattie(s), chopped (68g)

Method

Prepare Tabbouleh-style salad according to recipe instructions below.

Add half the Tabbouleh-style salad to a bowl or plate and top with falafel for a delicious meat-free lunch.

TIPS:

- If you enjoy your falafel served warm, heat in the microwave for 15 to 20 seconds before serving.
- Feel free to add any free food condiments you like, e.g. sweet chilli or chilli sauce.
- If you have Dairy units to spare, feel free to enjoy with a dollop of low fat greek yoghurt.

Tabbouleh-style salad instructions

Prepare couscous according to packet instructions. Fluff with a fork and set aside to cool. Once the couscous is cool, add chopped vegetables, herbs and spring onion. Squeeze over lemon juice and drizzle with olive oil and toss to combine.

TIP: Make Tabbouleh-style salad ahead of time and store in an airtight container in the fridge until needed.

Each serve of 'Falafel with Tabbouleh-style salad' provides: 1 Meat & Protein, 2 Bread & Cereals, 2.4 Vegetables, 1 Healthy Fats & Oils, 1844 kilojoules, 15.8g protein.

Dinner Meals

Leftover Peppered steak with balsamic mushroom sauce & steamed greens

Peppered steak with balsamic mushroom sauce & steamed greens, 1 serving

Method

Enjoy leftover serving of Peppered steak with balsamic mushroom sauce and steamed greens for a quick and hassle-free dinner.

Makes 1 serve. Each serve provides: 1.5 Meat & Protein, 2.2 Vegetables, 1 Healthy Fats & Oils, 1349 kilojoules, 39.6g protein.



Snack meals

Snacks with yoghurt

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

High-protein yoghurt, low-fat, plain, $\frac{2}{3}$ cup(s) (173g)

Method

Enjoy a piece of fruit and yoghurt 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, 815 kilojoules, 18.3g 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