



**TOTAL  
WELLBEING  
DIET**



## **Gut Health 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. **Cook beetroot for the Raspberry ‘red velvet’ smoothie\*** – boiled beetroot appears in the smoothies this week, as well as several other meals. To save time on meal prep, make sure you have pre-cooked the beetroot. You can also find cooked fresh beetroot at the grocer.
4. **Prepare the Layered mango muesli cups\* in advance** – you can make these in individual containers ahead of time and refrigerate until ready to use. They will keep for 4-5 days in the fridge.
5. **Make a batch of the Homemade kimchi\* recipe for use through the week** – this is used in lunches and dinners this week. Prepare the kimchi in advance and refrigerate so it is ready to use whenever you need it.

## Optional extras

- **Light sour cream** – the Naked bean burgers\* and Salmon and black bean lettuce tacos\* would be 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!
- **Unlimited veggies** – the meal plan provides at least 2.5 Vegetable units which is the daily minimum requirement. Veggies are considered “free foods” so you can add more at dinnertime or enjoy them as snacks.

\*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
<b>Thu, Dec 15</b>	Raspberry 'red velvet' smoothie	Tuna bliss bowl	Easy chicken & kimchi stir-fry	Latte & fruit snack
<b>Fri, Dec 16</b>	Layered mango muesli cups	Quick chicken and kimchi 'fried' rice	Beef fillet with garlic roasted veg	Cheese & fruit snack
<b>Sat, Dec 17</b>	Raspberry 'red velvet' smoothie	Roast beef sandwich	Snapper with beetroot and fennel	Latte & fruit snack
<b>Sun, Dec 18</b>	Layered mango muesli cups	Tuna bliss bowl	Naked bean burgers with avocado	Cheese & fruit snack
<b>Mon, Dec 19</b>	Egg & spinach scramble with toast	Cheese & kimchi toasted sandwich	Grilled pork with fennel beetroot salad	Mango & yoghurt snack
<b>Tue, Dec 20</b>	Layered mango muesli cups	Chicken and black bean salad	Leftover grilled pork with fennel beetroot salad	Cheese & fruit snack
<b>Wed, Dec 21</b>	Egg & spinach scramble with toast	Cheese & kimchi toasted sandwich	Salmon and black bean lettuce tacos	Latte & fruit snack

# Breakfast meals

## Raspberry 'red velvet' smoothie

Banana, ½ medium, frozen (55g)

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Beetroot, peeled, boiled, ½ beetroot(s), diced (68g)

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Raspberries, frozen, ⅓ cup(s) (75g)

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Cocoa powder, 1 teaspoon(s) (2g)

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The Complete Dairy High Protein Milk, Light, 1 cup(s) (250ml)

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Greek yoghurt, low fat, 100 g (100g)

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Rolled oats, raw, 25 g (25g)

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Chia seeds, 3 teaspoon(s) (11g)

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### Method

Blend all of the ingredients together until smooth, then serve.

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, add ¼ 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, 0.8 Vegetables, 1 Fruit, 2 Dairy, 1 Healthy Fats & Oils, 1890 kilojoules, 29.6g protein.



# Lunch meals

## Tuna bliss bowl

Eggs, raw, 1 extra large egg(s) (51g)

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Brown Rice & Quinoa, Heat and Serve, 1 x 125g quick cup(s) (125g)

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

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Tomato, 1 medium, diced (150g)

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Cucumber, ¼ cucumber(s), diced (78g)

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

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Avocado, 20 g, diced (20g)

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Tuna, canned in springwater, 1 x 95g can(s) (drained) (68g)

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Balsamic vinegar, 1 teaspoon(s) (5ml)

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### Method

Place egg in a pot of water and bring to the boil. Let egg boil in water for 8-10 minutes. Remove and place in cold water immediately. Once cooled, peel and set aside.

Meanwhile, cook rice & quinoa cup according to packet instructions.

In a serving bowl or airtight container make a bed of spinach, then top with tomato, cucumber, carrot, avocado, tuna and rice & quinoa mix.

Drizzle with balsamic vinegar, and top with the egg.

TIP: Cook eggs at the start of the week and store in the fridge for use in lunch meals and snacks. Boiled eggs can be kept for up to one week in the fridge, with their shells left on.

**Makes 1 serve.** Each serve provides: 1 Meat & Protein, 2 Bread & Cereals, 1.5 Vegetables, 1 Healthy Fats & Oils, 1906 kilojoules, 30.3g protein.



# Dinner Meals

## Snapper with beetroot and fennel

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

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Snapper, raw, 150 g (150g)

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

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Beetroot, peeled, boiled, 1 beetroot(s), diced (135g)

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Fennel, ½ bulb(s), sliced (165g)

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

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Mustard, any type, ½ teaspoon(s) (3g)

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Lemon, ½ lemon(s), juiced (50g)

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### Method

Heat oil in a non-stick fry pan over a medium heat. Season the snapper. Place in the fry pan and cook for 2-3 minutes each side, or until cooked through. Remove, rest and keep warm.

In a large bowl, combine the beetroot, fennel, baby spinach, mustard and lemon juice.

Place the salad on a serving plate and top with grilled snapper. Serve warm.

**Makes 1 serve.** Each serve provides: 1.5 Meat & Protein, 2.9 Vegetables, 1 Healthy Fats & Oils, 1316 kilojoules, 36.3g protein.



# Snack meals

## Latte & fruit snack

Fresh fruit, any type, 1 medium piece(s) (150g)

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

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### Method

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

TIP: You can choose any high fibre fruit such as an orange, pear, apple or slightly unripe banana.

As this menu plan may be higher in fibre than you are used to, ensure your fluid intake is adequate each day (6-8 glasses of water minimum).

**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