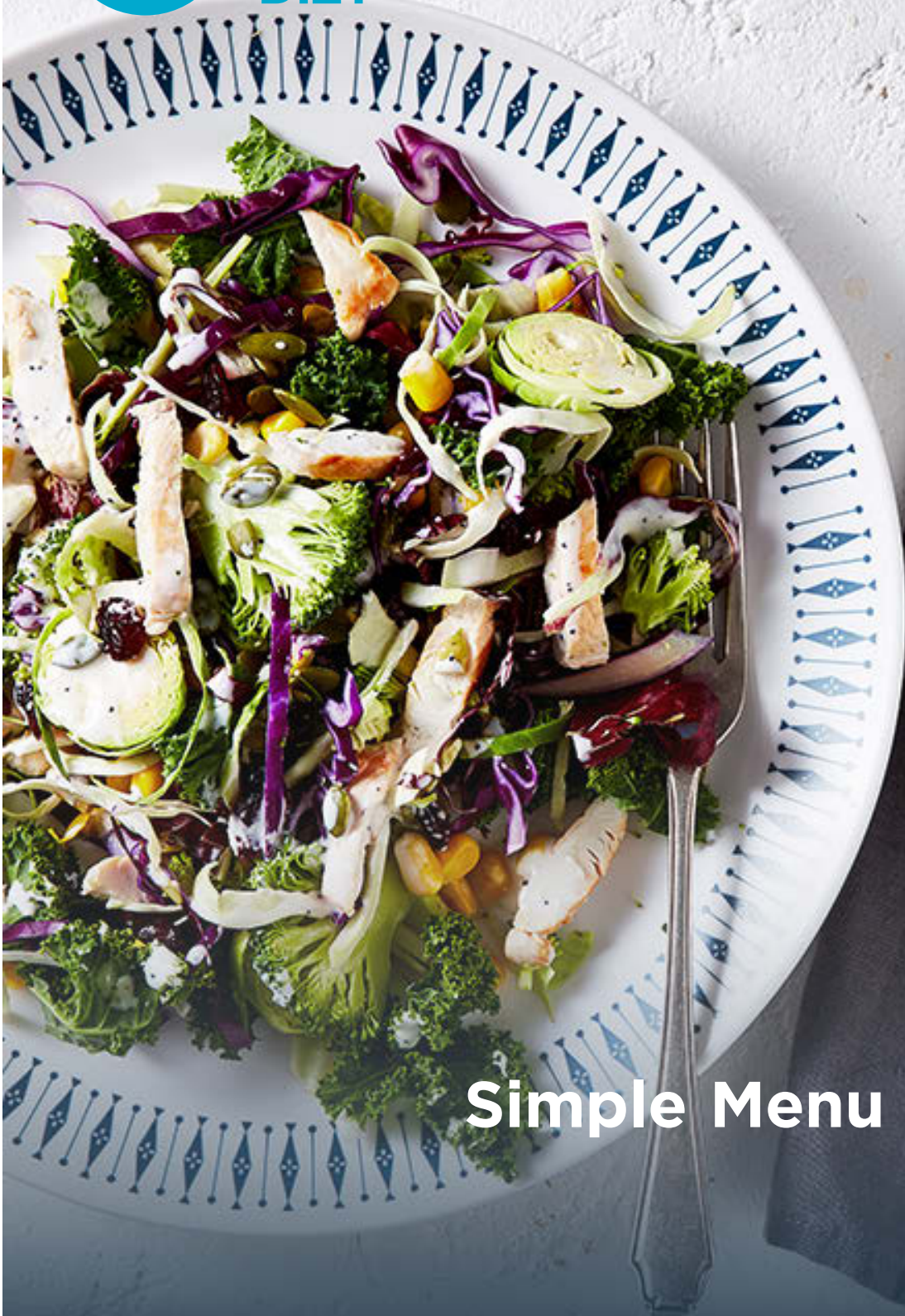




TOTAL WELLBEING DIET



Simple Menu

Welcome to the Total Wellbeing Diet Simple Meal Plan

This is our simplest meal plan ever. We've designed it based on member feedback, and the goal is to make losing weight as easy as possible. Rather than lots of different recipes that require more time and preparation, here we've selected our easiest, assembly-style meals that use just a few shortcut ingredients and simple flavours.

What to expect from the menu

•Fewer ingredients

You'll notice a short ingredients list with many meals including 5 ingredients or less. We've also repeated ingredients across multiple meals to keep the shopping list short and reduce food waste. We've kept the prep work to a minimum by using convenient shortcut ingredients like pre-prepared veggies, salad and stir-fry mixes, and some pre-cooked protein. Look out for supermarket specials on these shortcut items and feel free to opt for the variety that is well-priced each week.

•Quick meals with simple flavours

This menu was specially designed with simplicity in mind. The recipes are quick and easy with basic cooking methods and short cooking times. If you're happy eating the same meals on repeat and are OK with simple flavours, this is a great meal plan to start with. But, if you're a foodie who loves lots of variety and loves to cook, you may prefer one of our other menus such as Protein Balance Power or Protein Balance Boost. You can preview all the meal plan options under [Account > Menu plan preferences](#).

•Ability to swap meals and ingredients

If you prefer to have less repetition and more variety, simply click the "Swap" button to customise your meal plan. You are also free to substitute ingredients within each food group. For example, if you prefer bran flakes to muesli for your Breads & Cereals unit at breakfast – swap it! Or if you enjoy your cereal with yogurt instead of milk, simply replace it. If you don't like sandwiches every day, go ahead and rotate between bread, wraps or crackers. You are also free to choose whichever variety of salad or stir-fry vegetables blend you like. Just remember to stick to your recommended food group servings, and if you eat the toppings, dressings, or sauces included in the veggie bags don't forget to add them to your tracker.

Prep steps and tips for this week

Here is your 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. **Chop the roast chicken.** Remove the chicken meat from the bones, chop it, divide into four servings, and store in airtight containers in the fridge. This will help when making the Roast chicken sandwich* and Roast chicken with kaleslaw*.
4. **Marinate the beef.** Thinly slice the beef and add the peanut oil and hoi sin sauce for the Simple hoi sin beef stir-fry*. Store in an airtight container in the fridge.
5. **Make the tuna mayo.** Make a double batch of tuna mayo for the Tuna mayo & cucumber sandwich*. Store in an airtight container in the fridge until ready to use.
6. **Freeze leftover ingredients** like bread and shredded cheese for future weeks.

Optional extras:

- **Hoi sin sauce.** Feel free to use an alternate stir-fry sauce such as teriyaki, sesame, or sweet and sour sauce.
- **Peanut oil.** Peanut oil is great for high heat stir-frying. You can replace with avocado oil for a more neutral flavour, or canola oil which is budget-friendly.
- **Add your own flavour.** Fresh and dried herbs and spices, along with aromatics like garlic, ginger and chilli are all free foods. Feel free to add these or use what you have in your pantry to boost flavour.

*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	Berries with yoghurt & cereal	Tuna mayo & cucumber sandwich	Beef skewers with kaleslaw	Snacks with milk
Fri, Dec 16	Banana & peanut butter toast with milk	Roast chicken sandwich	White fish with salad & lemon mayo	Snacks with yoghurt
Sat, Dec 17	Berries with yoghurt & cereal	Tuna mayo & cucumber sandwich	Roast chicken with kaleslaw	Snacks with milk
Sun, Dec 18	Banana & peanut butter toast with milk	Roast chicken sandwich	Simple hoi sin beef stir-fry	Snacks with yoghurt
Mon, Dec 19	Berries with yoghurt & cereal	Leftover Simple hoi sin beef lunch stir-fry	Roast chicken with kaleslaw	Snacks with milk
Tue, Dec 20	Scrambled egg on toast	Grilled cheddar & tomato sandwich	Leftover Simple hoi sin beef stir-fry	Snacks with milk
Wed, Dec 21	Banana & peanut butter toast with milk	Leftover Simple hoi sin beef lunch stir-fry	White fish with salad & lemon mayo	Snacks with yoghurt

Breakfast meals

Berries with yoghurt & cereal

Wheat bran flakes, 1 cup(s) (45g)

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

Mixed berries, fresh, 1 cup(s), use frozen if fresh not available (162g)

Almonds, 6 nut(s), chopped (7g)

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

Method

Serve cereal flakes with yoghurt, berries and top with almonds.

Follow with a takeaway latte, or a latte made at home using 1 cup of low-fat milk.

Makes 1 serve. Each serve provides: 1 Bread & Cereals, 1 Fruit, 2 Dairy, 1 Healthy Fats & Oils, 2095 kilojoules, 35.9g protein.



Lunch meals

Tuna mayo & cucumber sandwich

Tuna, canned in springwater, 1 x 185g can(s) (drained) (144g)

Mayonnaise, reduced-fat, 1½ tablespoon(s) (30g)

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

Cucumber, 1 cucumber(s), sliced (310g)

Baby spinach, 1 large handful(s) (26g)

Method

In a small bowl, combine tuna and mayonnaise.

Spread one slice of bread with the tuna mayo mix. Top with a few slices of cucumber and spinach. Season and close with remaining slice of bread. Serve remaining cucumber slices alongside the sandwich.

TIP: Feel free to add any extra veggies that you may have in your fridge to your sandwich like onion or lettuce.

Makes 1 serve. Each serve provides: 1 Meat & Protein, 2 Bread & Cereals, 1.1 Vegetables, 1 Healthy Fats & Oils, 2019 kilojoules, 45.4g protein.



Dinner Meals

Leftover Simple hoi sin beef lunch stir-fry

Simple hoi sin beef stir-fry, 1 serving

Other ingredients

Brown rice, heat & serve, 1 x 125g quick cup(s) (125g)

Sesame seeds, any type, 2 teaspoon(s) (7g)

Method

Reheat the remaining leftover serving of the Simple hoi sin beef stir-fry prepared earlier in the week.

If you have not prepared the rice already, cook rice according to packet instructions.

Stir the cooked rice through the leftover serving of the hoi sin beef stir-fry, scatter over sesame seeds and enjoy for a quick-and-easy lunch.

TIP: If you have time available, toast sesame seeds in a frying pan over medium heat until lightly golden.

Makes 1 serve. Each serve provides: 1 Meat & Protein, 2 Bread & Cereals, 1.2 Vegetables, 1 Healthy Fats & Oils, 1954 kilojoules, 31.5g protein.



Snack meals

Snacks with milk

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

Milk, low-fat, 1 x 250ml glass(es) (250ml)

Method

Enjoy a piece of fruit and a glass of milk as snacks during the day. Alternately, blend fruit with milk to make a smoothie.

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

Makes 1 serve. Each serve provides: 1 Fruit, 1 Dairy, 866 kilojoules, 10.5g 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