



# Sample Meal Plan

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	DAY 01	DAY 02	DAY 03
BREAKFAST	<b>Berry Weet-Bix</b> <b>6</b> Have 2 Weet-Bix with 1 cup (250ml) skim milk and 1 cup mixed berries.	<b>Mango bircher muesli</b> <b>5</b> The night before, combine ¼ cup (30g) natural muesli with ½ cup (125ml) skim milk in a bowl and place in fridge. Serve topped with ½ chopped mango and 1 tsp shredded fresh mint.	<b>Soft-boiled egg with toast &amp; asparagus soldiers</b> <b>5</b> Boil 1 egg (4-5 mins for soft-boiled). Serve with steamed asparagus and 1 slice wholegrain toast. Have with 1 cup (250ml) skim milk for tea or coffee.
	<b>Asian beef &amp; rice salad</b> <b>8</b> Combine ½ cup cooked brown rice in a large bowl with 100g torn roast deli beef, 1 sliced tomato, 100g chopped cooked green beans, 2 cups baby spinach, ¼ cup torn fresh mint leaves and 1 tbs Vietnamese dipping sauce. Season and toss to coat.	<b>Egg salad</b> <b>4</b> Combine 1 cup canned chickpeas, rinsed, drained, 1 thinly sliced celery stick, 2 tsp drained baby capers, 6 sliced black olives, 2 cups baby spinach, 2 hard boiled eggs, cut into wedges, in a bowl. Combine 3 tsp mustard, 1 tsp olive oil and 1 tbs red wine vinegar in a small bowl. Season. Drizzle over salad and gently toss to coat.	<b>Tuna sandwich</b> <b>7</b> Sandwich between 2 slices wholegrain bread, a handful baby spinach, 1 can tuna in springwater, drained, flaked, 6 sliced black olives, 1 sliced hard boiled egg, 1 sliced tomato and ½ sliced cucumber.
LUNCH	<b>Zucchini slice with salad</b> <b>6</b> Preheat oven to 180°C. Line base and sides of 16cm x 26cm baking dish with baking paper. Place 3 grated zucchinis, 1 grated carrot, 1 grated onion, 2 cloves crushed garlic, 120g grated extra-light cheddar cheese, 5 lightly beaten eggs and 1 tbs olive oil in a large bowl. Sift in 1 ¼ cup self-raising flour and mix until well combined. Season with salt and pepper. Pour mixture into prepared dish and smooth the surface. Bake for 35–40 minutes or until golden and set. Set aside in dish for 5 minutes before cutting into 6 slices. Serve with a ZeroPoint™ salad. <b>TIP:</b> This recipe makes 6 serves. Store extras in the refrigerator to have for lunch over the week.	<b>Grilled salmon with tomato &amp; bean salad</b> <b>3</b> Rub 150g skinless salmon fillet with ½ tsp olive oil and season. Heat a chargrill pan over high heat and cook salmon for 2-3 minutes each side. Combine 2 sliced tomatoes, 1 cup canned cannellini beans, rinsed, drained, 100g halved steamed green beans, ¼ cup torn fresh basil leaves, 2 tsp balsamic vinegar and ½ tsp olive oil in a large bowl. Season and toss to coat. Serve salad with grilled salmon and 1 slice of wholegrain toast. <b>TIP:</b> Omit the slice of toast with dinner to rollover 2 SmartPoints® into your weekly budget.	<b>Butter chicken</b> <b>6</b> Heat ½ tsp olive oil in a saucepan over medium heat. Cook ¼ onion, 1 clove crushed garlic and a 1cm piece grated ginger, stirring, for 3 minutes or until soft. Add 100g skinless chicken breast and cook, stirring, for 1 minute. Add ½ tsp garam masala, ¼ tsp cumin, ¼ tsp coriander and pinch chilli flakes and cook, stirring, for 1 minute or until the chicken is well coated in spice. Add ½ cup passata and 150g diced pumpkin. Bring to the boil. Reduce heat and simmer, covered, for 15 minutes. Stir in 15ml reduced-fat evaporated milk. Serve with ½ cup cooked brown rice, wilted spinach and boiled green peas.
	<b>SmartPoints:</b> <b>23</b>	<b>SmartPoints:</b> <b>23</b>	<b>SmartPoints:</b> <b>23</b>
DINNER	<b>2 rye crispbreads topped with tuna in springwater, drained, and sliced tomato</b> <b>1</b> <b>99% fat-free plain yoghurt with chopped banana</b> <b>0</b> <b>10 almonds</b> <b>2</b>	<b>30g almonds and mixed berries</b> <b>5</b> <b>4 rye crispbreads topped with 2 tbs tzatziki dip</b> <b>4</b> <b>Roasted chickpeas with 1 tsp smoked paprika and 1 tsp olive oil</b> <b>2</b>	<b>Mango</b> <b>0</b> <b>10 almonds</b> <b>2</b> <b>1 cup (250ml) of skim milk for tea or coffee</b> <b>3</b>
	<b>SmartPoints:</b> <b>23</b>	<b>SmartPoints:</b> <b>23</b>	<b>SmartPoints:</b> <b>23</b>
SNACKS	<b>SmartPoints:</b> <b>23</b>	<b>SmartPoints:</b> <b>23</b>	<b>SmartPoints:</b> <b>23</b>

