



A 7 DAY collection of quick & easy meal ideas



REGISTERED DIETITIAN

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DAY 1



BREAKFAST

High-Fibre Breakfast Bowl

Woolworths All-Bran Flakes
(45 g) +
Fat-Free Milk (200 ml) +
Blueberries (1 small
handful)

250 kcal | 13 g Protein | 82g
Fat | 45 g Carbs



LUNCH

Chicken Wrap

1 x Multiseed wrap +
1 T Reduced fat mayo +
2 handfuls Salad mix
90g Chicken breast shredded
500 kcal | 40 g Protein | 12 g Fat | 50 g
Carbs



SUPPER

Chickpea & Spinach
Curry

Woolworths Chickpeas
+ Brown Roti +
Cucumber Raita +
Leftover salad from
lunch





BREAKFAST

Overnight Oats

Raw Oats (50 g) + Low-Fat Plain Yoghurt (1/2 cup) + ¼ cup fat free milk + Berries (80 g) + Chia (1 tsp)

440 kcal | 22 g Protein | 11 g Fat | 63 g Carbs



DAY 2



LUNCH

QUINOA GREEK BOWL

Quinoa & Brown Rice Mix (½ pack) + 90g grilled Chicken breast + Greek Salad (with olives and feta)

510 kcal | 39g protein | 15g fat | 40g carbs

SUPPER

Kebab Plate

Skewer CHICKEN Pieces + Peppers + grilled vegetables

630 kcal | 34 g Protein | 18 g Fat | 68 g Carbs



DAY 3



BREAKFAST

Egg & Avo Toast
Ultima Low-GI Bread (2
slices) +
2 x sliced boiled Egg (2)
+ Avocado ($\frac{1}{4}$) + Cherry
Tomatoes

430 kcal | 20 g Protein |
16 g Fat | 52 g Carbs



LUNCH

Chicken Wrap

1 x Multiseed wrap +
1 T Reduced fat mayo +
2 handfuls Salad mix
90g Chicken breast shredded

500 kcal | 40 g Protein | 12 g Fat | 50 g
Carbs



SUPPER

Peri-Peri Chicken and
vege tray bake

90- 100g Peri-Peri
Fillets + Baby Potatoes
grilled in the oven +
Green Beans and
mushrooms grilled

610 kcal | 38 g Protein |
14 g Fat | 68 g Carbs



DAY 4

LUNCH

Leftover Kebab Bowl

Layer leftover root vegetables
in a container +
Leftover skewer chicken (pull of
the stick) + 2 T plain yoghurt
(add garlic and green chilli for
extra flavour)

420kcal | 38 g Protein | 12 g Fat |
25 g Carbs



SUPPER

BAKED HAKE, RICE AND SLAW

Basmati Rice +
Red Pesto baked hake +
Rainbow Slaw

480 KCAL | 35G Protein |
15g fat | 45g carbs



BREAKFAST

QUICK YOGHURT BOWL

Woolworths Low-Fat
Plain Yoghurt (200 g) +
Raw Muesli (40 g) +
fresh/ frozen berries (1)

420 kcal | 25 g Protein |
10 g Fat | 58 g Carbs



DAY 5

BREAKFAST



BEAN TOAST

Mash $\frac{1}{4}$ of an avocado and spread on Ultima toast + $\frac{1}{2}$ cup beans - mix with lemon juice, chili, and herbs. Serve on 1 slice whole-grain bread with a poached egg or cottage cheese.

340 kcal | 18g protein |
13g fat | 39g carbs



LUNCH



QUINOA TUNA BOWL

Quinoa & Brown Rice Mix
($\frac{1}{2}$ pack) +
1 can tuna drained +
1 cup chopped vegetables of
your choice + low oil dressing

395 KCAL | 36G Protein | 7g fat |
43g carbs

SUPPER

STIR FRY DINNER

Wholewheat Noodles
Beef Strips – teriyaki
quick fry
Asian Stir-Fry Veg Pack

500kcal | 36g protein |
15g fat | 48g carbs



DAY 6

BREAKFAST

OVERNIGHT ALL BRAN

¼ cup all bran flakes + ½ cup fat free milk + ¼ cup plain yoghurt + 1 tsp maple syrup + berries

440 kcal | 22 g Protein | 11 g Fat | 63 g Carbs



LUNCH

TOASTED QUESADILLA

1 X Multiseed wrap (cut in half) +
1 T Reduced fat mayo +
2 handfuls Salad mix
90g Chicken breast shredded
= Toast, slice into quarters
500 kcal | 40 g Protein | 12 g Fat | 50 g Carbs



SUPPER



TROUT BURGERS

Mini whole wheat rolls +
baked trout patties +
Salad vege +
reduced fat mayo



BREAKFAST

SAVOURY EGG MUFFINS

Whisk 4 eggs with $\frac{1}{4}$ cup milk, $\frac{1}{2}$ cup grated veg (spinach, peppers, onion), and $\frac{1}{4}$ cup cheese. Bake in muffin tins at 180°C for 15–20 min. Serve with 1 T cottage cheese mixed with sriracha sauce

440 kcal | 22 g Protein | 11 g Fat | 63 g Carbs

DAY 7

LUNCH

FUSILLI PASTA BOWL

Wholewheat Fusilli $\frac{1}{2}$ cup
Pesto Chicken – toss chicken with 1 tbsp pesto + cocktail tomatoes
Handful of baby spinach

500 kcal | 40 g Protein | 12 g Fat | 50 g Carbs



SUPPER



TRAY BAKE PIZZA