

Gourmet Garden Meal Plans - Low Fat

Meal	Day 1	Day 2	Day 3
Breakfast	2 slices raisin toast 1 tablespoon low fat cream cheese ½ cup orange smoothie with Gourmet Garden Ginger	1 banana and 1 cup berries blended with 1 cup skim milk 100 g low fat fruit yoghurt	1 1/3 cups wholegrain cereal 1 cup skim milk 1 slice wholegrain toast 1 tsp fruit & Gourmet Garden Ginger spread ½ cup orange juice
Snack	1 apple 200g low fat fruit yoghurt	fruit filled wholegrain bar	1 banana
Lunch	Gourmet Garden Lemongrass and Chicken Soup 1 cup steamed asian vegetables	4 crispbread 2 tablespoons Tangy Tomato Salsa with Gourmet Garden Coriander and Chilli 90g tuna in brine 1 cup salad vegetables	2 slices wholegrain bread 2 slices lean ham Spread with Gourmet Garden Basil or Italian Herbs on bread 1 sliced tomato 1 grated carrot 1 cup lettuce
Snack	café latte or hot cocoa made with skim milk	Gourmet Garden Minted kiwi 200g low fat fruit yoghurt (includes 2 kiwi fruit)	1 cup air-popped popcorn 1 1/2 tablespoons sultanas
Dinner	Spaghetti Marinara with Gourmet Garden Italian Herbs 2 cups salad vegetables	Thai Chicken Stir-fry with Gourmet Garden Chilli and Ginger 1 cup steamed rice 1 cup cooked vegetables	Gourmet Garden Rosemary Lamb Fillets Mediterranean Potato Salad 1 1/2 cups cooked vegetables
Snack	Spicy Tomato Juice with Gourmet Garden Chilli or Mint	1 baked apple stuffed 2 dates and ½ teaspoon Gourmet Garden Ginger	1 cup Gourmet Garden Minted fruit salad 200g low fat fruit yoghurt
Nutrition Information	Day 1	Day 2	Day 3
Energy (kJ)	6890	6700	6761
Carbohydrate (g)	214	226	221
Total Sugars (g)	106	135	134
Protein (g)	113	100	94
Total Fat (g)	29	27	29
Saturated Fat (g)	8	10	7
Dietary Fibre (g)	30	36	35
Sodium (mg)	2734	2650	1865

