

Gourmet Garden Meal Plans - Vegetarian

Meal	Day 1	Day 2	Day 3
Breakfast	1 1/3 cups iron fortified wholegrain cereal 1 cup skim milk ½ cup orange smoothie with Gourmet Garden Ginger	2 wholemeal crumpets 2 teaspoons honey 1 cup Gourmet Garden Minted fruit salad	2 slices wholegrain toast 2 grilled tomatoes with Gourmet Garden Basil 1 tbsp cream cheese café latte made with skim milk
Snack	4 crispbread 1 tablespoon Gourmet Garden Italian Herbed hummus dip or tatziki dip (yoghurt, Gourmet Garden Garlic and cucumber)	1 wholegrain fruit filled bar café latte or hot chocolate made with skim milk	15 spicy almonds (roasted in a Gourmet Garden Chilli / Garlic mix)
Lunch	Chickpea, Eggplant & Tomato Salad with Gourmet Garden Garlic 2 slices wholegrain bread	1 wholemeal pita pocket filled with 1 tablespoon hummus ¼ avocado 40g grated reduced fat cheese 1 cup salad vegetables With chive dressing (1 tsp Gourmet Garden Chives , 1 tbsp yoghurt & balsamic vinegar)	Lentil, Tomato & Capsicum Salad with Gourmet Garden Parsley 1 slice wholegrain bread 40g feta cheese 1 orange
Snack	1 banana 10 almonds	200g low fat fruit yoghurt	4 crispbread 3 teaspoons peanut butter
Dinner	Gourmet Garden Ginger Pumpkin Soup 1 wholegrain bread roll 2 teaspoons margarine 40g feta cheese	Gourmet Garden Dill Stuffed Mushrooms 2 eggs 1 small boiled potato 1 cup steamed broccoli	Fettuccine Neapolitana with Gourmet Garden Italian Herbs 1 tbsp grated parmesan cheese 2 cups salad vegetables
Snack	Gourmet Garden Minted kiwi yoghurt 200g low fat fruit yoghurt plus 2 kiwifruit	Baked apple (stuffed with Gourmet Garden Ginger , 1 tsp brown sugar and 15 g sultanas) 1 apple	1 cup berries 200g low fat fruit yoghurt
Nutrition Information	Day 1	Day 2	Day 3
Energy (kJ)	7186	7570	7400
Carbohydrate (g)	208	225	240
Total Sugars (g)	100	110	100
Protein (g)	67	77	77
Total Fat (g)	55	61	46
Saturated Fat (g)	13	20	15
Dietary Fibre (g)	37	31	33
Sodium (mg)	2932	2320	2220

