

Gourmet Garden Meal Plans - Reduced Sodium

Meal	Day 1	Day 2	Day 3
Breakfast	1 1/3 cups wholegrain cereal, reduced sodium 1 cup skim milk 1 banana	1 banana and 1 cup berries blended with 1 cup skim milk 100 g low fat fruit yoghurt and Gourmet Garden Ginger or Mint	1 cup cooked porridge 1/2 cup skim milk 1/2 cup canned fruit
Snack	10 almonds	Gourmet Garden Ginger Tea 1 fruit bun 1 tsp margarine, reduced sodium	café latte or hot cocoa made with skim milk
Lunch	Nashi Pear & Snow Pea Salad with Gourmet Garden Herbs 1 boiled egg 1 wholegrain bread roll 1 tsp margarine, reduced sodium	2 slices bread Spread Gourmet Garden Chives on bread 90g tuna in springwater can add Gourmet Garden Dill 1/4 avocado 1 tomato & 1 grated carrot	Pasta with Saucy Cherry Tomatoes with Gourmet Garden Italian Herbs 2 teaspoons parmesan cheese 1 cup salad vegetables 1/4 avocado
Snack	200g low fat fruit yoghurt	4 wholegrain crackers, sodium reduced 2 teaspoons fruit spread	1 apple
Dinner	Spicy Chicken Saute with Gourmet Garden Chilli 1 cup cooked Gourmet Garden Minted couscous 2 cups cooked vegetables	Gourmet Garden Rosemary & Garlic Lamb Chops 1/2 cup mashed potato with Gourmet Garden Parsley 1 1/2 cups cooked vegetables	Fish & Gourmet Garden Coriander Stir-fry made with 1 1/2 cups cooked vegetables 1 cup steamed rice
Snack	Gourmet Garden Ginger tea 1 apple 1 slice raisin toast 1 tsp margarine, low sodium	200g low fat fruit yoghurt	1 banana 200g low fat fruit yoghurt 3 teaspoons chopped almonds
Nutrition Information	Day 1	Day 2	Day 3
Energy (kJ)	6930	6955	6955
Carbohydrate (g)	206	203	231
Total Sugars (g)	118	114	107
Protein (g)	96	109	82
Total Fat (g)	41	38	30
Saturated Fat (g)	9	12	7
Dietary Fibre (g)	32	31	27
Sodium (mg)	1426	1350	1032

