

Gourmet Garden Meal Plans - weight Management

Meal	Day 1	Day 2	Day 3
Breakfast	2 slices wholegrain toast 2 teaspoons margarine 2 teaspoons Gourmet Garden Ginger as a spread café latte or hot cocoa made with skim milk	1 English muffin 1 poached egg 1 grilled tomato with Gourmet Garden Parsley and Basil ½ cup orange juice	1 banana blended with 1/2 cup skim milk 100g low fat plain yoghurt & Gourmet Garden Ginger
Snack	1 apple	café latte or hot cocoa made with skim milk	Gourmet Garden Ginger tea 4 crispbread 2 teaspoons fruit spread
Lunch	Lentil, Tomato & Capsicum Salad with Gourmet Garden Parsley 1 slice wholegrain bread	1 small wholemeal pita 2 Tbsp Guacamole with Gourmet Garden Coriander & Chilli ½ cup shredded lettuce 1 grated carrot 1 apple	Pecan, Chicken & Gourmet Garden Mint salad 1 wholegrain bread roll
Snack	1 banana blended with 1 cup skim milk	1 pear 200g low fat plain yoghurt	1 pear
Dinner	Chicken Wok Toss with Gourmet Garden Coriander ½ cup steamed rice 2 cups steamed Asian Greens	Pan Fried Barramundi with Gourmet Garden Herbs 1 small boiled potato 2 cups cooked vegetables	Pork Stir Fry with Gourmet Garden Garlic & Ginger ½ cup cooked rice noodles 1 cup cooked vegetables
Snack	2 kiwifruit with Gourmet Garden Minted sugar (1 tsp sugar and ¼ teaspoon mint)	Orange, Passionfruit & Gourmet Garden Ginger Jelly	200g low fat plain yoghurt 1 tablespoon sultanas
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

