

Gourmet Garden Meal Plans - quick and Easy

Meal	Day 1	Day 2	Day 3
Breakfast	Luscious Banana Berry Smoothie with Gourmet Garden Ginger or Mint	1 1/3 cups wholegrain cereal 1 cup skim milk 1 banana Gourmet Garden Ginger tea	1 wholegrain breakfast bar café latte or hot cocoa made with skim milk
Snack	1 fruit bun	1 apple	1 pear
Lunch	Easy Pumpkin Soup with Gourmet Garden Herbs 1 wholegrain bread roll 2 teaspoons margarine 40 g reduced fat cheese	4 crispbread 4 tablespoons Guacamole with Gourmet Garden Chilli & Coriander 40g reduced fat cheese 1 cup salad vegetables	1 large mountain bread 1 tablespoon hummus 40g feta cheese ½ tomato spinach leaves 1 teaspoon Gourmet Garden Chives
Snack	1 apple	200g low fat fruit yoghurt	4 crispbread 3 teaspoons peanut butter
Dinner	Sausage, Tomato and Gourmet Garden Basil Pasta 2 cups salad vegetables	Gourmet Garden Chilli King Prawns 1 cup steamed rice tossed with GG Coriander 2 cups cooked vegetables	Pan "Fried" Veal Chops with Gourmet Garden Herbs Gourmet Garden Gingered Carrot Coleslaw ½ cup canned bean m ix 1 cup salad greens
Snack	2 kiwifruit 200g low fat fruit yoghurt	Gourmet Garden Minted pear (2 small halves) & 1 scoop icecream	1 banana 200g low fat fruit yoghurt
Nutrition Information	Day 1	Day 2	Day 3
Energy (kJ)	7360	7323	7255
Carbohydrate (g)	237	203	200
Total Sugars (g)	131	96	95
Protein (g)	78	95	84
Total Fat (g)	46	52	57
Saturated Fat (g)	14	19	22
Dietary Fibre (g)	27	38	32
Sodium (mg)	2771	1635	2378

