	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	1/3 cup oats cooked with water, 2tbs Chobani 0.5% plain yoghurt, ¼ cup blueberries, 1 kiwi fruit and 2tsp chia seeds	Breakfast burrito: 2 eggs – boiled or scrambled with spinach and tomato, in a Goodness Superfoods barley wrap	1 cup of Chobani 0.5% plain yoghurt with ½ banana, ¼ cup blueberries, 2tbs rolled oats and 2tsp chia seeds	1/3 cup oats cooked with water, 2tbs Chobani 0.5% plain yoghurt, ¼ cup blueberries, 1 kiwi fruit and 1tsp chia seeds	1 cup of Chobani 0.5% plain yoghurt with ½ banana, ¼ cup blueberries, 2tbs rolled oats and 2tsp chia seeds	Breakfast burrito: 2 eggs – boiled or scrambled with spinach and tomato, in a Goodness Superfoods barley wrap	Out for breakfast: ¼ avocado on one slice of multigrain sourdough toast with a side of smoked salmon 1 low fat regular latte
Snack	Low fat regular latte 5 almonds and 5 walnuts	1 apple with 1 heaped tsp Mayver's Super Spread Original	Other half of your banana 5 walnuts and 5 almonds	Low fat regular latte 5 almonds and 5 walnuts	Other half of your banana 5 walnuts and 5 almonds	No Snack	
Lunch	Goodness Superfoods Barley Wrap filled with 1 small tin of tuna in springwater, spinach, shredded carrot, capsicum, cucumber and 1tsp pesto	Leftover Dukkah chicken and roasted vegetables and chickpeas	La Zuppa microwave soup bowl, any flavour PLUS 2 Ryvita with 2tbs reduced fat cottage cheese, sliced tomato and cucumber	Leftover spaghetti bolognese with wholemeal pasta and zoodles	Leftover Italian chicken with spinach and cannellini beans	Salad with spinach, shredded carrot, tomato, cucumber, 1 small tin of corn, John West Wild Alaskan Pink Salmon (105g tin). Dressed with extra virgin olive oil and balsamic vinegar	La Zuppa microwave soup bowl, any flavour PLUS 2 Ryvita with 2tbs reduced fat cottage cheese, sliced tomato and cucumber
Snack	1 apple with 1 heaped tsp Mayver's Super Spread Original	Chopped carrot with 1tbs Pilpel Hommus	1 boiled egg on 1 Ryvita multigrain cracker with 1tsp pesto	Chopped carrot with 1tbs Pilpel Hommus	1 boiled egg on 1 Ryvita multigrain cracker with 1tsp pesto	1 kiwi fruit 5 almonds and 5 walnuts	½ cup Chobani 0.5% plain yoghurt with 1tbs berries
Dinner	**Dukkah chicken breast with roasted vegetables and chickpeas**	**Lemongrass Salmon with basmati rice and Asian greens**	**Spaghetti Bolognese with wholemeal pasta and zoodles**	**Italian chicken with spinach and cannellini beans**	**Salmon with sumac and green peas** 1 glass of red wine (optional)	Enjoy a night out for dinner! See tips below	**Shakshuka eggs**
Dessert	**Two Low GI cookies (see recipes)**	½ cup Chobani 0.5% plain yoghurt with 1tbs berries	Two Low GI cookies	1 apple with 1 heaped tsp Mayver's Super Spread Original	Two Low GI cookies	No snack	2 squares of good quality 70% dark chocolate

The *FREE* heart and diabetes meal plan

The Nutrition Code

Low GI cookie #1: Three ingredient cookies (makes 12 small cookies)

Per cookie: 62cal / 2g protein / 8g carbohydrate / 2g fat

Ingredients

- 1 cup of rolled oats
- 2 ripe bananas
- 2tbs Mayver's Super Spread Original

Method:

1. Preheat oven to 180C. Line a baking tray with baking paper.
2. Mash bananas to a paste consistency. Add the oats and Mayver's spread, stir to combine.
3. With a teaspoon, scoop out a small ball of cookie mixture and press between your fingers to flatten. Place on baking tray. Bake for 12 minutes, remove and allow to cool and firm-up.

Modifications:

- Use quick oats instead, or in a food processor, mill rolled oats to a quick oat consistency.
- Replace equal quantities of Mayver's spread with crunchy peanut butter, chopped walnuts, flaked almonds, chopped dates or dark chocolate cacao nibs.

Low GI cookie #2: Choc tahini cookies (makes 15 cookies)

Per serve: 101cal / 3.6g protein / 1.3g carbohydrate / 9g fat

Ingredients

- 1 cup of LSA or almond meal
- 1/3 cup Mayver's hulled Tahini
- ¼ cup good quality cocoa
- 1/8 tsp baking powder
- 1tsp vanilla essence
- 1tbs granulated organic stevia (or 1tbs maple syrup)
- 1tbs Lurpak olive oil light butter OR Flora Pro-active spread OR coconut oil

Method:

1. Preheat oven to 180C. Line a baking tray with baking paper.
2. Combine all ingredients in a food processor
3. With a teaspoon, scoop out a small ball of cookie mixture and press between your fingers to flatten. Place on baking tray. Bake for 12 minutes, remove and allow to cool and firm-up.

Spaghetti Bolognese with Zoodles (serves 4)

Per serve: 336cal / 32g protein / 30g carbohydrate / 9g fat

Ingredients

- 500g extra lean beef mince
- 1 onion, sliced thinly
- 2 cloves of garlic, minced
- 1 carrot, diced
- ½ red capsicum, diced
- ½ stick of celery
- 2 tsp extra virgin olive oil
- 400g tin of tomatoes
- 2tsp Masterfoods dried Italian herbs
- 100g wholemeal spaghetti
- 2 small zucchini, spiralised to make 'zucchini noodles'
- Salt and pepper, to taste

Method:

4. Heat olive oil in a pan. Add onion, garlic, carrot, celery, capsicum. Cook until soft.
5. Add beef mince, and cook until browned (approx. 8-10 minutes)
6. Add the tinned tomatoes, herbs, salt and pepper. Mix well and cook for 30min, or until sauce has reduced
7. Meanwhile, cook pasta according to direction. Spiralise the zucchini and add to the pasta pot with approx 4 minutes of cooking time remaining.
8. Combine the cooked pasta and zucchini noodles with bolognese sauce.

Dukkah chicken with roast vegetables (serves 4)

Per serve: 450cal / 42g protein / 26g carbohydrate / 15g fat

Key Ingredients

- 2 small skinless chicken breasts
- 1tbs Dukkah spice mix (from supermarket)
- 400g tin of chickpeas, rinsed and drained
- 2 carrots, cut into batons
- 2 small zucchinis, cut into batons
- 1 yellow capsicum, sliced into thick strips
- 12 large Brussel Sprouts, halved
- 1tbs extra virgin olive oil
- Green leaves, to serve

Method

1. Preheat oven to 220C. Place the chickpeas and vegetables in a roasting tray and drizzle with half the olive oil. Toss well to coat and season with salt and pepper. Roast for 30 minutes, or until tender.
2. Slice the chicken breast into 4-6 smaller pieces and coat with dukkah spice. Heat a pan with a the remaining olive oil and pan fry for 10 minutes, or until chicken is cooked through. Remove from the pan and check to see that it is cooked through.
3. Serve the chicken with the roasted vegetables and chickpeas

Italian Chicken with Cannellini Beans (serves 4)

Per serve: 330cal / 26g protein / 13g carbohydrate / 18g fat

Ingredients

- 2 small chicken breast fillets
- 2 fresh rosemary sprigs
- 1 brown onion, finely chopped
- 2 garlic cloves, thinly sliced
- 1 cup quartered button mushrooms
- 400g tinned cannellini beans, drained
- 1 cup reduced-salt chicken stock (or 1tsp stock powder in 1 cup water)
- 8 cherry tomatoes, halved
- 500g spinach leaves
- ½ head of cauliflower, for cauliflower rice

Method

- Cut chicken horizontally to make 2 thin fillets. Heat olive oil in a medium non-stick frying pan over high heat. Add chicken and cook for 1–2 minutes until brown on both sides. Remove chicken from pan; set aside and cover loosely with foil to keep warm.
- Add rosemary, onion, garlic, and mushrooms to pan. Cook, stirring, for 5 minutes, or until soft. Add chicken fillets and chicken stock to pan; simmer for 2 minutes, or until chicken is almost cooked through. Add tomatoes and beans, cook for 2 minutes, or until tomatoes are slightly soft and the sauce in pan has reduced to about 1/4 cup.
- Add baby spinach leaves to pan and cook for 1 minute, or until just wilted. Serve chicken and vegetables with cauliflower rice.
- Cauliflower rice: Process 1 head of cauliflower in a food processor, to reach a 'rice' like consistency. Pan fry in a lightly greased pan for 5 minutes, or until cooked to your liking. Season with salt and pepper.

This is a low-carb meal. For an additional 25g carbohydrate, exchange the cauliflower rice for 2 microwave cups of basmati rice (i.e. ½ cup per serve)

Salmon with sumac and green peas (serves 2)

Per serve: 406cal / 37g protein / 6g carbohydrate / 25g fat

Ingredients

- Grated zest of ½ lime
- 2 tsp ground fennel seeds
- 2 tsp ground sumac
- 2x 150g salmon fillet, skin on
- 2 tsp extra virgin olive oil
- 1 handful mint leaves
- 1 cup frozen peas
- 1-2 handfuls baby spinach
- 1 tbsp yoghurt
- 1 tbsp lime juice
- Salt and pepper

Method

1. Combine the lime zest, fennel seeds and half of the sumac in a medium sized bowl. Add the salmon and coat the flesh-side with spices. Season additionally with salt and pepper.
2. Add half the oil to a fry pan, on medium-high heat. Pan-fry salmon, skin-side down, for 3-5 minutes or until the skin is crisp.
3. Turn and cook on the other side for 2-4 minutes, or until cooked to your liking.
4. To make the mint salad, blanch the peas in a small saucepan of salted boiling water for 3 minutes or until just tender (alternatively, use microwave). Drain and toss with mint and spinach. Combine the yoghurt, lime juice and remaining olive oil, and season with salt and pepper.
5. To serve, assemble salad on a plate and top with salmon. Drizzle salad with dressing and sprinkle with remaining sumac, and fresh lime.

This is a low-carb meal. For an additional 25g carbohydrate add 1 microwave cup of basmati rice to this recipe (i.e. ½ cup per serve)

Lemongrass salmon with Asian greens and basmati rice (serves 2)

Per serve: 511cal / 37g protein / 21g carbohydrate / 30g fat

Ingredients

- x2 150g salmon fillets, skin on
- 2tsp extra virgin olive oil
- 2tbs Tamari sauce
- 1 tsp grated ginger, or ginger paste
- 1 tsp Creative gourmet lemongrass paste
- 1/2 tsp dried chilli flakes, optional
- 2 spring onion, sliced
- 1 small bok choy bunch, sliced in half lengthways
- 1 handful of green beans, topped and tailed
- 1 microwave cup of basmati rice

Method:

1. In a large ziplock plastic bag, add the salmon fillets, tamari sauce, ginger, lemongrass and chilli (optional). Close the bag and shake contents to roughly coat the salmon. Marinate salmon in the fridge for as long as possible, ideally over 1 hour or overnight.
2. Heat barbeque or grill pan to medium, and grease lightly with oil. Place the salmon on the grill/pan, skin side down. Cook for 5-6 minutes, or until skin becomes crisp. Flip and cook for another 3-4 minutes, or until the salmon is cooked to your liking. It tastes great a little bit pink.
3. Add the bok choy and beans to the same grill/pan as the salmon and cook for a total of 5-6 minutes, or until soft.
4. Serve salmon with vegetables and basmati rice (1/2 cup per serve)

Shakshuka eggs (serves 2)

Per ball: 269cal / 20g protein / 17g carbohydrate / 11g fat

Ingredients

- 1 tsp extra virgin olive oil
- 1/2 red onion, diced
- 1 garlic clove, crushed
- 1 tsp ground cumin
- 1 tsp sweet paprika
- 1/2 red capsicum, deseeded & diced
- 1/2 yellow capsicum, deseeded & diced
- 1/2 green capsicum, deseeded & diced
- 400g tin crushed tomatoes
- 2 tbs fresh parsley, chopped
- 4 eggs

Method

1. Heat frypan with the oil. Add onion and cook for 5 minutes. Add garlic, cumin and paprika and continue cooking for a few more minutes.
2. Add diced capsicum and cook for a few minutes. Add tomatoes and bring to a simmer, then cover and continue to simmer for around 25 minutes, stirring regularly. Stir through parsley.
3. Make 2 holes in the mixture and add the eggs. Cover and continue to cook until eggs are cooked.

This is a low-carb meal. For an additional 15g carbohydrate add 1 slice of wholemeal and seeds toast per serve.

Your guide to planning a healthy day for heart health and diabetes

<u>Omega 3 targets:</u> 5,000mg EPA and DHA each week, and 1,000mg ALA daily

- EPA + DHA: 150g of oily fish 3 times a week (i.e. fresh or tinned salmon, fresh or tinned sardines, fresh ocean trout, fresh swordfish, fresh tuna*)
- ALA: 2tbs of chia seeds or flaxseeds, OR 30g walnuts, daily.

**Tinned tuna is not a very good source of EPA + DHA. Aim for at least 1,000mg EPA+DHA per serve of tinned fish.*

Non-starchy vegetables: 5 serves per day

- ½ cup cooked vegetables
- 1 cup salad vegetables

Fruits: 2 serves per day

- 1 med-large piece of fruit (i.e. apple, banana)
- 2 smaller pieces of fruit (kiwi, apricot)
- 1 cup of fruit (diced melon, grapes, berries)
- 20g dried fruit (not candied)

**Lowest sugar fruits are berries, kiwi, mandarin, grapefruit, passionfruit. Highest sugar fruits are banana, dates, mango, grapes. Watermelon is High GI*

Protein Foods: 3 serves per day

- 100g extra lean/trimmed meat, skinless chicken, fish, pork, tofu
- 2 eggs

Carbohydrates and grains: 3-4 serves per day

- 1 slice of multigrain/sourdough bread, or 1 small wholegrain wrap
- 4 small or 2 larger wholegrain crackers
- 40g wholegrain cereal (rolled oats, All bran, Weet bix)
- 1/3 of a sweet potato (150g)
- 1/3 cup cooked basmati rice, wholemeal spaghetti or vermicelli noodles
- 1/2 cup legumes (lentils, chickpeas, beans)

Dairy Foods: 2 serves per day

- 250ml low fat milk
- 200g low fat natural/Greek yoghurt
- 40g reduced fat hard cheese or 80g reduced fat cottage/ricotta

Oils and fats: 3 serves per day

- 1tsp extra virgin olive oil
- 1tsp Flora Proactiv Light OR Lurpak Olive Oil Light OR Nuttlex Light
- ¼ avocado
- 20g nuts or seeds

Tips for eating out

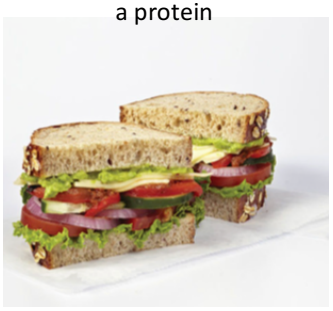
Golden rule: Aim for your plate to be half filled with vegetables, with a small portion of lean protein and wholegrain carbohydrate

- Don't arrive too hungry – you might overeat or make poor choices! Make sure you have eaten well during the day, and consider having a small, low calorie snack prior to going out
- Consider sharing a main meal and a large salad (i.e. works well with pasta, stir fries and hot plates)
- Think about asking for extra vegetables or salad with your meal, or replacing the offered side (i.e. ask for vegetables and boiled potato/grilled corn instead of chips)
- Go easy on the bread – especially white bread. Avoid altogether, or have only one small slice if you are having a low-carb meal (i.e. fish and salad)
- Drink lots of water to help keep you satisfied. It may help you to avoid over-eating.
- Avoid dishes with high fat/sugar sauces (i.e. satay, coconut curry, cream and cheese based sauces, sweet chilli, teriyaki, sweet soy)
- Choose a lean piece of meat (i.e. fillet steak instead of scotch fillet), skinless chicken breast instead of schnitzel, or grilled fish instead of battered fish
- If grilled salmon is on the menu… you know what to do!
- Don't be afraid to ask for modifications. For example, asking for dressings or sauces on the side, no butter, or different cooking methods. Most restaurants would like to please you.
- Finish with fruit or share a dessert if you want one. Sometimes you only need a taste of a delicious dessert to be satisfied.
- If you are sharing dessert, say no to appetizers and alcohol (and vice versa).
- If drinking, keep to only 1-2 standard drinks, and choose drinks without added sugar (i.e. cocktails)
- Eat mindfully. Only eat what you need to be satisfied. Listen to your body, eat slowly, savoring every bite and monitor how hungry or full you feel.
- Cheat meals? Allow yourself a 'meal off' the diet once a week maximum, if you are trying to lose weight. Just don't go overboard (i.e. family size pizza and beer!)

Examples of healthy restaurant meals:

Poached egg, one slice multigrain toast, spinach and tomato

Sandwich on small sourdough bread slices, 3 salad fillings and a protein



Poke bowl with tofu/fish, salads and basmati rice

Share a salad and a pasta dish with a friend/partner

Share some salads, naan and a curry with friends

Fillet steak, boiled potato and seasonal vegetables

Share stir-fries salmon with vegetables with side of rice

Grilled fish with brown rice and salad

Grilled chicken with corn and salad (remove skin, choose breast)

Vietnamese chicken and vermicelli salad

Low-carb rice paper rolls