



**FOOD  
LOVERS  
MEAL  
PLANNER**

FOODLOVERSDIETITIAN.COM



# W E L C O M E

This Meal Planner is your essential guide to preparing food for home and work.

It uses the food you love and makes it work better for you. It will give you more eating pleasure and fresh ideas with favourites.

It's your simple guide to Eating In!

Together with the Tips for Eating Out you will have everything you need to find and keep your healthy weight.

No diets, no missing out - just plenty of delicious food.



# LET'S GO!

There's no rules! Just move foods around to suit your tastes and appetite.

If you like to snack – try using half serves, open sandwiches, skim piccolo coffees.

Use the kilojoule amount to work out the serve size of your favourite foods.

Men may need extra serves of foods so look out for those.

There will be recipes, inspiration and shopping tips coming on the blog so do make sure you don't miss out, by signing up for Food Lovers News.



# FOUNDATION CARBS

**Choose 1 larger Carb (600 kJ) - good for Breakfast**

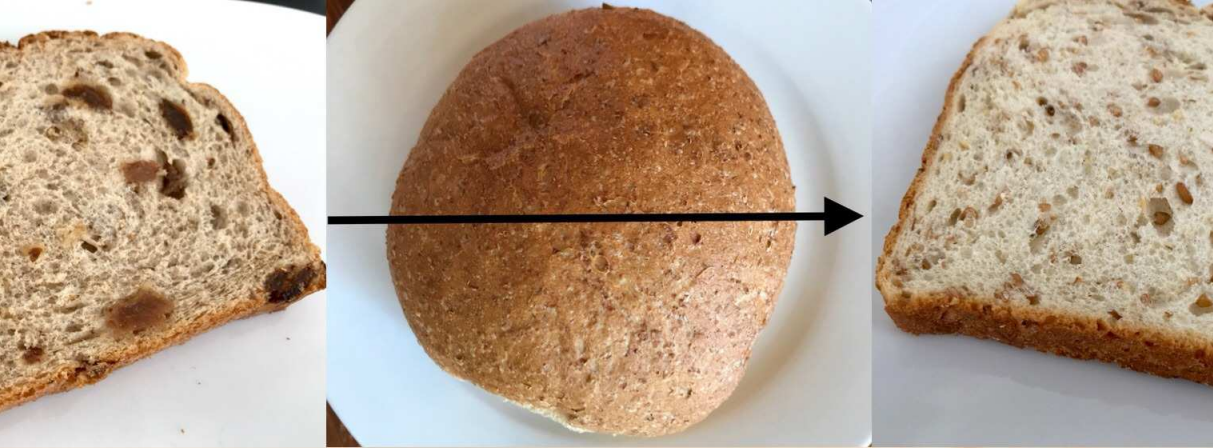
2 Bix/Brits (like Weetbix/Vitabrits)

¼ cup toasted muesli

1/3 cup raw oats/ untoasted muesli

¾ cup flakey cereal (like Allbran/Sultana Bran/Fibre Plus/Guardian)

1 slice bread (with an extra teaspoon of fats)



# FOUNDATION CARBS



**3 smaller Carbs (400 kJ)**  
**two could be**  
**good for lunch and**  
**one for dinner**  
(Men may need 5)



1 slice bread/dinner roll  
or crumpet  
or slim fruit bread (40g)

½ wrap/large roll



# FOUNDATION CARBS

**More smaller Carbs (400 kJ)**

1/2 cup cooked rice/pasta  
couscous/quinoa  
(30g raw or 75g cooked)



# FOUNDATION CARBS

**More smaller Carbs (450 kJ)**

1/2 cup canned/cooked  
chickpeas/baked beans  
or lentils

1/2 cup potato/sweet potato/  
or corn kernels (90g) (1/2 cob)



# FEATURE PROTEINS

**1 larger Protein (600kJ) -  
good for dinner**

120gm (palm sized) raw lean  
red meat/skinless chicken



150g raw fish

2/3 cup (120g) canned  
chickpeas/baked beans

2 eggs





# FEATURE PROTEINS

**1 smaller Protein (300kJ) -  
good for lunch**

(Men may need 2 serves)

1 egg

40gm lean cooked meat

or 1 small tin tuna or

1/2 tin sardines (in spring  
water

or if it is in oil count this as  
a fat serve too)

60gm tinned chickpeas or

1/3 cup baked beans





# FLAVOURSOME FATS

**4 small serves Fats (150kJ)**

**- perhaps use 2 each for lunch  
and dinner**

(Men may need 5 serves)

1 tsp (5g) butter, mayonnaise,  
marg, nuts, chocolate spread,  
oil

2 tsp (10g) pesto/ light butter/  
cream cheese/cream

1 Tbsp (25g) avocado/cream/  
coconut milk



## FLEXIBLE DAIRY

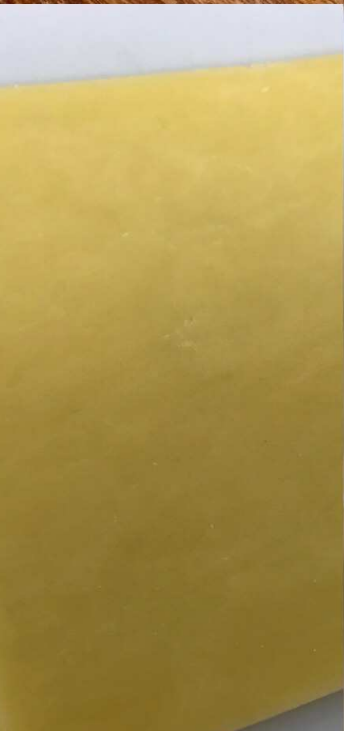
**2 & 1/2 serves Milks (500kJ)**

250ml (1 cup) low fat/  
skim milk

160g (2/3 cup) low fat,  
no-added sugar yogurt

30g cheese

125g low fat cottage cheese

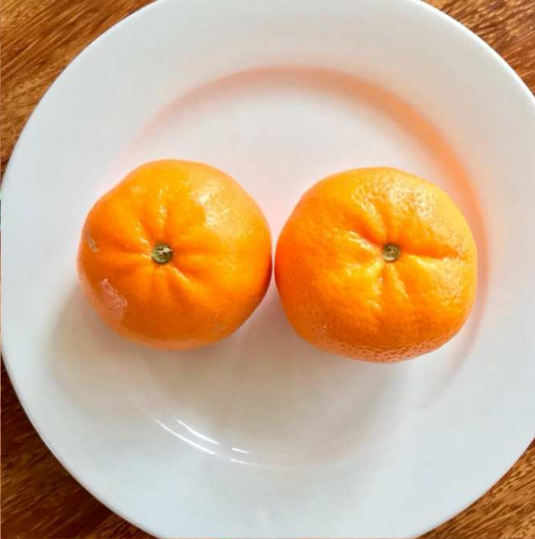




## FULFILLING VEGGIES

**At least 5 serves (75kJ)  
try 1-2 for lunch,  
3-4 for dinner**

75gm (½ cup cooked  
vegetables or 1 cup salad veg)



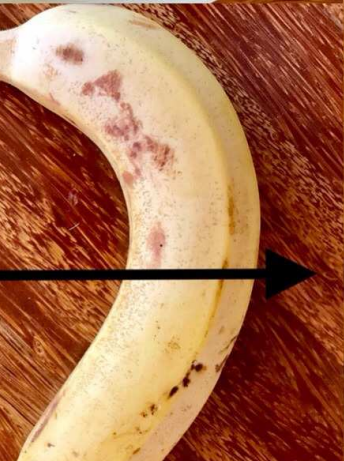
# FANCY FRUITS

**2 serves (350kJ)**

**try 1/2-1 serves on cereal or toast or with 1/2 dairy serve for a dessert or a snack**



150g (1 cup) most fresh fruit  
medium apple/pear/peach



1/2 mango/banana (90g flesh)

2 small kiwi fruit/mandarins



See the  
Food



Lovers Meal  
Planner



Build a Day  
on the Blog



**GET MEAL  
PLANS**

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for inspiration

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