

NEW ZEALAND GoodHealth WEEK 1

	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	¾ cup low-fat/high fibre cereal with 200ml trim milk and ½ cup canned fruit in clear juice	Fruit smoothie of 200ml trim milk, mixed berries, banana & ½ pottle (150g) low-fat fruit yoghurt	2 slices wholegrain toast with thin scrape of spread; 1 serve fruit; 1 pottle (150g) low-fat fruit yoghurt
LUNCH	Wholemeal pita pocket filled with ham, salad & edam cheese	Couscous salad with salmon or tuna (in spring water), feta & vegies	Wholegrain sandwich filled with chicken & salad 
DINNER	Chicken and vegie stir-fry with brown (or basmati) rice 	Shepherd's pie with vegies	Tuna pasta with tomato, vegetable & basil sauce; side salad
SNACKS	<ul style="list-style-type: none"> 1 pottle (150g) low-fat fruit yoghurt Fresh fruit  	<ul style="list-style-type: none"> Small fruit-filled muffin – no margarine or butter 1 cup air-popped popcorn 	<ul style="list-style-type: none"> Small trim latte 1 small handful of dried fruit & natural unsalted nuts

NEW ZEALAND GoodHealth WEEK 2

	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	¾ cup low-fat/high-fibre cereal with 200ml trim milk, spoonful low-fat fruit yoghurt & ½ sliced banana	Corn on toast (½ 400g can on 2 slices of wholemeal toast); glass of trim milk 	Smoothie of 200ml trim milk, mixed berries, banana & ½ pottle (150g) low-fat fruit yoghurt
LUNCH	Wholegrain roll filled with ham & vegies; fresh fruit	Pita pocket filled with salmon or tuna (in spring water) & salad	Chicken and vegetable wholegrain sandwich 
DINNER	Wholemeal tortillas with chicken, salad & salsa topped with edam cheese 	BBQ beef kebabs; baked potato; salad	Steamed fish with stir-fried Asian vegies and brown (or basmati) rice 
SNACKS	<ul style="list-style-type: none"> 200ml trim milk with 2 tsp low-fat choc drink mix 1 cup popcorn  	<ul style="list-style-type: none"> 1 crumpet with ½ banana 2 corn or rice thins with edam cheese 	<ul style="list-style-type: none"> 1 slice fruit toast Vegie sticks with cottage cheese

NEW ZEALAND GoodHealth WEEK 3

	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	Baked beans on toast (½ 400g can on 2 slices of wholemeal toast); fresh fruit	¾ cup low-fat/high-fibre cereal with 200ml trim milk & ½ cup canned fruit in clear juice	1 wholegrain English muffin with tomato & cottage cheese; 200ml glass of fruit juice
LUNCH	Couscous salad with salmon or tuna (in spring water), feta & vegetables	Chicken and salad wrap 	1 cup fruit salad with 1 pottle (150g) low-fat fruit yoghurt, natural nuts & seeds
DINNER	Chickpea and vegetable curry on brown or basmati rice	BBQ steak; corn on the cob (no butter or margarine); salad	Chicken and vegetable stir-fry on noodles 
SNACKS	<ul style="list-style-type: none"> Edam cheese on 2 corn thins 1 pottle (150g) low-fat fruit yoghurt  	<ul style="list-style-type: none"> 200ml trim milk with 2 tsp low-fat choc drink mix 1 small fruit-filled muffin – no butter or margarine 	<ul style="list-style-type: none"> Rice crackers & hummus 2 plain biscuits (eg, gingernut or wine)

NEW ZEALAND GoodHealth WEEK 4

	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	2 slices wholegrain toast with thin scrape of spread; 1 serve fruit; 200ml glass of trim milk	½ cup natural muesli with 200ml trim milk, large spoonful of yoghurt & fresh fruit 	Fruit smoothie with 200ml trim milk, mixed berries, banana & ½ pottle (150g) low-fat fruit yoghurt
LUNCH	Tuna or salmon (in spring water) & vegetable pasta salad 	Ham & salad wholegrain sandwich; fresh fruit	Chicken salad wrap; fresh fruit
DINNER	Beef burrito filled with salad, low-fat sour cream & salsa	Chicken and vegetable stir-fry with brown (or basmati) rice	BBQ beef kebabs with baked potato & salad
SNACKS	<ul style="list-style-type: none"> 1 muesli bar Smoothie of banana & 200ml trim milk  	<ul style="list-style-type: none"> 1 slice fruit toast 1 pottle (150g) low-fat fruit yoghurt 	<ul style="list-style-type: none"> 2 plain biscuits Rice crackers with cottage cheese & tomato

NEW ZEALAND GoodHealth WEEK 2

	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	1 cup fresh fruit salad with natural, unsalted nuts and seeds & 1 pottle (150g) low-fat fruit yoghurt	½ cup natural muesli with 200ml trim milk & large spoonful of yoghurt; 1 glass orange juice	2 slices wholegrain toast with thin scrape of spread; fruit; 1 pottle (150g) low-fat fruit yoghurt
LUNCH	Vegie-based soup; 1 slice of wholegrain toast with hummus	Egg and salad sandwich; fresh fruit	Tuna and vegie pasta with salad
DINNER	Beef and vegie casserole with low-fat mashed potatoes	Baked potato with chilli beans, low-fat sour cream, salsa & salad	Grilled chicken with roasted kumara wedges & steamed vegies
SNACKS	<ul style="list-style-type: none"> ■ Small trim latte ■ Low-fat muesli bar 	<ul style="list-style-type: none"> ■ 1 small fruit bun – no butter or marg ■ 1 pottle (150g) low-fat fruit yoghurt 	<ul style="list-style-type: none"> ■ 2 fruit-filled biscuits ■ 200ml trim milk with 2 tsp low-fat choc drink mix

NEW ZEALAND GoodHealth WEEK 1

	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Baked beans on toast (½ 400g can on 2 slices of wholemeal toast); 1 glass trim milk	½ cup natural muesli with 200ml trim milk & large spoonful of yoghurt; 200ml glass orange juice	1 poached egg on 2 x wholegrain toast with grilled tomato; 200ml glass of trim milk
LUNCH	4 rice thins with Vegemite, edam cheese & tomato; fresh fruit	Bean salad wrap	Mini pizza – 1 wholemeal pita pocket with vegies, ham & edam cheese
DINNER	Grilled chicken with steamed vegies & low-fat mashed potato	BBQ steak with salad; corn cob (no butter or margarine)	Moroccan lamb, steamed vegies & couscous
SNACKS	<ul style="list-style-type: none"> ■ 1 slice fruit toast ■ 200ml trim milk with 2 tsp low-fat choc drink mix 	<ul style="list-style-type: none"> ■ 1 muesli bar ■ 1 slice wholemeal toast with tomato & cottage cheese 	<ul style="list-style-type: none"> ■ 1 pottle (150g) low-fat fruit yoghurt ■ Crackers with hummus

NEW ZEALAND GoodHealth WEEK 4

	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	2 crumpets with banana; 1 pottle (150g) low-fat fruit yoghurt	¾ cup low-fat/high-fibre cereal with 200ml trim milk; 1 glass (200ml) juice	Corn on toast (½ 400g can on 2 slices of wholemeal toast); 1 glass (200ml) of trim milk
LUNCH	Vegetable-based soup; 1 slice of wholegrain toast with hummus	4 corn thins with tuna, tomato & edam cheese	1 wholemeal pita pocket topped with vegies, ham & edam cheese
DINNER	Grilled chicken with steamed vegies & low-fat mashed potato	Moroccan lamb, steamed vegies & couscous	Grilled fish with low-fat oven-baked chunky chips & salad
SNACKS	<ul style="list-style-type: none"> ■ Small trim latte ■ Fresh fruit 	<ul style="list-style-type: none"> ■ 1 cup fruit salad ■ 200ml low-fat flavoured milk with 2 tsp low-fat choc drink mix 	<ul style="list-style-type: none"> ■ Small handful of natural unsalted nuts ■ 1 pottle (150g) low-fat fruit yoghurt

NEW ZEALAND GoodHealth WEEK 3

	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	½ cup natural muesli with 200ml trim milk, spoonful of yoghurt & fresh fruit	1 cup fresh fruit salad with natural, unsalted nuts and seeds & 1 pottle (150g) low-fat fruit yoghurt	1 poached egg on 2 slices wholegrain toast with grilled tomato; 200ml glass of trim milk
LUNCH	1 wholemeal pita pocket filled with ham, cottage cheese & salad	Baked beans (½ 400g can) on 2 slices wholemeal toast with grated edam cheese	Mini pizza – 1 wholemeal pita pocket topped with vegies, ham & edam cheese
DINNER	Steamed fish, baked potato & salad	Spaghetti bolognese with salad	Homemade wholegrain burger filled with salad
SNACKS	<ul style="list-style-type: none"> ■ Small handful of dried fruit & natural unsalted nuts ■ 1 cup air-popped popcorn 	<ul style="list-style-type: none"> ■ 1 crumpet with ½ banana ■ Edam cheese & tomato on 1 slice wholegrain toast 	<ul style="list-style-type: none"> ■ Fresh fruit ■ Vegetable sticks with salsa