












# NEW ZEALAND GoodHealth WEEK 1

	MONDAY	TUESDAY	WEDNESDAY
<b>BREAKFAST</b>	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
<b>LUNCH</b>	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 
<b>DINNER</b>	Chicken and vegie stir-fry with brown (or basmati) rice 	Shepherd's pie with vegies	Tuna pasta with tomato, vegetable & basil sauce; side salad
<b>SNACKS</b>	<ul style="list-style-type: none"> <li>1 pottle (150g) low-fat fruit yoghurt</li> <li>Fresh fruit </li> </ul>	<ul style="list-style-type: none"> <li>Small fruit-filled muffin – no margarine or butter</li> <li>1 cup air-popped popcorn</li> </ul>	<ul style="list-style-type: none"> <li>Small trim latte</li> <li>1 small handful of dried fruit &amp; natural unsalted nuts</li> </ul>




# NEW ZEALAND GoodHealth WEEK 2

	MONDAY	TUESDAY	WEDNESDAY
<b>BREAKFAST</b>	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
<b>LUNCH</b>	Wholegrain roll filled with ham & vegies; fresh fruit	Pita pocket filled with salmon or tuna (in spring water) & salad	Chicken and vegetable wholegrain sandwich 
<b>DINNER</b>	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 
<b>SNACKS</b>	<ul style="list-style-type: none"> <li>200ml trim milk with 2 tsp low-fat choc drink mix</li> <li>1 cup popcorn </li> </ul>	<ul style="list-style-type: none"> <li>1 crumpet with ½ banana</li> <li>2 corn or rice thins with edam cheese</li> </ul>	<ul style="list-style-type: none"> <li>1 slice fruit toast</li> <li>Vegie sticks with cottage cheese</li> </ul>

# NEW ZEALAND GoodHealth WEEK 3

	MONDAY	TUESDAY	WEDNESDAY
<b>BREAKFAST</b>	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
<b>LUNCH</b>	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
<b>DINNER</b>	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 
<b>SNACKS</b>	<ul style="list-style-type: none"> <li>Edam cheese on 2 corn thins</li> <li>1 pottle (150g) low-fat fruit yoghurt </li> </ul>	<ul style="list-style-type: none"> <li>200ml trim milk with 2 tsp low-fat choc drink mix</li> <li>1 small fruit-filled muffin – no butter or margarine</li> </ul>	<ul style="list-style-type: none"> <li>Rice crackers &amp; hummus</li> <li>2 plain biscuits (eg, gingernut or wine)</li> </ul>

# NEW ZEALAND GoodHealth WEEK 4

	MONDAY	TUESDAY	WEDNESDAY
<b>BREAKFAST</b>	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
<b>LUNCH</b>	Tuna or salmon (in spring water) & vegetable pasta salad 	Ham & salad wholegrain sandwich; fresh fruit	Chicken salad wrap; fresh fruit
<b>DINNER</b>	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
<b>SNACKS</b>	<ul style="list-style-type: none"> <li>1 muesli bar</li> <li>Smoothie of banana &amp; 200ml trim milk </li> </ul>	<ul style="list-style-type: none"> <li>1 slice fruit toast</li> <li>1 pottle (150g) low-fat fruit yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>2 plain biscuits</li> <li>Rice crackers with cottage cheese &amp; tomato</li> </ul>

# NEW ZEALAND GoodHealth WEEK 2

	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	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
<b>LUNCH</b>	Vegie-based soup; 1 slice of wholegrain toast with hummus	Egg and salad sandwich; fresh fruit	Tuna and vegie pasta with salad
<b>DINNER</b>	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
<b>SNACKS</b>	<ul style="list-style-type: none"> <li>Small trim latte</li> <li>Low-fat muesli bar</li> </ul>	<ul style="list-style-type: none"> <li>1 small fruit bun – no butter or marg</li> <li>1 pottle (150g) low-fat fruit yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>2 fruit-filled biscuits</li> <li>200ml trim milk with 2 tsp low-fat choc drink mix</li> </ul>

# NEW ZEALAND GoodHealth WEEK 1

	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	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
<b>LUNCH</b>	4 rice thins with Vegemite, edam cheese & tomato; fresh fruit	Bean salad wrap	Mini pizza – 1 wholemeal pita pocket with vegies, ham & edam cheese
<b>DINNER</b>	Grilled chicken with steamed vegies & low-fat mashed potato	BBQ steak with salad; corn cob (no butter or margarine)	Moroccan lamb, steamed vegies & couscous
<b>SNACKS</b>	<ul style="list-style-type: none"> <li>1 slice fruit toast</li> <li>200ml trim milk with 2 tsp low-fat choc drink mix</li> </ul>	<ul style="list-style-type: none"> <li>1 muesli bar</li> <li>1 slice wholemeal toast with tomato &amp; cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>1 pottle (150g) low-fat fruit yoghurt</li> <li>Crackers with hummus</li> </ul>

# NEW ZEALAND GoodHealth WEEK 4

	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	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
<b>LUNCH</b>	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
<b>DINNER</b>	Grilled chicken with steamed vegies & low-fat mashed potato	Moroccan lamb, steamed vegies & couscous	Grilled fish with low-fat oven-baked chunky chips & salad
<b>SNACKS</b>	<ul style="list-style-type: none"> <li>Small trim latte</li> <li>Fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>1 cup fruit salad</li> <li>200ml low-fat flavoured milk with 2 tsp low-fat choc drink mix</li> </ul>	<ul style="list-style-type: none"> <li>Small handful of natural unsalted nuts</li> <li>1 pottle (150g) low-fat fruit yoghurt</li> </ul>

# NEW ZEALAND GoodHealth WEEK 3

	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	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
<b>LUNCH</b>	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
<b>DINNER</b>	Steamed fish, baked potato & salad	Spaghetti bolognese with salad	Homemade wholegrain burger filled with salad
<b>SNACKS</b>	<ul style="list-style-type: none"> <li>Small handful of dried fruit &amp; natural unsalted nuts</li> <li>1 cup air-popped popcorn</li> </ul>	<ul style="list-style-type: none"> <li>1 crumpet with ½ banana</li> <li>Edam cheese &amp; tomato on 1 slice wholegrain toast</li> </ul>	<ul style="list-style-type: none"> <li>Fresh fruit</li> <li>Vegetable sticks with salsa</li> </ul>