



Seasonal Sensations

GENERAL WELLNESS AND FITNESS

Healthy eating is often one of our first new years' goals. Well we've got the perfect planner to set you on the right path with these fast and fresh meal ideas developed by our Accredited Practising Dietitian and Home Economist. You'll spring out of bed for these seasonal brekky ideas and you won't be tempted to reach for junk at lunch with these wholesome taste sensations. Bring on the New Year!

Seasonal Sensations

EACH DAY THIS PLANNER DELIVERS...

- Approximately 8,000kJ of energy*
- High protein meals
- At least 2.5 serves of dairy
- Plenty of fruit and vegetables

* People who partake in regular physical activity have higher energy requirements. The amount of energy you need each day to maintain your weight depends on age, gender, height, weight and physical activity level.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

BREAKFAST



Kiwi and berry green smoothie



Avocado and feta toasts
+ café latte



Tropical bircher muesli



Maple, cinnamon bagel
+ chai latte



Cheese and egg muffin
+ Michael Klim's Mango and Avocado Smoothie

LUNCH



Zucchini and corn fritters
with smoked salmon
+ 1 banana



Summer meatball salad
♥ your leftovers - use leftover meatballs.
+ 2 small apricots



Mexican tortilla pinwheels
+ 1 cup raw veggie sticks
(e.g. carrot, celery, capsicum)



Grilled chicken, heirloom tomato
and boconcini salad



Tuna noodle patties
+ 1 cup garden salad

DINNER



Spaghetti and meatballs
+ 1 cup garden salad
♥ your leftovers. Cook extra for lunch tomorrow



Sicilian swordfish with tomato
and olive salad



Spiced lamb burgers
with fresh beetroot relish



Zucchini frittata with walnuts and feta
+ 1 cup garden salad



Strawberry, feta and watermelon salad
+ baked parmesan zucchini
+ Steak (100g raw)

SNACKS

Yoghurt with red grapes, LSA and pepitas
1 small can baked beans + 1 slice sourdough
toast + 1 tsp butter + 2 slices cheese

Yoghurt crumble cup
¼ cup Tzatziki
+ 4 baby cucumbers

Vegetable skewers
1 cup tinned fruit salad
+ ¾ cup Greek yoghurt

Minty melon and ginger yoghurt
2 squares dark chocolate

Basil, lemon and pine nut dip
+ 1 cup veggie sticks
Trail mix - 1 tbsp mixed nuts, 1 tbsp seeds,
1 tbsp dried fruit