

Healthy Eating



daily plan



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- ### Breakfast
- Option 1 | Bowl of porridge, fruit and low fat milk
 - Option 2 | Homemade wholemeal pancakes, yogurt and fruit
 - Option 3 | Low fat Greek yogurt and fruit
 - Option 4 | Homemade Bircher muesli with fresh berries
 - Option 5 | Omelette, spinach, capsicum, mushroom & chives
 - Option 6 | Fruit, oats, nuts and milk smoothie
 - Option 7 | Kids Weetbix, berries, milk and honey
 - Option 8 | No salt baked beans, tomato, egg, low salt HM bread

Snacks

- 1 | Veggie sticks & humous (HM)
- 2 | High fibre cereal bar
- 3 | Low sugar+fat yogurt
- 4 | Fruit (any kind)
- 5 | Bircher Muesli (2 tbsps)
- 6 | Handful of nuts/seeds
- 7 | Homemade blueberry muffin
- 8 | Wholemeal toast & peanut butter

Lunch

- 1 | Sweet potato jacket & no salt baked beans
- 2 | Wholemeal plain rice cakes, tomato & basil
- 3 | Oven baked fish & grilled veggies
- 4 | Chicken salad + lemon olive oil dressing
- 5 | Rice cakes & avo or low salt peanut butter
- 6 | Spicy pumpkin soup
- 7 | Home made chilli con carnie on a spud
- 8 | Mixed bean and egg salad

Fluids

- 1 | Water = best choice
- 2 | Fruit tea
- 3 | Decaf coffee or tea (1-2 a day)
- 4 | Lemon water
- 5 | Low sugar cordial
- 6 | Low fat milk/ alternative
- 7 | High fibre/protein smoothie
- 8 | Glass of milk

Dinner

- 1 | Grilled salmon or prawns, rice & mixed veg
- 2 | HM burgers without the bun & fresh salad
- 3 | Chicken curry brown rice (no salt curry pwrdr)
- 4 | Grilled paprika chicken, veg & yogurt dip
- 5 | Lean Spaghetti bolognese & brown pasta
- 6 | Sweet potato, carrot, lentil & ginger soup
- 7 | Sweet & sour chicken (low salt SS used)
- 8 | Salmon & avo sushi roles (low salt SS used)