



## Healthy meal plans

### Plan 1

[womensnewbornhealth.com.au](http://womensnewbornhealth.com.au)

Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Evening Meal
<p><math>\frac{3}{4}</math> Cup of high fibre cereal with strawberries and 1 cup of skim/lite milk</p> <p><b>OR</b></p>	<p>1 serve fruit or low fat yoghurt</p> <p><b>OR</b></p>	<p>1 wholegrain sandwich with 100g lean meat/tuna/eggs and salad</p> <p>1 piece of fresh fruit</p>	<p>Low fat yoghurt with 2 passion fruit/1 cup strawberries</p> <p><b>OR</b></p>	<p>Bowl of vegetable soup</p> <p>200g roast meat/fish 4-5 cups low starch vegetables</p> <p>1 cup fresh fruit salad</p> <p>water</p>
<p>2 slices whole grain toast with cottage cheese, tomato</p>	<p>A handful raw mixed nuts</p>		<p>Low fat tzatziki/humus/salsa dip with cucumbers, capsicum, celery, carrots</p>	
<p><b>NOTE: Limit fruit to 2/day plus 1 punnet strawberries, passion fruit or blueberries.</b></p>				