



Healthy meal plans

Plan 2

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Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Evening Meal
2 slices of whole grain toast, spread with vegemite/avocado/tomato OR	4 low fat crackers topped with low fat cottage cheese and tomato	Bowl of vegetable soup Chicken/salmon/lean beef (100g) with salad. 1 piece fresh fruit	Piece of fresh fruit or a low fat yoghurt with a handful of dry roasted nuts	Half breast of chicken (200g) Stir fry vegetables OR
2 poached/boiled eggs with mushrooms, 1 slice WG toast				1 ½ Cups cooked Pasta with tomato based sauce and vegetables 2 wedges of watermelon and low fat yoghurt Water