















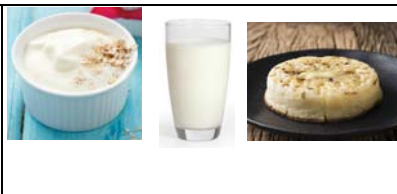
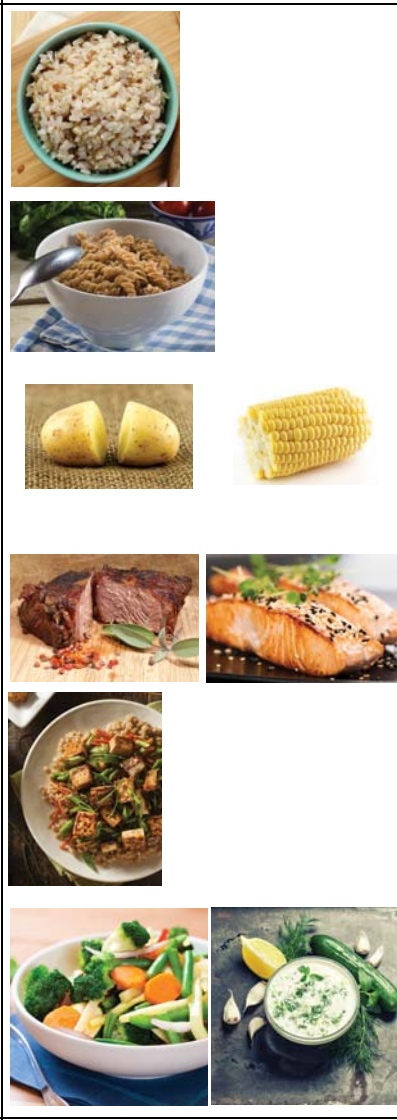


SAMPLE MEAL PLAN (AUSTRALIAN)

MEAL	FOOD	SIZE/PORTION
Breakfast 8 AM	<p>½ cup of rolled oats with milk and ½ cup fruit</p> <p>OR</p> <p>1 cup of bran cereal/flakes with milk</p> <p>OR</p> <p>2 slices of toast (choose from wholegrain varieties) topped with avocado and tomato or thin spread of butter or peanut butter</p> <p>OR</p> <p>1 slice of toast with ½ cup of baked beans</p> <p>OR</p> <p>2 egg omelette with cheese and vegetables with 2 slices wholegrain bread.</p> <p>PLUS</p> <p>1 cup milk or 1 cup unsweetened yoghurt.</p>	       
Morning tea 11 AM	<p>1 serve of fruit</p> <p>OR</p> <p>2 crackers with cheese and vegetables, or 2 boiled eggs</p>	  
Lunch 1 PM	<p>Sandwich of lean meat/tuna and salad</p> <p>OR</p> <p>Salad with cooked meat/fish/egg and potato, beans or pumpkin</p> <p>OR</p> <p>Cooked lunch served with meat vegetables and ½ cup of cooked rice (basmati, brown or doongara)/ ½ cup of cooked pasta/noodles/1 potato</p>	    

<p>Afternoon tea 4 PM</p>	<p>1 cup milk or 1 cup unsweetened yoghurt OR 1 slice of heavy fruit loaf or 1 crumpet or ½ multigrain English muffin</p>	
<p>Dinner 7 PM</p>	<p>½ cup of cooked rice (basmati or doongara) OR ½ cup of of cooked wholemeal pasta /noodles OR 1 medium potato (or ½ cup of sweet potato) with a small corn cob PLUS A serve of lean meat/fish/chicken OR Tofu with a lot of vegetables OR Cooked vegetables (not corn and potato) PLUS 1 serve of yoghurt/milk</p>	
<p>Supper 9 PM</p>	<p>Dry crackers with cheese OR Sliced vegetables with hummus or yoghurt dip OR 1 serve of fruit</p>	