

7 DAY

Meal plan with recipes

This healthy and delicious meal plan is packed with nutritious foods and recipes that are all dietitian-approved. Each meal is thoughtfully chosen to help you meet your nutrition requirements, including the recommended five serves of vegetables and two serves of fruit every day.

The meal plan and recipes have been prepared with the Australian Guide to Healthy Eating in mind. Food group analyses were completed using **Foodworks.online Professional**.

Healthy alternatives

- Use lean proteins such as chicken breast, lean steak or fish in place of tofu.
- If you are using plant-based dairy alternatives, look for at least 100mg of calcium per 100mL.
- Find allergen friendly options on the recipe flyers.
- Swap out fruits and vegetables to suit your preferences.

This meal plan and information has been prepared by Xyris dietitians as general information for healthy individuals.

How to use this meal plan:

- 1 Download or print this meal plan and keep it somewhere easily accessible.
- 2 Take the shopping list with you to the supermarket to help you shop for the week.
- 3 Use the recipes provided to prepare meals and snacks for the week.
- 4 Use this as an opportunity to try new foods and include more variety in your diet.



Average daily intake

8,700*

kilojoules / day

*approx 2,000 Cal per day



This meal plan provides:

Average intake per day



2 serves of fruit



5 serves of wholegrains



7 serves of veg



3.5 serves of protein foods



3 serves of dairy and dairy alternatives