SAMPLE MEAL PLAN (AUSTRALIAN)

MEAL	FOOD	SIZE/PORTION
Breakfast 8 AM	½ cup of untoasted muesli/rolled oats OR 1 cup of Guardian/Just Right/All-Bran OR 1-2 slices of toast (choose from multigrain, soy & linseed, wholemeal, lower GI white, heavy fruit bread) topped with avocado, poly or monounsaturated margarine or a thin spread of peanut butter OR 1 slice of toast with ½ cup of baked beans PLUS 250mL of low fat milk or 100g of low fat yoghurt or 200g of artificially sweetened yoghurt	
Morning tea 11 AM	1 serve of fruit (1 serve = 1 apple, 1 small pear, 1 small banana, 2 kiwi fruits, 4 apricots, ½ cup of canned fruit (in natural juice), 1½ tbs of sultanas) OR 4 Vita-Weats, ½ multigrain English muffin or 1 slice of toast with a small amount of reduced fat cheese/Vegemite	
Lunch 1 PM	Sandwich of lean meat/tuna and salad OR Fresh chicken/egg/fish/reduced fat cheese with plenty of salad PLUS 2 slices of bread OR 1 medium bread roll OR Cooked lunch or ⅓ cup of cooked rice (basmati or doongara)/ ½ cup of cooked pasta/noodles, meat	

	and vegetables	
Afternoon tea 4 PM	250mL of low fat milk or 100g of low fat yoghurt or 200g of artificially sweetened yoghurt OR 1 slice of heavy fruit loaf or 1 crumpet or ½ multigrain English muffin	
Dinner 7 PM	⅓ cup of cooked rice (basmati or doongara) OR ⅓ cup of of cooked 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 salad OR Cooked vegetables (not corn and potato) PLUS 1 serve of yoghurt/low fat milk	
Supper 9 PM	½ cup of low fat custard or 100g of low fat yoghurt OR 1 serve of fruit	