



# Meal Plan for Older Australians



Egg Kebabs



Couscous Salad



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Prepared by Food & Nutrition Australia, 2013

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
<b>Breakfast</b>	<b>Porridge</b> Rolled oats with milk (vitamin D enriched) + 1 serve of fruit (e.g. 1 medium banana or 6 dried apricot halves)	<b>Peanut Butter on Toast</b> Wholemeal or seed bread (toasted) with peanut butter + 1 glass of milk (vitamin D enriched) + 1 serve of fruit (e.g. 4 small plums)	<b>Toasted Muffins</b> Wholemeal English muffins with thinly sliced cheese and avocado + 1 serve of fruit (e.g. 1 medium banana or pear)	<b>Cereal</b> Wholegrain flaky cereal sprinkled with linseeds and served with milk (vitamin D enriched) + 1 serve of fruit (e.g. 6 dried apricot halves or 4 small plums)	<b>Fruit Toast</b> Fruit loaf with thin spread of margarine + 1 glass of milk (vitamin D enriched) + 1 serve of fruit (e.g. 1 medium apple or orange)	<b>Cereal</b> Wholewheat cereal biscuits + milk (vitamin D enriched) + handful of chopped almonds + 1 serve of fruit (e.g. 2 cups berries or 2tbsp raisins, currants or sultanas)	<b>Scrambled Eggs on Toast</b> Scrambled eggs on sour dough bread + thin spread of margarine + 1 glass of milk (vitamin D enriched)
<b>Lunch</b>	<b>Egg Kebab with Fresh Tomato Dressing</b> <i>See recipe at eggs.org.au</i> Serve with salad vegetables (e.g. baby spinach, carrot and capsicum) and avocado	<b>Grilled Fish &amp; Vegetables</b> Fish with steamed vegetables + a bread roll thinly spread with margarine + a tub of low fat/no added sugar yoghurt	<b>Lentil, Vegetable &amp; Barley Soup</b> Lentils with vegetables, vegetable stock and barley + 1 serve of fruit (e.g. 2 cups berries)	<b>Curried Egg Sandwich</b> Egg (add curry powder when mashing egg), wholemeal or seed bread, salad vegetables (e.g. lettuce), and mayonnaise + 1 serve of fruit (e.g. 2tbsp raisins, currants or sultanas) + 1 tub low fat/no added sugar yoghurt	<b>Chicken &amp; Pasta Salad</b> Lean chicken + pasta + leafy green vegetables + avocado + oil (for cooking) + 1 serve of fruit (e.g. 1 medium pear or orange)	<b>Ham, Cheese and Salad Wrap</b> Reduced salt sliced deli ham + reduced fat cheese + avocado + salad vegetables (e.g. lettuce, cucumber, carrot, capsicum) rolled up in mountain bread + 200ml 100% fruit juice	<b>Chicken &amp; Vegetable Soup</b> Chicken pieces + vegetables (e.g. tomato, celery, carrot) with vegetable stock + a bread roll spread with avocado + 1 serve of fruit (e.g. 1 medium apple or banana)
<b>Dinner</b>	<b>Chicken &amp; Cashew Noodle Stir-fry</b> Chicken tenderloins sliced, stir fried in peanut oil with vegetables, rice noodles and cashew nuts	<b>Lemon Couscous Salad</b> <i>See recipe at eggs.org.au</i> Serve with mixed salad vegetables	<b>Spaghetti Bolognese</b> Lean mince with spaghetti, tomato, reduced fat cheese and olive oil (for cooking) + a side salad (baby spinach, carrots, cucumber)	<b>Grilled Chicken &amp; Vegetables</b> Lean chicken with corn on the cob, vegetables baked in a little olive oil, + sweet potato mash	<b>Salmon, Rice &amp; Vegetables</b> Oven baked Salmon fillet + potato wedges served with steamed vegetables	<b>Lamb Chops &amp; Vegetables</b> Trim lamb chops + sweet potato + vegetables + small amount of canola oil (for cooking)	<b>Roast Dinner</b> Lean roast pork + baked potato + baked vegetables + small amount of olive oil (for cooking)
<b>Dessert/Supper</b>	<b>Fruit Salad and Ice cream</b> Fresh fruit salad with low fat ice cream	Custard with stewed apple	<b>Fruit Smoothie</b> Made with milk (vitamin D enriched) + fruit (e.g. a small mango or berries)	Low fat ice cream	<b>Fruit Smoothie</b> Made with milk (vitamin D enriched) + fruit (e.g. a small mango or berries)	Low fat ice cream	Custard with poached pear
<b>Snacks</b>	1 serve of fruit (e.g. 1 medium orange or pear or apple) Reduced fat cheese on crackers	1 serve of fruit (e.g. 2 cups diced watermelon or rockmelon) Handful of mixed nuts	1 tub low fat/no added sugar yoghurt Handful of mixed nuts	1 serve of fruit (e.g. 5 prunes or 1 cup fresh fruit salad)	Cheese and crackers	1 serve of fruit (e.g. 1 cup fresh fruit salad or 3/4 cup grapes)	1 serve of fruit (e.g. 2 cups berries or 2 cups diced watermelon or rockmelon) 1 tub low fat/no added sugar yoghurt Handful of mixed nuts

## Notes about this meal plan:

- This meal plan has been developed by an Accredited Practising Dietitian at Food & Nutrition Australia to meet the nutritional requirements of healthy older Australians.
- This meal plan provides 6 eggs per week and 2 fish meals a week, includes sources of healthy fats and provides a variety of protein rich foods across the week.
- Choose vitamin D enriched milk and ensure you are getting the right amount of sun each day.
- Include at least one serving of green leafy vegetables each day, and also choose a variety of coloured vegetables

- including green, orange and red to assist in boosting your nutrient intake.
- For tailored advice please speak to an Accredited Practising Dietitian.

For more information about eggs and nutrition visit [www.enc.org.au](http://www.enc.org.au)

For more great recipes visit [www.eggs.org.au](http://www.eggs.org.au)

This is a general meal plan only. For professional nutrition advice, seek the services of an Accredited Practising Dietitian.