



An offer to Armadale Members

Supported by Your Health and Safety Team

"Weekday EatZ" Program.

For people who want to eat well with minimal fuss and effort.

It involves an initial assessment which can be done via email.
Then each week a personalised meal plan is supplied; depending on individual goals and health situation (eg diabetes, high cholesterol, allergies and so on).

Example of a weekly plan for a female client with high blood pressure whose goal is to lose weight – is attached

Each plan includes:

- **a meal plan for Monday-Friday, including breakfast, lunch, dinner and snacks.**
- **a shopping list**
- **recipes**
- **a focus point for the week**

Charge for this service \$30 per person (\$50 per couple) for initial assessment.
Then an ongoing fee of \$15 per person (\$25 per couple) per week.

Joanna Baker is Armadale's Nutrition Consultant. She has provided talks and health information to the Club for 3 years.

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Daily Routine

- You should wake hungry, if not you are probably eating too much the night before.
- Planning and preparation is vital
- It is normal to feel a little hungry just before a planned meal or snack - don't let the hunger get to the point of "starving". This leads to eating whatever you can get your hands on (not always ideal), eating too fast and over eating.
- The gap between breakfast and lunch is usually smallish. Try to stick to a banana or a piece of fruit and a cup of tea mid morning if you get hungry and then eat lunch early ie at 12:00 rather than pushing it out.
- Don't eat at your desk or in front of TV move to another location. It gives the meal a beginning and an ending and helps to stop mindless nibbling and grazing through the afternoon and evening

Focus

- **Eat all meals sitting at the table.**
- **Prepare all food and serve it on a plate - no matter how big or small the meal/snack is.**
 - **Take your plate to the table and sit down to eat it.**

Week 1 - summer

Shopping List:

<u>Fruit & Veg</u>	<u>Fridge</u>	<u>Pantry</u>	<u>Herbs & Spices</u>	<u>Meat</u>
fruit for morning snack bananas eggplant zucchini capsicum carrots mushrooms cherry tomatoes green beans broccoli cauliflower lettuce pumpkin garlic onions (red & brown) new potatoes lemons	parmesan eggs feta (reduced fat) hummous anchovies capers milk - 2% fat Greek Yoghurt (recommend Chobani 0% or 2% fat) <u>Freezer</u> frozen berries	grainy bread multigrain wrap/soft tortilla 125g tins of tuna in springwater tinned tomatoes chicken stock (reduced salt) rice kalamata olives 3 bean mix	paprika all spice rosemary mixed "greek" style herbs saffron (threads are expensive but worth it) iodised rock salt	Steak - 400g 300g (chicken) fillet - (lean/heart Smart) 300g firm white fish 300g Lamb (lean/heart Smart) 200g Skinless Chicken Breast

Plus what you need for breakfast and afternoon snacks

On Sunday Prepare:

Roast Veggie Salad

- 4 cups of Mediterranean style veggies cut into chunks (eg eggplant, zucchinis, red onion, capsicum and mushrooms)
 - 2 cups spinach or similar leafy vegetable
 - Olive oil spray
 - 2 cloves of garlic, crushed
 - 2 tablespoon balsamic vinegar
-
1. Spread vegetables on an oven tray and spray lightly with olive oil
 2. Grill vegetables until lightly browned about 15 - 20 minutes at 200°
 3. Put vegetables aside to cool
 4. Once cool place in a large bowl and add spinach and toss to mix through
 5. In a separate bowl mix garlic and balsamic vinegar then pour over salad
 6. Season with pepper

Herbed Chicken

- 200g skinless chicken breast
 - 2 Tbl polenta
 - 1 mixed dried herbs (basil, oregano, thyme, rosemary)
 - 1 tsp garlic powder
 - salt and pepper
 - 1 Tbl olive oil
-
1. Put chicken, polenta, herbs, garlic, salt and pepper in a large zip lock bag and shake to coat.
 2. Expel air from bag and place on a hard surface. Gently pound chicken with a rolling pin until about 1 cm thick.
 3. Heat oil in a pan and cook chicken until crispy and cooked through (this should only take a few minutes on each side).

Breakfast Options



Option 1

Fridge Oats - $\frac{1}{3}$ cup each

- Rolled oats
- Berries (fresh or frozen)
- milk
- Water

Put all ingredients in a jar add 1 tsp Chia seeds mix well and refrigerate over night, in the morning top with $\frac{1}{2}$ cup plain low fat yoghurt.



Option 2

Natural muesli

$\frac{1}{3}$ cup natural muesli with $\frac{1}{2}$ cup reduced fat milk, $\frac{1}{2}$ low fat greek yoghurt and raspberries.



Option 3

Toast 1 slice

with $\frac{1}{2}$ cup baked beans and 4 cherry tomatoes



Option 4

Toast 1 slice

topped with $\frac{1}{2}$ cup low fat ricotta or cottage cheese and strawberries



Option 5

English style muffin

1 whole meal english style muffin

plus 1 egg (poached or boiled), $\frac{1}{4}$ avocado and sliced tomato



Option 6

Smoothie - in the blender and blend until smooth

200 ml milk

frozen berries

2 Tbl rolled oats

1 Tbl LSA *

* LSA = Ground Mix of Seeds

Linseed, Sunflower and Almonds. Can be found in the Health Aisle of the supermarket.

It's high in fibre, has protein & has shown to be beneficial for people with type 2 diabetes.

Snack Options

- celery with 3 teaspoons (15g) nut butter + half a small box of raisins (20g)
- cottage cheese (100g) with a small punnet of strawberries and a sprinkling of "all spice"
- small tub (150g) of low fat natural yoghurt with half a cup of berries and cinnamon
- 1 homemade muffin (see recipe)
- small full cream latte with 1 sugar
- 1 slice of raisin toast with 1 Tbl of cream cheese
- 5 small balls (50g) of bocconcini with half a cup of cherry tomatoes and basil (no oil)
- cucumber with 40 g cheddar cheese
- 1 small tin tuna in spring water with 4 plain water crackers
- 2 plain ryvita crackers with 25 g avocado and tomato
- ¼ cup almonds and 4 dried apricots
- 1 english muffin with sliced tomato
- 1 "Helga's sandwich thin" sandwich with sliced tomato
- 1 serve homemade banana berry ice cream with a Tbl chopped peanuts (see recipe)

Banana Berry Ice cream - serves 2

- peel, slice and freeze 1 banana and freeze in a plastic bag
 - ¼ cup frozen raspberries
1. Using a stick blender blend frozen banana and raspberries
 2. Scoop into bowls and top with chopped peanuts

Muffin recipe

- 3 cups rolled Oats
 - 3 ripe bananas (frozen & defrosted or mashed well)
 - 2 eggs
 - ½ cup frozen blueberries
 - 1 cup reduced fat milk
 - 3 teaspoons baking powder
 - 1 teaspoon vanilla essence
1. Combine bananas, eggs and milk in a blender and blend until smooth
 2. Fold into remaining ingredients and leave to stand.
 3. Heat oven to 190°.
 4. When oven is hot separate batter across 12 muffin cups
 5. Bake for 15-25 minutes until starting to brown

Monday

Breakfast:

pick 1 option from list

Snack:

1 piece of fruit

Lunch:

2 cups Roast Vegetable salad (prepared on Sunday)

100g herbed chicken breast (prepared on Sunday)

grainy bread 1 slice

Snack:

pick one option from the snack list

Dinner:

120g grilled steak with seeded mustard

Grilled cauliflower, capsicum, green beans, broccoli and carrots

new potatoes 150g

(cook 75g extra steak and ½ cup grilled vegetables per person for lunch tomorrow)

Tuesday

Breakfast:

pick 1 option from list

Snack:

1 piece of fruit

Lunch:

Grilled Vegetable Salad and Steak left over from last night
served with grainy bread 1

Snack:

pick one option from the snack list

Dinner:

Frittata (see recipe)
unlimited Green Salad with balsamic vinegar

Frittata - serves 4 as a main

- 100g peeled pumpkin and chopped into chunks
- 1 clove of minced garlic
- ½ onion finely diced
- 6 eggs
- 1½ cup cooked rice
- ½ cup reduced fat milk
- ½ punnet cherry tomatoes, halved
- 100g spinach
- 25 g grated parmesan
- 1 Tbl Rosemary
- Olive oil

1. Toss pumpkin in a tsp of olive oil and grill on an oven tray lined with baking paper for 10 mins until just softened
2. Heat oil in a pan and cook onion and garlic for 3-4 minutes. Add spinach and cook for a further 1 minute until beginning to wilt.
3. Spray and oven proof dish with a little oil and add onion, garlic, spinach, pumpkin, cherry tomatoes and rice. Whisk the eggs and milk and pour over the vegetables
4. Sprinkle with parmesan and bake for 20-25 at 180° minutes until set

Wednesday

Breakfast:

pick 1 option from list

Snack:

1 banana

Lunch:

Left over Frittata and salad

Snack:

pick one option from the snack list

Dinner:

Mediterranean Summer Fish (see recipe)

Mediterranean Summer Fish - Serves 4 as a main

- 600g new potatoes (chopped)
 - 4 x 150g firm white fish
 - 2 Tbl "Gourmet Garden" Mediterranean Seasoning (comes in tubes beside the chillis and fresh herbs in the veggie section of the supermarket)
 - 1 cos lettuce
 - 2 shallots (sliced)
 - 1 cup frozen peas
 - 2 cups cherry tomatoes (halved)
 - Cooking oil spray
 - Lemon wedges to serve
1. Put chopped potatoes in a bowl with 2 tsp water and microwave for about 3 minutes until tender.
 2. Put Veggies in an oven proof dish and top with fish, microwaved potatoes and seasoning
 3. Spray lightly with oil and bake in oven for about 10-15 minutes at 200° or until cooked to your liking
 4. Serve with lemon wedges

Thursday

Breakfast:

pick 1 option from list

Snack:

1 banana

Lunch:

Tuna Wrap

1 Multigrain tortilla or wrap

1 Tbl Hummous

95g tin of tuna

unlimited lettuce and tomatoes

Snack:

pick one option from the snack list

Dinner:

ratatouille (see recipe)

100g Spiced Chicken

rice ½ cup cooked

Ratatouille - Serves 4

- 4 cups chopped mixed vegetables (eg mushrooms, eggplant, zucchini, carrots, capsicums)
- 2 tins diced tomatoes
- 1 cup reduced salt chicken stock
- 1 Tbl olive oil
- 1 red onion
- 2-3 cloves garlic (crushed)
- 1 fresh tomato diced
- 1 chilli (optional)
- 1 anchovy fillet
- 1 Tbl drained capers
- 1 Tbl paprika

1. Heat oil to medium heat in a large pot add onion, garlic, anchovy, capers, fresh tomato, chilli and paprika cook for about 5 minutes until aromatic stirring occasionally
2. Add remaining vegetables, tinned tomatoes and stock and bring to the boil.
3. Reduce heat and simmer for about 20-30 minutes until liquid reduced and vegetables soft.

Spiced Chicken - serves 2

- 200g lean/heart smart Chicken fillets
- 1 tsp ground all spice
- Salt & pepper

1. Coat Chicken fillets in all spice, salt and pepper and pound each piece once or twice with a closed fist.
2. Cook in a hot pan for a few minutes on each side until golden and just cooked through
3. Allow to rest for 5 minutes before serving

Friday

Breakfast:

pick 1 option from list

Snack:

1 banana

Lunch:

Left over ratatouille and ½ cup bean mix
grainy bread 1 slice

Snack:

pick one option from the snack list

Dinner:

100g Lamb
Greek Salad
Baked Potato with aioli

Lamb - serves 2

- 200g lean/heart smart lamb fillets
 - 1 tsp mixed "greek style" herbs (I often use the masterfood "greek seasoning" mix in the spice jars at the supermarket)
 - Salt & pepper
1. Coat lamb fillets in all spice, salt and pepper and pound each piece once or twice with a closed fist.
 2. Cook in a hot pan for a few minutes on each side until golden and cooked to liking (rare, med, well done)
 3. Allow to rest for 5 minutes before serving

Greek Salad - serves 2

- Unlimited lettuce, tomato, cucumber, red onion
- 40g feta
- 10 olives

1. Chop and mix all ingredients

Aioli - serves 2

- 100g greek yoghurt - 0% or 2% fat recommend Chobani
 - Pinch of Saffron
 - Juice from ½ a lemon
 - 1 clove of Garlic
 - ¼ teaspoon rock salt
1. Put Salt, Saffron and Garlic in a mortar and pestle and grind.
 2. Add yoghurt and mix well