

LWAS Weekly Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 egg on 1 piece of toast plus a ¼ avocado	Raspberry coulis & pistachio yoghurt	1 egg on 1 piece of toast plus a ¼ avocado	Raspberry coulis & pistachio yoghurt	1 egg on 1 piece of toast plus a ¼ avocado	Mushroom omelette	Protein boosted raspberry smoothie
Lunch	Your favourite salad	Leftover oven-baked zucchini & feta fritters (out of the freezer)	Leftover Moroccan lamb pilaf	Leftover Quick Red Beef Curry	Your favourite salad with leftover balsamic chicken	4 Vita-Weats, a sandwich thins or a piece of toast with tuna or ham & salad.	Leftover oven-baked zucchini & feta fritters (out of the freezer)
Dinner	Oven baked Zucchini & Feta Fritters	Moroccan lamb pilaf with baked eggplant	Quick Red Beef Curry	Balsamic Chicken & Chargrilled Vegetables (make double the chargrilled vegies so they're ready for tomorrow night)	Lime fish tacos	Something fun from your favourite takeaway or restaurant!	Lemon Feta Chicken
Snacks (If hungry)	-2 Vita-Weats with 2 slices of cheese -A small tub of yoghurt	-Vegie sticks with 2 tbsp Chobani dip -A piece of fruit	-½ apple with 1 tbsp peanut butter -Hardboiled egg with vegie sticks	-2 Vita-Weats with 2 slices of cheese or 2 tbsp Chobani dip -A piece of fruit	-A small tub of yoghurt -A mini protein bar or handful of nuts	-2 Vita-Weats with 2 slices of cheese -½ cup cereal with milk	-Hardboiled egg -A bit of chocolate or ice cream!

* If hungry between meals, you can also choose from the [snacks list here](#). To balance your snacks, make sure you are topping up your protein, vegies, fruit or dairy for the day.

*If cooking for one, you'll have lots left over from this meal plan. It might be best to just choose 3 of the dinner meals and eat them over multiple nights. You can then mix 'Your favourite salad' with the feta fritters and the Vita-Weat/Sandwich thin lunch for lunches during the week.

Shopping List

There are no amounts so you can calculate based on the number of people you're cooking for. Use this and write the amounts next to each ingredient before you go to the supermarket.

From the fridge

Feta
Tasty cheese
Greek Yoghurt
Chobani dip
Milk

From the shelves

Eggs
Bread or Sandwich Thins
Mini tortillas (if using them for the tacos)
Vita-Weats
Microwaveable brown rice
Pistachios
Mixed nuts
Dried fruit
Red curry paste
Light evaporated coconut milk
Chipotle sauce

Fruit & Vegies

Zucchini
Eggplant
Capsicum
Mushrooms
Baby spinach
Salad bits & pieces (see Your favourite salad recipe)
Butter lettuce
Lemon
Lime
Pomegranate (optional)
Fresh herbs (e.g. parsley & mint)
Fresh or frozen raspberries
Fruit of your choice for snacks

From the butcher

Protein of your choice for lunches (see Your favourite salad recipe)
Lamb mince
Beef rump steak
White fish filets

Pantry staples (check if you have some!)

Moroccan seasoning
Olive oil
Balsamic vinegar
Wholegrain mustard
Salt and pepper
Paprika
Panko breadcrumbs or plain flour
Baking powder
Protein powder (optional)
Tins of tuna or beans for lunches (optional)
Vegetable stock

Raspberry & Pistachio Yoghurt

Serves: 1 bariatric serve

Time: 10 minutes for the coulis prior, 5 minutes to assemble

Ingredients

For the raspberry coulis

- 200g punnet fresh or frozen raspberries

For the yoghurt

- 200g Greek-style yoghurt
- 30g pistachios (or other nut of your choice)

Instructions

1. Heat the raspberries in a small saucepan over medium heat until they begin to break down. As they're cooking, stir them and smash them a little with the back of the spoon. Leave them to simmer and reduce for ~5 minutes until they begin to thicken slightly. Place in a container in the fridge so your coulis is ready to go in the morning.
2. To assemble, place yoghurt, pistachios and a few spoons of coulis in a bowl. That's it!

Notes:

- You can make this your own by adding some additional fresh berries or mixing up the nuts you use.
- You can prepare this in advance in pre-portioned pots and just grab and go in the morning!
- If you blitz and strain the coulis and omit the nuts, this is suitable for those in the puree and soft stages (you could add some banana for a little extra as well).

Mushroom Omelette

Serves: 1 bariatric serve

Time: 20 minutes

Ingredients

- 1/2 tbsp butter
- 50g button mushrooms, sliced
- 1/2 clove of garlic, crushed or 1 tsp crushed garlic
- 1/2 tbsp finely chopped fresh flat-leaf parsley leaves
- 1/2 tsp finely grated lemon rind
- 1 egg
- 1 tbsp fresh ricotta, feta or goat's cheese, crumbled

Instructions

1. Melt half the butter in a mini non-stick frying pan over medium heat (like [this one!](#)). Add mushrooms. Cook for 2 to 3 minutes or until just tender. Add garlic, parsley and lemon peel and cook for another minute or until fragrant. Transfer to a bowl. Cover to keep warm. Wipe pan clean.
2. Whisk egg in a small bowl. Melt the remaining butter in your pan over medium-high heat until hot. Reduce heat to medium-low. Add the egg, tilting pan so egg covers base. Cook for 2 to 3 minutes or until egg is set and the underside golden.
3. Sprinkle the cheese over half of the omelette. Using a slotted spoon, spoon the mushroom mixture over cheese. Season with salt and pepper. Fold omelette over filling. Slide omelette onto a plate and you're ready to go!

NB: You can use the basic omelette recipe and add in any leftover vegies you have instead of the mushrooms (spinach, tomato and roast pumpkin all work well).

If you're on the soft phase, omit the vegetables, and pull the omelette off when only just set (so not too tough) and chew slowly.

Raspberry Protein Boost Smoothie

Serves: 1 bariatric serve

Time: 5 minutes

Ingredients

- 1/4-1/2 cup frozen raspberries
- 1/2 cup milk of your choice
- 2-3 tbsp Greek yoghurt
- 30g Boomers Whey Protein Isolate (or your favourite protein powder)
- A little honey to taste
- A handful of ice

Method

1. Throw everything in your blender and away you go! You'll get approximately 30g of protein in this smoothie.

Note: If you can't have dairy then a vegetarian option such a rice or pea protein is the next best.

Your Favourite Salad

Serves: 1 bariatric serve

Time: 5 minutes

Ingredients

- Your choice of protein from the list below (1/2 cup total)
- Your choice of salad vegies from the list below (1/2 cup total)
- Your choice of salad toppers
- Your choice of dressing from the list below

Instructions

1. Combine your choice of protein, vegies, topping and dressing from the list below and enjoy!

Protein	Vegies	Topping	Dressing
<ul style="list-style-type: none">• 1 mini can of beans (or ~100g) e.g. Chickpeas, Kidney beans, Lentils, 4 bean mix• 1 boiled egg, sliced• 50-100g grilled chicken, turkey, ham or leftover meat• 1 can sardines• 50-100g hot smoked or smoked salmon• 1 small can tuna	<ul style="list-style-type: none">• 1/2 cup of the following in total:• Asparagus, chopped• Artichoke hearts• Bean sprouts• Beetroot• Capsicum• Broccoli florets• Carrots, shredded• Celery, chopped• Corn kernels• Cucumber slices• Onion• Peas, boiled• Radishes, slices• Tomato slices• Greens (lettuce, baby spinach, rocket or mixed leaves)• 1/4 small avocado	<ul style="list-style-type: none">• 1 tablespoon crumbled Blue cheese• 1 tablespoon crumbled Feta cheese• 20g fresh Mozzarella cheese, sliced• 20g cheddar, cubed• 1 tablespoon of your choice of nuts and/or seeds	<ul style="list-style-type: none">• French• Balsamic• Honey Mustard• Minty Yoghurt <p>Want more good ideas? Try this post from BBC Good Food</p>

Oven-baked Zucchini & Feta Fritters

Serves: 16 fritters

Time: 40 minutes

Ingredients

- 2 medium zucchinis, grated
- 2 eggs
- 200g feta, crumbled
- $\frac{3}{4}$ cup Panko breadcrumbs (you can use plain flour instead if you don't have any)
- 1 teaspoon baking powder
- $\frac{1}{4}$ cup chopped mint leaves
- $\frac{1}{4}$ cup chopped flat-leaf parsley leaves

Instructions

1. Place grated zucchini in a mesh strainer over a bowl. Sprinkle with a little salt and stir to evenly distribute it. Let the zucchini sit for 5-10 minutes then place the zucchini in a flat layer on sheets of paper towel. Cover with another layer of paper towel and press to remove as much water as possible.
2. Meanwhile preheat oven to 180C. Line a baking tray with baking paper.
3. In a bowl combine zucchini, eggs, feta cheese, breadcrumbs, baking powder, mint and parsley.
4. Shape 2 tbsp of mixture into patties and place them on the baking sheet, leaving a little space between each.
5. Bake for approximately 20 minutes or until golden.

NB: Serve 2-3 of these fritters with a little salad or a few cherry tomatoes and a dollop of Greek yoghurt or tzatziki dressing. They freeze well and can be eaten as a snack, too!

Moroccan lamb pilaf with baked eggplant

Serves: 8 bariatric serves or 4 regular serves

Time: 20 minutes

Ingredients

- 2 small eggplants, cut into 2cm-thick rounds
- Olive oil spray
- 250g sachet of microwaveable brown rice
- 1 tablespoon extra virgin olive oil (I used garlic-infused for extra flavour)
- 1 small brown onion, finely chopped
- 500g lamb mince
- 1-2 teaspoons Moroccan seasoning
- 1 red capsicum, chopped
- 1/4 cup plain Greek-style yoghurt
- 1 tablespoon lemon juice
- 1 pomegranate, halved, seeds removed
- 2 tablespoons chopped fresh flat-leaf parsley leaves
- 2 tablespoons chopped fresh mint leaves

Method

1. Preheat oven to 200C with the grill function on. Line a large baking tray with baking paper.
2. Spray both sides of eggplant with oil. Place on prepared tray. Season with salt and pepper. Grill for 10 minutes each side or until golden and tender.
3. Meanwhile, heat oil in a frying pan over medium-high heat. Add onion. Cook, stirring for 5 minutes or until softened. Add mince. Cook, stirring with a wooden spoon to break up mince, for 8 to 10 minutes or until browned and cooked through. Add spice mix and capsicum and rice. Toss to combine and cook for 2-3 minutes or until fragrant.
4. Serve lamb mixture with eggplant and topped with lemon juice, yoghurt, mint and pomegranate seeds.

Quick Red Beef Curry

Serves: 8-10 bariatric serves or 4 regular serves

Time: 30 minutes

Ingredients

- 400g beef rump steak, trimmed of fat and sliced across the grain
- 1 brown onion, cut into wedges
- 1 red capsicum, deseeded and thinly sliced
- 2 tablespoons red curry paste
- 375ml can 98.5% fat-free evaporated coconut milk
- 1/2 cup reduced-salt vegetable stock
- 115g baby corn, halved lengthways
- Steamed rice, to serve (optional)

Instructions

1. Heat a large saucepan over medium heat and spray with a little oil. Add beef and cook, stirring, for 2 minutes or until brown remove from heat. Add the onion and capsicum and cook, stirring, for 2-3 minutes. Stir in curry paste and cook for a further 1-2 minutes or until fragrant. Add beef back into saucepan and reduce heat to low.
2. Combine the coconut milk and stock and add to pan. Bring to a simmer (do not boil). Simmer, stirring occasionally, for 5 minutes. Add corn and simmer for 2-3 minutes or until tender. Remove from heat.
3. Serve curry with rice if preferred.

Notes:

- This freezes well so you can defrost for an easy dinner option later. It also transports to work for lunch the next day.
- If you want, you can use either green or yellow curry paste instead of red for a different twist.
- You can also do this in the slow cooker if you are in the soft food stage or blend it if on purees.

Balsamic Chicken & Chargrilled Vegetables

Serves: 2 bariatric serves

Time: 30 minutes

Ingredients

- 1 small zucchini, sliced lengthwise
- 1 small red capsicum, quartered
- 1 tablespoon balsamic vinegar
- 2 teaspoons olive oil
- 1 medium chicken breast
- 1/2 tsp wholegrain mustard
- 1 cup baby spinach

Instructions

1. Preheat BBQ or grill pan to medium-high heat. Spray pan with olive oil cooking spray and when hot, grill zucchini and capsicum for 2-3 minutes each side. Remove from the heat and cut into smaller pieces.
2. Combine 1 tsp olive oil and 1/2 tbsp balsamic and brush onto chicken breast. Season. Add to the grill until cooked through (approximately 3-4 minutes each side). Slice into smaller pieces and toss together with the zucchini and capsicum.
3. In the meantime, whisk remaining 1 tsp olive oil with remaining 1/2 tbsp balsamic, mustard and a little salt and pepper together in a small bowl.
4. Divide baby spinach between plates, add zucchini capsicum and chicken, and pour over dressing.

NB: This one works well a leftovers (just keep the baby spinach separate until the next day). It is also a really easy recipe to scale up or down depending on the number of people you are cooking for.

Recipe adapted from [Food Coach Me](#) original recipe. Image: Food Coach Me.

Lime fish tacos

Serves: 4 bariatric serves or 2 regular serves

Time: 30 minutes

Ingredients

- 1 tablespoons fresh lime juice
- 1/2 tablespoon olive oil
- 1/2 teaspoon smoked paprika
- 1 garlic clove, crushed
- 1 teaspoon chipotle sauce
- 200g skinless firm white fish fillets
- 1/2 small red capsicum, deseeded
- 1 small zucchini, cut into 5mm-thick discs
- 1/4 avocado
- 4 butter lettuce leaves
- 4 mini corn tortillas, warmed, optional

Instructions

1. Combine 1/2 tbsp lime juice, oil, paprika, garlic and 1/2 tsp chipotle in a shallow dish. Add fish and turn to coat. Cover and set aside for 10 minutes to marinate.
2. Preheat a chargrill pan or BBQ to high. Lightly spray capsicums, zucchini and fish with oil. Cook capsicums and zucchini for 2 minutes each side or until tender. Cook fish for 2 minutes each side or until golden and cooked through.
3. Meanwhile, process avocado, remaining lime juice and chipotle in a food processor until smooth (or mash it, if you're like me and don't like to wash up much!).
4. Divide the lettuce, grilled vegetables and fish between the tortillas. Top each with a dollop of the chipotle avocado. Serve with fresh coriander and lime wedges.

NB: You can make these tacos without the taco and wrap the fish and vegies in the lettuce if you like.

This recipe is adapted for WLS from [Taste](#). Image from [Taste](#)