

LWAS Weekly Meal Plan

This meal plan is designed to make life easy as you'll prepare one meal and night, and then turn it into lunch the next day. You may still want to adjust and double check the quantities depending on the number of people you are cooking for and your individual portion sizes. This one starts on a Sunday so you have lunch sorted for Monday.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Soft-boiled eggs on toast	Overnight oats your way	Overnight oats your way	Soft-boiled eggs on toast	Overnight oats your way	Soft-boiled eggs on toast	Spring smoothie
Lunch	Your favourite salad	Leftover lemon feta chicken	Best roast vegies with salmon salad	Leftover Mexican beef your way	Grilled chicken quinoa salad	Loaded sweet potatoes	Your favourite salad
Dinner	Lemon Feta Chicken	Best roast vegies with baked salmon	Healthier beef "burritos"	Grilled chicken skewers	Loaded sweet potatoes	Something fun from your favourite restaurant!	Mix and match your own from the fridge
Snacks (If hungry)	If hungry between meals, you can also choose from the snacks list here .						

Overnight Oats Your Way

Serves: 3-4 bariatric serves

Time: 10 minutes

Base Recipe Ingredients

- 1 cup rolled oats
- 1 cup milk of your choice
- 1 cup Greek yoghurt
- 2 tbsp skim milk powder or whey protein isolate powder
- 1 tbsp chia seeds (optional)

Instructions

1. Combine all ingredients in the base recipe in a bowl
2. Add your favourite flavour combinations from those below
3. Separate between single serves containers or jars
4. Store in the fridge for up to 4 days.

Note: you can make one batch of the same flavour or separate first, then add flavours to individual portions.

Favourite flavour combinations

Summer berries: Mix through $\frac{1}{4}$ cup fresh or frozen mixed berries of your choice (e.g. blueberries, strawberries or raspberries).

Fig and pistachio: Mix through 1 tbsp chopped pistachios and 2 chopped figs per serve. You can replace the figs with $\frac{1}{2}$ cup strawberries if not in season.

Banana, maple and walnut: Mix through $\frac{1}{2}$ teaspoon mixed spice, 1 teaspoon maple syrup (optional), 1 tablespoon chopped walnuts per serve. Top with $\frac{1}{4}$ banana, sliced, before serving.

Apple and cinnamon: Mix through $\frac{1}{4}$ cup grated apple, $\frac{1}{2}$ teaspoon cinnamon and 1 teaspoon honey per serve.

Coco Loco: Mix through 1 teaspoon honey, 2 teaspoons cocoa powder, 2 teaspoons shredded coconut and 2 teaspoons slivered almonds per serve. Top with $\frac{1}{4}$ banana, sliced, before serving. (Note, you might like to use almond milk for this one too)

Spring Smoothie

Serves: 1 bariatric serve

Time: 5 minutes

Ingredients

- 1 cup milk of your choice
- 1 tbsp skim milk powder or whey protein isolate
- 1/4 banana (or 1/2 small banana)
- ¼ cup strawberries
- ¼ teaspoon vanilla essence
- A few ice cubes

Instructions

1. Add all ingredients to a blender and blitz!

Note: This one is great for using any extra fruit you have floating around the fridge. Play around with the flavour combinations!

Note: You might also like to play around with the amount of liquid to suit your preferences for texture.

Soft-Boiled Eggs on Toast

Serves: 1 bariatric serve (double for a regular serve)

Time: 10 minutes

Ingredients

- 1 large egg
- 1 piece of multigrain, rye or sourdough
- 1 tbsp chopped fresh herbs
- ¼ avocado (optional)

Instructions

1. Bring a small pan of water to a gentle boil. Add your egg and boil for 5-7 minutes. (cook 5 minutes for a very runny yolk or up to 7 minutes for a barely set yolk).
2. Remove the egg and place it in a bowl of cold water and carefully peel (sometimes I just crack the top off and scoop out with a teaspoon if it's easier)
3. Meanwhile toast the bread, and chop or snip the herbs.
4. If using, smush the avocado on the toast, then top with the egg and the herbs. Season before serving.

Note: You can do this with the eggs however you like: scrambled, boiled, poached – I'm just lazy and love the running yolk so I love this one!

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>

Lemon Feta Chicken

Serves: 2 bariatric serves

Time: 25 minutes

Ingredients

- 1 medium chicken breast fillet, trimmed
- 50g feta, thickly sliced
- 2 sprigs oregano
- 1/2 tablespoon lemon zest
- 1 tablespoon lemon juice
- 1/2 punnet of cherry tomatoes
- 5 kalamata olives
- 1 cup sweet potato mash, to serve

Instructions

1. Preheat the oven to 180C.
2. Place chicken in a baking dish then top with the feta, oregano, tomatoes, olives, lemon zest and juice. Season and sprinkle with olive oil.
3. Bake for 18 minutes, or until chicken is cooked through. Serve with mash.

To turn this into lunch:

1. Either pack the remaining serve and reheat OR
2. Chop the leftover chicken and add to a handful of baby spinach, top with the remaining feta, tomatoes and olives. Dress with a drizzle of balsamic glaze. (Freeze the remaining mash for a future meal).

Best Roast Vegies with Baked Salmon

Serves: 2 bariatric serves

Time: 40-50 minutes

Ingredients

- ½ small sweet potato, peeled and cut into 2cm cubes
- 100g pumpkin, peeled and cut into 2cm cubes
- ¼ small red onion, peeled and cut into wedges
- 1 baby red capsicum, cut into 2cm cubes
- 1 small zucchini, cut into 2cm cubes
- 1 fillet of salmon
- A few semi-dried tomatoes, thinly sliced
- 50g feta, crumbled
- A small handful of basil, shredded
- Dressing: 1.5 tbsp olive oil, 1.5 tbsp red wine vinegar, salt & pepper.

Instructions

1. Preheat your oven to 190° Combine the dressing.
2. Put sweet potato, pumpkin, red onion and half of the dressing into a roasting pan lined with baking paper. Roast for 20-30 minutes.
3. Remove from the oven and toss them. Add the red pepper and zucchini as well as the salmon. Squeeze a little lemon juice over the salmon and season. Return to the oven for another 20 minutes.
4. Remove from the oven and stir the semi-dried tomatoes, feta, basil and remaining dressing through the vegies.
5. Serve ½ vegies with ½ the salmon. Save the rest for lunch tomorrow.

Note: This is a really versatile recipe that will go with any number of protein options. The vegies will keep well too, so if you want to do more – go for it! Pair them with any leftover meat, beans, fish or eggs you have in the fridge.

Healthier Beef Burritos

Serves: 8 bariatric serves (freezes well for later)

Time: 45 minutes

Ingredients

- 2 teaspoons olive oil
- 500g lean beef mince
- 1 clove garlic, finely diced
- 1 small red onion, finely diced
- 1 small red capsicum
- 1 tablespoon tomato paste
- 1 long red chilli, finely diced (optional)
- 1 tablespoon Mexican chilli powder or taco seasoning
- 400g can diced tomatoes
- 400g can red kidney beans
- ½ cup beef stock

Optional toppings

- Shredded lettuce
- Canned corn kernels, drained
- Light sour cream
- Diced avocado
- Tomato salsa
- Small soft tacos

Instructions

1. Heat oil in a large saucepan over medium heat. Add mince. Cook, stirring with a wooden spoon to break up mince, for 5-10 minutes or until browned. Add garlic, onions, capsicums, tomato paste and fresh chilli (if using). Cook for 5 to 6 minutes or until vegetables are soft. Add chilli powder. Cook, stirring, for 1 minute or until fragrant.
2. Add tomatoes and stock. Bring to the boil then reduce heat to medium-low. Simmer, partially covered, for 30 minutes or until sauce has reduced slightly.
3. Add beans. Increase heat to medium. Cook for 15 minutes or until beans are heated through and sauce has thickened. Serve chilli with toppings of your choice.

Note: This will have lots leftover. Freeze it in single portions for future use.

To turn this into lunch:

1. Either eat as is (just the chilli) – hot or cold works well OR
2. Make into a mini Mexican taco for lunch (pack the toppings separately so they don't go soggy)
3. Use a lettuce leaf or two and fill with the chilli and toppings of your choice.

Loaded Sweet Potatoes

Serves: 2 bariatric serves

Time: 20 minutes

Ingredients

- 1 small sweet potato (or one of the small purple ones)
- 2 mini cans of four bean mix (or half a 400g can), rinsed and drained
- 2 tbsp pesto
- 1 spring onion, chopped (optional)
- 50g grated cheese

Method

1. Preheat the oven to 220C. Meanwhile, prick the sweet potato with a fork and microwave on high for 4-6 minutes or until just soft. Halve lengthways and set aside to cool for 5 minutes.
2. Scoop out a little flesh to make a boat. Dice the flesh and place in a bowl. Stir in the beans, pesto and spring onion. Season to taste.
3. Put the potato boats on a baking tray and divide the bean mixture between them. Top with the cheese. Bake in the oven for 10 minutes until the cheese is melted.

Grilled Lemon Chicken Skewers

Serves: 2 bariatric serves

Time: ~30 minutes

Ingredients

Chicken:

- 1 small skinless chicken breast (or chicken tenderloins if easier)
- 1 tbsp lemon juice
- ½ tbsp olive oil
- ¼ tsp ground cumin
- Baby spinach or lettuce leaves, to serve

Sauce:

- 1/3 cup Greek yogurt
- 2 tbsp hummus
- ½ tablespoon fresh lemon juice
- ¼ tsp crushed garlic (about ½ clove)
- ¼ tsp ground cumin

Instructions

1. Slice the chicken breast lengthwise into about 4 thin strips.
2. In a small bowl, whisk together the lemon juice, olive oil, cumin, salt and pepper for the marinade. Add the chicken and toss to combine. Leave to rest for at least 10 minutes if you have time).
3. Thread the chicken accordion-style onto 2 metal skewers (2 chicken strips per skewer).
4. Preheat a BBQ or grill pan to medium-high then grill the chicken 3-4 minutes per side, until cooked through.
5. Meanwhile, combine all the sauce ingredients in a bowl and whisk together until smooth. Add hot water a teaspoon at a time to thin the sauce, if needed.
6. Let the chicken rest for 5 minutes before serving. Serve on top of leaves, if desired, and drizzle with the sauce.

Recipe adapted from [Mel's Kitchen Cafe](#). Image also from Mel's Kitchen Cafe

To turn this into lunch:

- Add the chicken to some mixed greens and a little quinoa or brown rice (use a 'Quick Cup') then top with the sauce.