

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	Smoked salmon and avocado on toast	Berry Breakfast Parfait	One-egg Omelette	Berry Breakfast Parfait	One-egg Omelette	Berry Breakfast Parfait	Spring Smoothie
Lunch	Your favourite salad	Leftover Caribbean Beef Chilli	Balsamic Chicken One-Tray Bake	Your favourite salad	Leftover Easy Asian Chicken Salad	Loaded sweet potatoes	Smoked salmon & avocado on toast
Dinner	Caribbean Beef Chilli	Balsamic Chicken One-Tray Bake	Your favourite salad	Easy Asian Chicken Salad	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 .						

Berry Breakfast Parfait

Make breakfast a little more fancy by whipping up a raspberry coulis.

Serves: 1 bariatric serve

Time: 5 minutes assembly, 10 minutes for the berries

Ingredients

- 250g raspberries
- 2 tsp sugar or sweetener of your choice
- 1 tbsp water
- 100g Greek-style yoghurt
- 1 tbsp clear protein powder of your choice
- 1 tbsp untoasted muesli
- 1/4 cup of raspberry coulis (above)

Method

1. For the raspberry coulis: Combine the berries, sugar and water in a small saucepan. Bring to a simmer over medium heat, and cook for about 6 minutes, or until the berries break down and the liquid starts to thicken. Set aside to cool.
2. To assemble the parfait, place the yoghurt, muesli and raspberry coulis in a glass (or a jar if you want to take it to work!). Top with a few leaves of mint if you have them.
3. Store the remaining coulis in the fridge for up to 5 days.

Tips:

- Make the coulis with blueberries, strawberries or blackberries depending on what is in season
- Omit the sugar if you like a more tarte taste
- Up the protein further by sprinkling a few nuts over the top
- Make this suitable for the puree phase by straining the seeds from the coulis and omitting the muesli.

One-Egg Omelette

Serves: 1 bariatric serve

Time: 15 minutes

Ingredients

- 1 large egg
- A pinch of onion powder
- A pinch of dried thyme
- 1 tsp oil
- 20g grated cheese (~1 slice)

Method

1. In a small bowl, use a fork to whisk together the egg, onion powder and dried thyme.
2. Warm the oil in a small pan and pour the whisked egg into the pan, ensuring it reaches all the edges. Cook for a few minutes or until the egg is almost cooked through. Add cheese on top. Let it cook for just long enough to warm the cheese, fold in half and transfer to your plate.

Serving Suggestions

You can either fill this omelette or place on top of a whole range of things as pictured above (I cook the vegies in the pan first, turn them out and then use the pan for the egg – minimal washing up!). If filling your omelette, around 1/4 – 1/2 cup filling is usually enough. Try:

- Cheddar cheese and mushrooms
- Corn or beans, cheddar and tomatoes
- Baby spinach and avocado
- Smoked salmon and cream cheese
- Mozzarella, baby spinach and tomatoes
- Shredded chicken, tomato and baby spinach
- Ham, cheese and tomato.

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)
- 1/4 cup strawberries
- 1/4 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.

Caribbean Beef Chilli

Serves: 4-6 bariatric serves

Time: 40 minutes

Ingredients

- 1 small carrot, grated
- 1 clove garlic, finely chopped
- 400g beef mince
- 1 tbsp Caribbean jerk seasoning
- 50g mango chutney
- 1 tbsp tomato paste
- A pinch of chilli flakes, optional
- 1 Roma tomato, chopped
- 1 Lebanese cucumber, chopped
- 1/2 cup chopped mint
- 1/2 lemon

Method

1. Heat a drizzle of olive oil in a large frying pan over medium-high heat. Add the beef and cook, breaking up, for 4-5 minutes or until browned. Add the carrot, garlic and Caribbean seasoning and cook for 1-2 minutes or until fragrant. Add the chutney, tomato paste, 1/2 cup water, 1/2 tsp salt and the chilli flakes (if using). Stir to combine then allow to simmer until heated through, around 2 minutes.
2. In the meantime, combine the tomato, cucumber, mint and a squeeze of lemon juice. Season and stir to combine.
3. To serve, divide the tomato and cucumber salsa as well as the beef between bowls.

Note: serve with a spoon of rice if you prefer.

Balsamic Chicken One-Tray Bake

Serves: 4-6 bariatric serves

Time: 20 minutes

Ingredients

- 300g mixed medley tomatoes
- 1 bunch asparagus, ends trimmed
- 500g chicken tenderloins
- 1 tbsp extra virgin olive oil
- 50g feta
- balsamic glaze, to serve

Method

1. Preheat oven to 220°C. Arrange the tomatoes and asparagus on a roasting tray. Top with chicken tenderloins and crumbled feta. Drizzle with olive oil and season with salt and pepper.
2. Bake for 10-20 minutes or until chicken is cooked through (the timing depends on the size of your chicken tenderloins. Drizzle with balsamic glaze and serve!

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>

Easy Asian Chicken Salad

Serves: 2 bariatric serves

Time: 5 minutes

Ingredients

- 1 cup shredded roast chicken breast
- 1 cup chopped baby cos lettuce
- 1 handful cherry tomatoes, halved
- 1/4 grapefruit, chopped
- 1/4 cup fresh coriander leaves
- 1 tablespoon fresh lime juice
- 1/2 tablespoon fish sauce
- 1 teaspoon brown sugar
- 1/2-1 fresh red chilli, deseeded, chopped, optional

Method

1. Divide the chicken, lettuce, tomatoes and grapefruit between two serving bowls.
2. Combine lime juice, fish sauce, sugar and chilli in a jar. Pour over salad and toss to combine.

NOTE: If making these for lunches, make up the dressing and divide between two small containers. Divide the lettuce, chicken, tomato and grapefruit between Tupperware containers and combine just before serving.

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.