

SLIMFAST

HEALTHY MEAL SUGGESTIONS

With so many amazing healthy foods readily available to us, dull mealtime choices don't need to be your reality! Consider some of these meal suggestions as you plan your weekly menu:

BREAKFAST

1. Scrambled eggs, spinach, grilled tomato, mushrooms, seasoned with fresh herbs
2. Fresh fruit salad with natural yoghurt
3. Rolled oats, trim milk, blueberries
4. Poached eggs with avocado on wholegrain toast
5. Poached eggs and salmon on a bed of spinach with grilled tomato
6. Baked beans on wholegrain toast
7. Smoothie: 1 scoop protein powder, frozen berries, water
8. Low sugar cereal such as Special K with banana and low fat milk

LUNCH

1. A sandwich wrap, with any one of the following meat choices: chicken, turkey, ham, salmon. Add to that avocado, tomatoes and salad greens
2. A salad of lettuce or spinach with seed mix, boiled egg, avocado, grated carrot and beetroot with a choice of chicken, turkey, ham, tuna or salmon
3. Quinoa salad, salad greens, dried cranberries, parsley, beetroot, spring onions, roasted almonds, feta OR quinoa with a selection of freshly steamed vegetables
4. Omelette with feta and parsley, tomatoes and mushrooms
5. Scrambled eggs in a toasted pita with tomatoes
6. Pumpkin and kumara soup

DINNER

1. Salmon fillet with freshly steamed vegetables
2. Grilled chicken or beef and vegetable stirfry with fresh ginger, garlic and cashews, served with wholegrain rice or tofu
3. Grilled lamb or chicken salad, with salad greens
4. Grilled steak with fresh green beans and mushrooms
5. Curry with a tomato or lentil base and loads of vegetables and chick peas
6. Lamb, chicken or tofu kebabs with tahini OR prawn kebabs with garlic yoghurt dressing accompanied with vegetables/salad

SNACKS

1. Apple with nut mix
2. Rice wafers with cottage cheese
3. Hard boiled egg
4. Crackers and hummus / carrots and hummus
5. Bananas