

7 Day Diet Menu



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Your Wellness Centre - Naturopathy

WONDERING WHAT TO EAT?

Here is a 7 day sample menu for you

	Day 1	Day 2	Day 3
Breakfast	Omelette with low fat cheese Use 2 eggs 30g low fat cheese 1 cup tomatoes mushrooms	High fibre cereal * ½ cup coconut milk Boiled egg on the side	Scrambled egg Use two eggs 1 cup of tomato Mushroom Chopped parsley
Morning Tea	Quarter cup Carrot sticks with hummus*	Quarter cup of berries and 6 brazil nuts	1 Cruskit with hummus dip*
Lunch	90g tuna or salmon 1 ½ half cups salad <i>Salad: lettuce tomato yellow and red capsicum cucumber apple cider vinegar olive oil dressing</i>	1 palm cold roast chicken (from night before) 2 cups salad of lettuce Rocket leaves Thinly sliced carrot Avocado Slice of feta for flavouring Add apple cider Vinegar Olive oil dressing	Warm greek salad* <i>from the night before</i>
Afternoon Tea	1 apple with 6 almonds	Rye Cruskit 30g of low fat cheddar cheese	½ cup strawberries ¼ cup of plain yoghurt
Dinner	1 palm size roasted free range chicken 1 ½ cups steamed green beans Broccoli Zucchini	Warm greek lamb salad * see recipe	1 palm size grilled lean lamb chops on a bed of ½ cup of mashed pumpkin 1 cup Steamed cauliflower Broccoli Carrots

	Day 4	Day 5
Breakfast	<p>Bacon, Tomato and Mushrooms 2 Slices of Bacon quarter cup tomato, slice of onion ½ cup mushrooms</p>	<p>Avocado with Ham and Cheese 2 slices lean ham quarter cup grated low fat cheddar cheese quarter cup capsicum 1 spring onions quarter cup avocado <i>Chop ham, capsicum and onion, gently dry fry, place ham on top of avocado, top with cheese, and lightly grill.</i></p>
Lunch	<p>Cheese & Fruit Platter 30g low fat cheddar cheese quarter cup cantaloupe quarter cup watermelon ½ cup strawberries <i>Serve cubed cheddar cheese with chilled fruit.</i></p>	<p>Tuna Salad 90g tuna ½ cup asparagus ½ cup tomato quarter cup onion ½ cup mushrooms quarter cup capsicum <i>Serve mixed salad with tuna</i></p>
Dinner	<p>Baked Fish 120g baked fish quarter onion 1 teaspoon Apple Cider Vinegar ½ cup broccoli quarter cup carrot Dash of "No Salt", Pepper, Paprika <i>Place fish on aluminium foil Cover with vegetables and sprinkle seasoning over the top. Wrap, seal and bake at 235oC for about 25 minutes.</i></p>	<p>Roast Lamb and Vegetables 1 palm of roast lamb ½ cup spinach quarter cup carrot ½ cup broccoli</p>

	Day 6	Day 7
Breakfast	<p>Poached Eggs and Fruit Salad</p> <p>2 eggs – poached quarter cup cantaloupe quarter cup strawberries, quarter cup watermelon</p> <p><i>Poach (or scramble) eggs and enjoy. Then follow up with a fruit salad of cubed cantaloupe and watermelon, and hulled and chopped strawberries.</i></p>	<p>Summer Fruit with Cottage Cheese</p> <p>30g cottage cheese 50g strawberries 50g watermelon</p> <p><i>Wash and hull strawberries, cube watermelon, and serve chilled with cottage cheese.</i></p>
Lunch	<p>Ham Salad and Cold Roast Vegetables</p> <p>60g ham quarter cup pumpkin quarter cup eggplant quarter cup capsicum quarter cup carrot ½ cup zucchini</p> <p><i>Mix vegetables with 10 ml of olive oil and bake at moderate heat until vegetables are tender. Allow to cool. Double the quantities for two serves. And have tomorrow for lunch tomorrow with cold chicken. Serve mixed salad with ham.</i></p>	<p>Chicken and roast vegetable salad</p> <p>Roast vegetables from yesterday's lunch: quarter cup pumpkin quarter cup eggplant quarter cup capsicum quarter cup carrot ½ cup zucchini palm chicken pan fried last night sprinkle with crushed walnuts for extra crunch</p>
Dinner	<p>Cream of Chicken Soup</p> <p>palm diced cooked chicken 1tsp butter 30g grated Low fat cheddar cheese, ½ cup celery diced quarter cup chopped onion, quarter cup chopped green capsicum 120ml water and 1 chicken stock cube</p> <p><i>Sauté vegetables in butter for approx 3 mins., dissolve stock cube in hot water and pour into pan with veggies. Add chicken and cheese, cover and simmer for approximately 5 min or until desired consistency. (While this is cooking, separately fry a palm of chicken for tomorrow's lunch with cold roast vegetables.)</i></p>	<p>Steak and Onions</p> <p>1 palm steak 1 tsp butter quarter cup onion ½ cup tomato ½ cup silver beet</p> <p><i>Cook steak as desired, cook onions in butter, add silver beet and tomato. Serve veggies on top of steak.</i></p>

Recipes

Hummus Dip

250g cooked chickpeas (canned is fine)
1 teaspoon ground cumin
2 pinches sea salt or substitute
2 tablespoons Tahini (made from unhulled sesame seeds provides lots of calcium)
3 tablespoons water
1 clove garlic, finely chopped or crushed
1 lemon, juiced
Freshly ground black pepper to taste

Method:

Blend the chickpeas to a fine puree. Add the cumin, salt, tahini, lemon juice, garlic, water, a little pepper and blend again. Refrigerate and use as a dip, spread, dressing on salads, or on steamed vegetables.

Warm Greek Lamb Salad

400g lean lamb strips
1 lettuce leaves, torn into pieces
2 cups baby spinach leaves
1 medium tomato, chopped not 1 cup halved cherry tomatoes
1 cup sliced cucumber
½ cup sliced red onion
½ cup pitted olives
½ cup chopped flat leaf parsley
Freshly ground black pepper
½ cup feta cheese
Lemon zest from 1 lemon

Dressing:

Make a vinaigrette dressing using extra virgin olive oil, lemon juice, and balsamic vinegar. The vinaigrette should be ½ extra virgin olive oil and ¼ each lemon juice and balsamic vinegar. Add 1-2 cloves of crushed garlic.

Mix all salad ingredients together in a salad bowl. Heat a little extra virgin olive oil in a wok or frying pan. Add the lamb strips and stir-fry for a few minutes. Remove from wok and allow cooling until it is just warm and then adding to salad mix. Add vinaigrette dressing and toss through salad. Crumble feta cheese over the top of the salad and sprinkle with chopped parsley and cracked black pepper. Serve immediately.

Hi Fibre Cereal

Makes 4 serves – 60 grams each

Ingredients:

Sunflower seeds (hulled) 30g

Pine nuts 30g

Slivered almonds 30g

Sesame seeds 30g

Pecans roughly chopped 30g (or other nuts of choice)

Linseeds (whole) 50g

Bran unprocessed 20g

Dried coconut 20g

Method:

Mix together very well. Weigh into 60g portions and put in airtight containers.

Have with quarter cup of coconut milk and a tablespoon of Yoghurt.

This also tastes delicious topped with sliced strawberry.