

# Weight-friendly 7-day Meal Plan

You can enjoy delicious, nutritious avocado and still lose weight. Avocado is a nutrient-rich food that boosts your wellbeing, adds enjoyment to your meals and helps keep you feeling fuller for longer.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	30g (⅓ cup) whole grain cereal or 2 breakfast biscuits or ¼ cup muesli ½ cup reduced fat milk (or non-dairy alternative) 1 cup strawberries	<u>Raspberry Yoghurt Smoothie</u>	1 cup oat porridge with 1 teaspoon honey ½ cup reduced fat milk (or non-dairy alternative) 1 banana	1 cup fruit salad 150g fruit yoghurt ¼ cup granola topping	30g (⅓ cup) whole grain cereal or 2 breakfast biscuits or ¼ cup muesli ½ cup reduced fat milk (or non-dairy alternative) ½ punnet (60g) blueberries	<u>Mexican Corn and Avocado Toast</u>	<u>Smoked Salmon &amp; Avocado Toast</u>
Snack 1	2 whole wheat crispbread or 4 small whole grain crackers 2 tsp Peanut butter	1 medium skim cafe latte (400ml)	2 large rye crispbread with thin slice of cheese and fresh tomato	1 cup (250ml) milk/non-dairy alternative (or cafe latte)	1 small banana smoothie (250ml)	1 medium mixed vegetable and fruit juice (400ml)	1 small kefir or flavoured drinking yoghurt (250ml)
Lunch	<u>Green-is-good Avocado Salad Sandwich</u>	1 wholemeal wrap with hummus, 1 slice lean roast beef, roasted red capsicum & baby spinach. 1 orange	1 rye bread sandwich with 1 slice ham, pickles and 1 cup mixed leaves. 1 medium nectarine (or two small)	<u>Aussie Avocado Hummus with Raw Spring Vegetables</u> (& pita triangles)	1 mixed salad with small can of tuna and 1 boiled egg 1 small wholemeal bread roll 1 apple	2 medium salmon avocado sushi rolls (take-away). 1 cup fruit salad	1 lentil burger on wholemeal lunch roll with 1 cup mixed leaves
Snack 2	<u>The Smooth Avocado</u>	1 oat-type muesli bar with dried fruit & nuts	150g tub fruit reduced fat yoghurt	<u>Avocado Vegemite Toast</u>	Mixed vegetable sticks (eg carrot, celery, capsicum) and ¼ cup hummus (or tomato salsa)	1 medium skim cafe latte (400ml)	½ portion (100g) <u>Chocolate Avocado Mousse</u>
Dinner	½ cup (50g) dry wholemeal spaghetti, cooked with ¼ cup Bolognese sauce (lean mince & red lentils) 1-2 cups mixed salad & 2 teaspoons Italian dressing	Stir-fry chicken with vegetables with ½ cup cooked brown rice (Easy option: frozen healthy meal version)	<u>Avocado Chicken and Cabbage Nourish Bowl</u>	1 grilled pork steak, 1 cup sweet potato wedges and 1-2 cup mixed steamed greens	<u>Herb crusted Polenta Pizza with Avocado and pesto</u>	Chinese style dumpling soup with vegetables (Easy option: frozen healthy meal version, or take-away)	1 large slice (330g) Vegetable frittata with 1-2 cup mixed salad

**!**  
See something you can't eat?  
See page 2 for alternate options

Click through to see all recipes at <https://australianavocados.com.au/health-professional/patient-resources/recipe-inspiration/>



## Adjusting the options for you

Foods from within the same group are interchangeable so you can switch to your preferred options within each food group. For example:

- If you don't eat pork, simply switch to any lean meat or poultry
- If you don't eat ham, switch to any lean cold meat such as roast beef or turkey breast
- If you are vegetarian, switch the meat for plant-based alternatives such as tofu, vege-burgers, plant-based mince (or fish, if you like)
- If you are dairy-free, switch to a plant-based milk (choose one with added calcium and other vitamins)
- If you don't like the fruit option suggested, switch to any fruit you fancy. Aim to have two serves of fruit a day, ideally at different times
- When it comes to non-starchy vegetables, the more the better- there are no limits. Include at least 1 cup of veggies at lunch and 1-2 cups at dinner each day. Choose a variety of different colours and types
- Drink 1-2 litres of kilojoule-free fluids a day e.g. tap water, soda water, unflavoured mineral water, unsweetened tea/coffee. No-sugar soft drinks or cordial are OK to include too



## Healthier choices when shopping

- Whole grain choices are best when it comes to bread, crispbread, breakfast cereal, pasta and grains such as rice, oats and quinoa - they cram more nutrients, fibre and phytochemicals into every bite. Look for 'wholegrain', 'high fibre' and 'Low Glycemic Index' on the label
- Choose reduced fat milk and yoghurt

## Easy options

We can't cook at home all the time, or make everything from scratch, so this meal plan includes 'easy options' for busy people such as frozen, take-away and packaged options.

## Deliciously nutritious

This meal plan provides adequate daily amounts of vitamins and minerals for optimal health, good fats for a healthy heart and plenty of fibre for a happy gut. The avocado adds a delicious taste as well as fibre, folate, niacin, potassium, vitamin E, vitamin K, polyphenols and colourful carotenoid pigments.

## Boost your success

Remember to be as physically active as you can to feel good and assist weight loss. Drink plenty of water and limit or avoid sugar drinks and alcohol to improve your success.



## Important notes on this meal plan

This weight-friendly meal plan is kilojoule controlled for weight loss, providing around 6,200kJ daily. This kilojoule level is based on the average energy requirements to achieve weight loss in an adult woman who undertakes a light-moderate level of physical activity. Those who are very active may need to eat more.

Men following this meal plan can include larger serves of the breads and cereals (including rice, pasta), and meat (or alternatives). Energy requirements may vary according to height, weight, age, physical activity and health status.

Those with medical conditions should seek expert health advice before commencing a weight loss plan. For more personalised advice, consult an Accredited Practising Dietitian (APD).

## Nutrition information (average per day)

Kilojoules	6284 kJ
Protein	72g
Total fat	51g
Saturated fat	15g
Polyunsaturated fat	9g
Carbohydrates	171g
Sugar	81g
Dietary fibre	35g
Sodium	2049mg