Lite n' Easy DIY Menu: SUMMER

13 15 12

THE GOOD FOOD COMPANY

Lite n' Easy

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
Breakfast	1 Multigrain Muffin with tomato and 1 slice of low fat grilled cheese	1 small bowl of cereal with 1/2 cup of skim milk 1 piece of fresh fruit	1 small bowl of cereal with 1/2 cup of skim milk 1 piece of toasted fruit bread with 2 tsp of margarine	1 small bowl of cereal with 1/2 cup of skim milk 1 toasted crumpet with 1 tsp of honey	1 small serve of cooked oats with a tsp of sultanas 2 piece of toasted grain bread with 2 tsp of strawberry jam	1 Multigrain Muffin with 140g of baked beans 1 small glass of orange juice	2 pieces of toasted wholemeal with 2 tsp of peanut paste 1 piece of fresh fruit
Morning snack	1 piece of fresh fruit	1 tub of low fat yoghurt	1 small bowl of fresh fruit salad	1 piece of fresh fruit	1 piece of fresh fruit	1 piece of fresh fruit	1 tub of low fat yoghurt
Lunch	**Corned Beef & Coleslaw Sandwich** • 2 pieces of rye bread • 1 piece of lean corned beef • 1/2 cup of coleslaw • 2 tsp of low fat mayonnaise 1 piece of freshfruit 1 piece of fresh fruit	**Homemade Chicken Hamburger** • 1 wholemeal Bread Roll • Cos Lettuce • Tomato sliced • Beetroot sliced • Red onion rings raw • 1/2 small grilled chicken breast • 2 tsp of BBQ sauce 1 piece of small fresh fruit	**Tuna Salad** • Tossed salad of cos lettuce, snow peas, shredded carrot and sliced celery • 1 small can of tuna in brine, drained Add a squeeze of lemon juice before serving 1 piece of fresh fruit	**Swiss Sandwich** • 2 sliced wholemeal bread • cos lettuce leaves • 1 slice or lean ham • 1 slice of Swiss cheese • Red onion rings raw • 1 tsp of your favourite mustard 1 piece of fresh fruit	**Smoked Chicken & Hommus Roll** • 1 Multigrain Bread Roll • 1 slice of lean smoked chicken • 2 tsp of Hommus 1 small bowl of fresh fruit salad	**Egg & Lettuce Sandwich** • 2 pieces of rye bread • 1 mashed boiled egg mixed with sliced shallots and 1 tsp of low fat mayonnaise • Cos lettuce 1 piece of fresh fruit 2 Low fat Choc Chip Cookies	**Homemade Pizza Slice** • 1 long wholemeal bread roll cut and opened flat • 2 tsp of tomato paste spread on bread roll halves • 1 slice of low fat ham diced • 1 diced roma tomato • 2 medium mushrooms sliced • Red onion rings • 2 tbsp of diced capsicum • 2 sliced olives • 2 slices of low fat cheese *Spread prepared ingredients evenly of bread roll halves top with cheese sliced, place under grill until cheese has melted* 1 piece of fresh fruit
Afternoon snack	2 Low fat Choc Chip Cookies	Ryvita Biscuits & Vegemite	Homemade low fat muffin	Homemade Popcorn	1 tub of low fat yoghurt	Small serve Salsa Dip and Rice Crackers	Low Fat Muesli Bar
Dinner	Your choice of delicious Lite n' Easy Dinner	Your choice of delicious Lite n' Easy Dinner	Your choice of delicious Lite n' Easy Dinner	Your choice of delicious Lite n' Easy Dinner	Your choice of delicious Lite n' Easy Dinner	Your choice of delicious Lite n' Easy Dinner	Your choice of delicious Lite n' Easy Dinner