

Healthy 7-Day Meal Plan

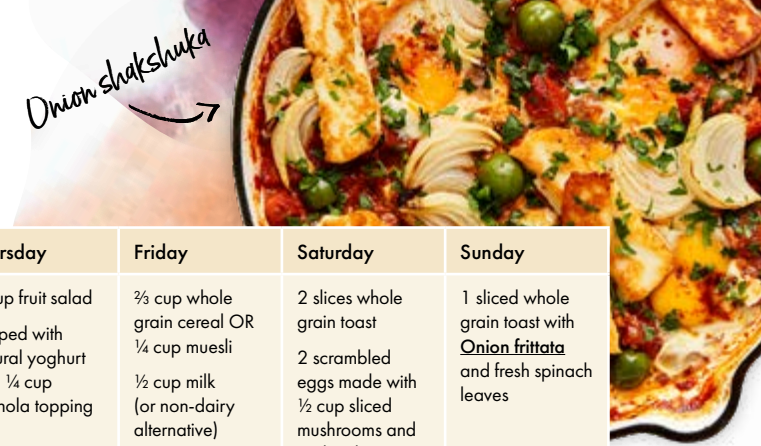
Onions are low in energy, fat and saturated fat, making them an ideal vegetable to include as part of a healthy weight meal plan. Because onions are a nutrient-rich food that boosts your wellbeing, they add enjoyment to your meals and contain fibre that keeps you feeling fuller for longer.

Remember to be as physically active as possible to help you feel good and assist weight loss. Drink plenty of water and limit or avoid drinks with added sugar and alcohol in order to boost weight loss success.

This meal plan provides adequate daily amounts of vitamins and minerals for good health, good fats for a healthy heart and plenty of fibre for a happy gut. The onion adds deliciousness as well as goodness including prebiotic fibre, folate, vitamin C, potassium, organosulfur compounds, polyphenol antioxidants and anthocyanins in red onions.



Citrus salad with quick red onion pickles, mint and pistachio nuts



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<p>¾ cup whole grain cereal OR ¼ cup muesli</p> <p>½ cup milk (or non-dairy alternative)</p> <p>1 cup strawberries</p>	<p><u>Onion Shakshuka</u></p>	<p>1 cup oat porridge with 1 teaspoon honey</p> <p>½ cup milk (or non-dairy alternative)</p> <p>1 banana</p>	<p>1 cup fruit salad</p> <p>Topped with natural yoghurt and ¼ cup granola topping</p>	<p>¾ cup whole grain cereal OR ¼ cup muesli</p> <p>½ cup milk (or non-dairy alternative)</p> <p>½ punnet blueberries</p>	<p>2 slices whole grain toast</p> <p>2 scrambled eggs made with ½ cup sliced mushrooms and ½ diced onion</p>	<p>1 sliced whole grain toast with <u>Onion frittata</u> and fresh spinach leaves</p>
Snack 1	<p>2 whole wheat crispbread or 4 small whole grain crackers</p> <p>2 tsp peanut butter</p>	<p>200g natural yoghurt topped with sliced fresh fruit</p>	<p><u>Onion, thyme and goats cheese tart</u></p>	<p>1 cup (250ml) milk/non-dairy alternative (or caffe latte)</p>	<p>1 small banana smoothie (250ml)</p>	<p>1 medium mixed vegetable and fruit juice (400ml)</p>	<p>1 small kefir or flavoured drinking yoghurt (250ml)</p>
Lunch	<p><u>Citrus salad with quick red onion pickles, mint and pistachio nuts</u></p>	<p>1 wholemeal wrap with hummus, lean roast beef, <u>Quick onion pickle</u> and baby spinach</p> <p>1 orange</p>	<p><u>Teriyaki no meatballs, pickled red onions and rainbow veg</u></p>	<p><u>Caramelised onion quiche</u> and small garden salad</p>	<p>1 mixed salad with small can of tuna and 1 boiled egg</p> <p>1 small wholemeal bread roll</p> <p>1 apple</p>	<p><u>Pickled red onion, watermelon and feta salad</u> with toasted pita chips</p>	<p><u>Crispy brown onion and carrot fritters</u> with 1 cup mixed leaves</p>
Snack 2	<p>1 cup (250ml) milk/non-dairy alternative (or caffe latte)</p>	<p>1 oat-type muesli bar with dried fruit and nuts</p>	<p>200g natural yoghurt topped with sliced fresh fruit</p>	<p>1 slice whole grain toast with sliced avocado and fresh tomato</p>	<p>Mixed vegetable sticks (e.g., carrot, celery, capsicum), toasted pita and <u>Pico de ga gallo salsa</u></p>	<p>1 medium skim caffe latte (400ml)</p>	<p>1 medium mixed vegetable and fruit juice (400ml)</p>
Dinner	<p><u>Spaghetti Bolognese</u></p> <p>1-2 cups mixed salad and 2 teaspoons Italian dressing</p>	<p><u>Roasted onion and chicken tray bake</u> with small garden salad</p>	<p><u>Fish burritos</u> with coleslaw</p>	<p>1 grilled pork steak, 1 cup sweet potato wedges and 1 cup <u>Pickled onion and cucumber salad</u></p>	<p><u>Chicken katsu bowl with pickled red onion</u></p>	<p><u>Plant-based goan curry</u></p>	<p><u>Steamed fish with red onion, pesto, fennel and olives</u></p>



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 roast beef, switch to any lean cold meat such as chicken or turkey breast. Alternatively try a plant-based spread such as hummus or a nut butter
- 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

For information purposes only. Please consult your Accredited Practising Dietitian (APD) or doctor for advice on your personal dietary requirements. © Australian Onions 2022



Healthier choices when shopping

- Whole grain choices are best when it comes to bread, crispbread, breakfast cereal, pasta and grains such as rice, oats, quinoa – they cram more nutrients, fibre and phytochemicals into every bite. Look for 'whole grain', 'high fibre' and 'Low Glycemic Index' on the label
- Non-sweetened yoghurts / natural yoghurts are a preferred choice. If you prefer flavoured varieties, choose those flavoured with fruit rather than added sugar



Important notes on this meal plan

This meal plan is a guide only and aims to provide a broad range of foods as recommended by the Australian Dietary Guidelines. 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)

