

Family-friendly Meal Plan

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mni
Medical Nutritional Institute

Remember to take your AntaGolin®

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	1 large boiled egg (on the toast) 20g grated cheddar cheese 1 slice low GI bread (toasted) - Men add ½ slice bread Unlimited mushrooms (grilled) Unlimited grilled tomato ½ tsp butter 1 average apple	150ml full cream milk 1 small tub full cream yoghurt 1 pkt Oats-so-Easy (plain) - Men add ½ pkt oats ½ tsp sunflower seeds	150ml full cream milk 1 small tub full cream yoghurt 1 pkt Oats-so-Easy (plain) - Men add ½ pkt oats ½ Tbs sunflower seeds	2 cups yoghurt (full cream) 1 cup All Bran Flakes - Men add ½ cup All Bran Flakes ½ Tbs almonds / macadamia nuts	1 large egg (poached, dry fried or scrambled) 2 rashers lean bacon 1 slice low GI (toast) - Men add ½ slice toast ½ tsp butter (for cooking and toast)	150ml full cream milk 1 small tub full cream yoghurt 1 cup oats - Men add ½ cup oats Sprinkle with cinnamon (optional)	2 cups yoghurt (full cream) Fruit salad: • ½ medium apple • ½ small orange • ½ small banana • ½ berries (any)
LUNCH	Roast pork* 80g roast pork (Cook additional 80g for lunch tomorrow) (Men can add extra 40 g) 6 roasted baby potatoes Unlimited roasted baby marrows Unlimited roasted patty pans ½ cup roasted butternut 1 tsp Olive oil	80g roast pork - Men can add extra 40g 2 slices rye/1 slice low GI bread Unlimited tomato Unlimited gherkins Unlimited onions Mustard Unlimited asparagus spears ¼ cup beetroot 1 tsp butter	1 tin tuna in brine - Men can add extra ½ tin 1 cup brown rice Unlimited green pepper Unlimited tomato Unlimited cucumber Chopped onion Variety salad greens (shredded) 1 Tbs lite mayonnaise (to mix with tuna & rice)	Chicken and orange salad* 1 slice low GI bread See recipe in the Insulin friendly (C.A.P.E meal plan)	80g beef steak - Men can add extra 40g 1 brown bread roll Unlimited rocket leaves Onions Unlimited red peppers 2 cups mixed salad 1 tsp butter	80g Pork/Chicken strips prepared last night) - Men can add extra 40g 1 cup brown rice Unlimited stir fried vegetables from last night	90g medium chicken breast - Men can add extra 45g 1 brown bread roll Unlimited tomatoes Onion Unlimited gerkins Unlimited lettuce ½ cup salad made with tomato, cucumber, any peppers, rocket/lettuce & 8 olives
SUPPER	Asian chicken salad* See recipe in the Insulin friendly (C.A.P.E meal plan)	Lean beef strips - Women 160g - Men 200g Unlimited broccoli Unlimited gemsquash Unlimited radishes (sliced) 1 tsp butter	Medium chicken breasts wrapped in lean bacon - Women 1½ breasts - Men 2 breasts (Cook additional chicken breast for tomorrow's lunch) 2 rashers bacon Unlimited green beans Unlimited mushrooms (grilled) Unlimited gemsquash ¼ cup beetroot 1 tsp olive oil (to baste chicken)	Beef steak - Women 160g steak - Men 200g steak (Cook additional 80g for lunch tomorrow) 1 cup of sauce made with: • chopped tomatoes • onion • green peppers • origanum Unlimited gemsquash ½ cup carrots 1 tsp olive oil for cooking steak	Pork or chicken strips - Women 180g - Men 225g (Cook additional 80g for lunch tomorrow) Unlimited diced mushrooms Unlimited red/yellow pepper ½ cup carrots Unlimited broccoli Unlimited cabbage (shredded) * Prepare additional 1½ cups veggies for lunch tomorrow 1 tsp olive oil to stir fry Use ginger, chilli & soya sauce for additional flavour	Fish braai/bake* - Women 320g - Men 400g Unlimited cauliflower mash* Unlimited green beans ¼ cup peas	Chicken fillets cubed - Women 2 breasts - Men 2 ½ breasts Unlimited cauliflower couscous* ½ cup carrots (chopped) Unlimited patty pans Unlimited broccoli Olive oil to brown chicken Use curry powder, ginger, garlic and turmeric to curry chicken and vegetables

SHOPPING LIST

AntaGolin® is available at all pharmacies.

<input type="checkbox"/> ANTAGOLIN®	DAIRY	BREADS	<input type="checkbox"/> Beetroot	<input type="checkbox"/> Gherkins (pickled)	<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Butter	<input type="checkbox"/> Curry powder	<input type="checkbox"/> Sugar free apricot jam
PROTEIN	<input type="checkbox"/> Cheese (Any type*)	<input type="checkbox"/> Rye bread	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Green beans	FRUIT	<input type="checkbox"/> Mayonnaise (light)	<input type="checkbox"/> Origanum	<input type="checkbox"/> Sugar
<input type="checkbox"/> Beef steak	<input type="checkbox"/> Cottage cheese	<input type="checkbox"/> Rye/Brown bread roll	<input type="checkbox"/> Butternut	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Apple	<input type="checkbox"/> Olive oil	<input type="checkbox"/> Italian herbs	<input type="checkbox"/> Mustard
<input type="checkbox"/> Chicken breast	<input type="checkbox"/> Egg	<input type="checkbox"/> Toast - Low GI (pre-sliced)	<input type="checkbox"/> Cabbage	<input type="checkbox"/> Onion	<input type="checkbox"/> Banana	<input type="checkbox"/> Olives	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Ginger
<input type="checkbox"/> Lean bacon	<input type="checkbox"/> Feta cheese	GRAIN	<input type="checkbox"/> Carrots	<input type="checkbox"/> Patty pans	<input type="checkbox"/> Berries	<input type="checkbox"/> Peanut oil	<input type="checkbox"/> Chilli	<input type="checkbox"/> Garlic
<input type="checkbox"/> Lean beef strips	<input type="checkbox"/> Milk	<input type="checkbox"/> Brown rice	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Peppers	<input type="checkbox"/> Orange	<input type="checkbox"/> Sunflower seeds	OTHER	<input type="checkbox"/> Chicken stock
<input type="checkbox"/> Pork loin chop	<input type="checkbox"/> Yoghurt	VEGETABLES	<input type="checkbox"/> Celery	<input type="checkbox"/> Radishes	<input type="checkbox"/> Pear	<input type="checkbox"/> Coconut oil	<input type="checkbox"/> Fish Sauce	
<input type="checkbox"/> Pork fillet/steak	CEREALS	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Chick peas	<input type="checkbox"/> Rocket	<input type="checkbox"/> Lemon	SPICES	<input type="checkbox"/> Lemon juice	
<input type="checkbox"/> Snoek, kingklip or hake	<input type="checkbox"/> All Bran, high fibre [Kelllogg's®]	<input type="checkbox"/> Baby marrow	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Spring onions	<input type="checkbox"/> Spring onions	<input type="checkbox"/> Chilli powder	<input type="checkbox"/> Lime juice	
<input type="checkbox"/> Tuna (in brine)	<input type="checkbox"/> Oats-so-easy porridge (original)	<input type="checkbox"/> Baby potato (boiled)	<input type="checkbox"/> Gem squash	<input type="checkbox"/> Salad greens	<input type="checkbox"/> Almonds/Macadamia nuts	<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Soya Sauce	

*See recipes in the Insulin-friendly (C.A.P.E.) meal plan. www.mnilifestyle.co.za