

Family-friendly Meal Plan

week
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mni
Medical Nutritional Institute

Remember to take your AntaGolin®

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	150g Full cream milk 1 Small tub full cream yoghurt 1 cup All Bran Flakes - Men can add ½ cup All Bran Flakes 1 Tbs Sunflower seeds	1 Large egg (poached, dry fry or scrambled) 2 Lean bacon rashers 1 Slice low GI (toast) - Men add ½ slice bread Unlimited mushrooms (grilled) 1 tsp Butter	150g Full cream milk 1 Small tub full cream yoghurt 1 cup All Bran Flakes - Men add ½ cup All Bran Flakes 1 Tbs Sunflower seeds	20g Cheddar cheese 1 Large egg 1 Slice low GI (toast) - Men can add ½ slice bread Unlimited tomato (grilled) ½ tsp Butter	150g Full cream milk 1 Small tub full cream yoghurt 1 cup All Bran Flakes - Men add ½ cup All Bran Flakes 1 Tbs Sunflower seeds	1 Large egg (poached, dry fry or scrambled) 2 Lean bacon rashers 1 Slice low GI (toast) - Men can add ½ slice bread Unlimited mushrooms (grilled) ½ tsp Butter	150g Full cream milk 1 Small tub full cream yoghurt 1 pkt Oats-so-easy (plain) - Men can add ½ pkt oats 1 Tbs Sunflower seeds
LUNCH	45g Medium chicken breast - Men can add extra 45g chicken 40g Feta cheese 2/3 cup Durum wheat pasta Unlimited cabbage (finely sliced) ½ cup Carrots 1 Tbs Lite mayonnaise Make a chicken salad with feta & pasta and serve with coleslaw.	2 Rashers lean bacon - Men can add 2 extra rashers 20g Cheddar cheese 1 slice low GI bread (toast) Unlimited green salad ¼ cup Beetroot 1 Tbs Butter Prepare an open sandwich with cheese. Serve with a generous portion of mixed salad.	90g Meat loaf - Men can add 45g meatloaf 6 Pro-vita biscuits Unlimited tomato Unlimited sugar snap peas ½ cup Carrots 8 Olives Prepare a snack box finger lunch	90g Chicken breasts - Men can add extra 45g chicken ½ cup Brown rice Unlimited cauliflower couscous* Unlimited mixed green salad ½ cup Butternut 8 Olives Make a hamburger and serve with mixed salad. NB: Starchy veg have been swapped out for a portion of protein.	60g Beef burger patties - Men can add extra 30g patty 20g Cheddar cheese 1 Whole-wheat bread roll Unlimited mixed salad 1 tsp Butter Make a hamburger and serve with mixed salad. NB: Starchy veg have been swapped out for a portion of protein.	4 Slices ham - Men can add extra 4 slices 20g Cheddar cheese (cubed) 6 Pro-vita biscuits Unlimited chery tomatoes Unlimited cucumber Unlimited sugar snap peas ½ cup Carrots 8 Olives Pack a finger lunch	45g Chicken thigh, shredded - Men can add extra 45g chicken 40g Feta cheese 2/3 cup Durum wheat pasta Unlimited mixed salad ½ cup Butternut 1 tsp Olive oil Make a chicken & pasta salad and sprinkle with feta. Enjoy with a generous salad with olive oil and balsamic vinegar dressing.
SUPPER	60g Frikkadels/Meatballs - Men can add extra 30g meatballs 4 Lean bacon rashers Prepare additional rashers for lunch tomorrow Unlimited cauliflower mash* Unlimited onion (sliced into rings) Unlimited broccoli with a twist* ½ cup Pumpkin 1 tsp Olive oil	Meat loaf* - Women 120g mince - Men 150g mince (Prepare extra for lunch tomorrow) Unlimited baby marrows Unlimited broccoli florets Unlimited patty pans ½ cup Carrots Unlimited tomatoes 1 tsp Olive oil	180g Chicken breasts - Men can add extra 45g chicken (Prepare extra for lunch tomorrow) Unlimited cauliflower couscous* (Prepare extra for lunch tomorrow) ½ cup Carrots Olive oil to brown chicken Use curry powder, ginger, garlic and turmeric to curry chicken and vegetables. Serve with sambals (chopped tomato, onion, green pepper & chilli).	120g Beef burger patties - Men can add extra 30g burger patty (prepare extra for lunch tomorrow) 20g Cheddar cheese Unlimited mushrooms Unlimited baby marrows Unlimited broccoli florets Unlimited patty pans 1 tsp Olive oil Make hamburgers with mushrooms (as a bread substitute). Serve with grilled vegetables drizzled with olive oil. NB: Starchy veg have been swapped out for a portion of protein.	Tuna pot pie* Unlimited cauliflower mash* Unlimited green beans with pizazz* Unlimited tomato (in recipe)	180g Chicken breast - Men can add extra 45g chicken 40g Feta cheese Unlimited cauliflower couscous* Unlimited baby marrows 8 Olives	1 large egg - Men can add an extra egg 20g Cheddar cheese 4 Slices ham 40g Feta cheese Unlimited spring onion (chopped) Unlimited green &/or red pepper (chopped) Unlimited mixed salad 1 tsp Olive oil Gently fry onion and peppers until soft. Beat egg and add to mixture. Add ham and cheese, stir gently to mix. Reduce heat and cover. Cook on low heat until egg has set and cheese has melted. Serve with fresh salad ¼ cup beetroot.

SHOPPING LIST

<input type="checkbox"/> ANTAGOLIN®	<input type="checkbox"/> DAIRY	<input type="checkbox"/> CEREALS	<input type="checkbox"/> GRAIN	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Onion	<input type="checkbox"/> Tomatoes	<input type="checkbox"/> SPICES	<input type="checkbox"/> Tomato paste
<input type="checkbox"/> PROTEIN	<input type="checkbox"/> Cheese	<input type="checkbox"/> All Bran, high fibre (Kellogg's®)	<input type="checkbox"/> Durum pasta	<input type="checkbox"/> Celery	<input type="checkbox"/> Parsley	<input type="checkbox"/> Tomatoes (cherry)	<input type="checkbox"/> Chilli powder	<input type="checkbox"/> Desiccated coconut
<input type="checkbox"/> Bacon (lean)	<input type="checkbox"/> Cottage cheese	<input type="checkbox"/> Oats-so-easy porridge (original)	<input type="checkbox"/> Brown wheat rice	<input type="checkbox"/> Chives	<input type="checkbox"/> Patty pans	<input type="checkbox"/> FATS	<input type="checkbox"/> Thyme	
<input type="checkbox"/> Burger patties	<input type="checkbox"/> Egg	<input type="checkbox"/> BREADS	<input type="checkbox"/> VEGETABLES	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Peppers	<input type="checkbox"/> Butter	<input type="checkbox"/> OTHER	
<input type="checkbox"/> Chicken breast	<input type="checkbox"/> Feta cheese	<input type="checkbox"/> Provita	<input type="checkbox"/> Baby marrow	<input type="checkbox"/> Green beans	<input type="checkbox"/> Sugar snap peas	<input type="checkbox"/> Lite Mayonnaise	<input type="checkbox"/> Lemon juice	
<input type="checkbox"/> Ham (sliced)	<input type="checkbox"/> Milk	<input type="checkbox"/> Rye/Brown Bread roll	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Garlic	<input type="checkbox"/> Radishes	<input type="checkbox"/> Olive oil	<input type="checkbox"/> Soya Sauce	
<input type="checkbox"/> Minced beef (lean)	<input type="checkbox"/> Yogurt	<input type="checkbox"/> Toast - Low GI (pre-sliced)	<input type="checkbox"/> Cabbage	<input type="checkbox"/> Lettuce	<input type="checkbox"/> Rocket	<input type="checkbox"/> Olives	<input type="checkbox"/> Mustard	
<input type="checkbox"/> Tuna (in brine)			<input type="checkbox"/> Carrots	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Spring onions	<input type="checkbox"/> Sunflower seeds	<input type="checkbox"/> Worcestershire sauce	

AntaGolin® is available at all pharmacies.

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