

# Meal planning and recipes

txt4two

Helping you to eat well and be active to benefit you and your baby's health.

Overwhelmed by recipes and websites with 'healthy food' options? We collated some of the best recipes for you to try in this handout or online at [matermothers.org.au](http://matermothers.org.au).

***“You don't have to cook fancy or complicated masterpieces — just good food from fresh ingredients.”  
— Julia Child, chef.***

The links below might also be helpful to plan healthy meals and snacks during your pregnancy, week to week.

Queensland Government  
[healthier.qld.gov.au/recipes](http://healthier.qld.gov.au/recipes)

Heart Foundation  
[heartfoundation.org.au/recipes](http://heartfoundation.org.au/recipes)

Nutrition Australia  
[nutritionaustralia.org/national/recipes](http://nutritionaustralia.org/national/recipes)

Better Health Channel  
[betterhealth.vic.gov.au/healthyliving/recipes](http://betterhealth.vic.gov.au/healthyliving/recipes)

Dietitians Association of Australia  
[daa.asn.au/smart-eating-for-you/smart-eating-recipes](http://daa.asn.au/smart-eating-for-you/smart-eating-recipes)

Taste  
[taste.com.au/healthy](http://taste.com.au/healthy)



# 8 Steps to build a healthy meal

## 1. Be prepared



Plan meals before you go shopping

## 2. Keep it seasonal



It's nutritious and cheaper

## 3. Make it colourful



Include plenty of different fruits and vegetables

## 4. Add a lean protein



Choose meat, chicken, fish, eggs, tofu or legumes

## 5. Add a wholegrain carbohydrate



Choose low GI grainy bread, Doongara rice or pasta

## 6. Add flavour and texture



Use spices, herbs, yoghurt, nuts and fruit

## 7. Go Mediterranean



Use extra virgin olive oil

## 8. Bon appetite!



Enjoy with family & friends

# Day 1

## Breakfast

1 cup cereal **OR** 3 breakfast biscuits **OR** 1/2 cup (uncooked measure) rolled oats or muesli

AND 1 cup low fat milk

PLUS 1 piece of fruit **OR** ½ glass 100% fruit juice

## Morning Tea

Small handful of unsalted nuts and 1 glass of milk

## Lunch

Tuna and salad sandwich on multigrain/whole meal bread/roll

100g tuna, lettuce, tomato, cucumber, mushrooms, avocado, capsicum

PLUS 1 piece fresh fruit

## Afternoon Tea

Small tub low fat yoghurt

## Dinner

[Spaghetti bolognaise with red lentils and vegetable sauce](#) (service 1 ½ cups spaghetti per person)

PLUS 2 cups of green salad

## Supper/Evening Snack

1 slice fruit toast and margarine AND banana and honey topping

## Recipe Links

Spaghetti bolognaise with red lentils and vegetable sauce

[daa.asn.au/recipes/lentil-bolognaise](http://daa.asn.au/recipes/lentil-bolognaise)



# Day 2

## Breakfast

2 poached eggs and 2 slices of multigrain toast

AND mushrooms and tomato

## Morning Tea

Fresh or tinned fruit and low fat yoghurt/custard

## Lunch

[Asian style chicken rolls on wholegrain roll](#)

**OR** Left over spaghetti bolognese/vegetarian sauce from Day 1 (heated on high for 2 minutes)

PLUS a side salad

1 glass low fat milk

## Afternoon Tea

Beetroot and chive dip

With 4 wholegrain crackers, carrot and celery sticks

## Dinner

[Parmesan crumbed baked fish](#)

PLUS plenty of steamed vegetables (e.g. broccoli, carrots, beans, peas, snow peas) and boiled chat potatoes

## Supper/Evening Snack

1-2 slices of raisin toast with cream cheese and crumbled walnuts

## Recipe Links

Asian style chicken

[taste.com.au/recipes/asian-style-chicken-salad-rolls/89d0bfb7-294a-458a-806e-a7991f461995](https://taste.com.au/recipes/asian-style-chicken-salad-rolls/89d0bfb7-294a-458a-806e-a7991f461995)

Beetroot and chive dip

[nutritionaustralia.org/national/recipe/beetroot-and-chive-dip](https://nutritionaustralia.org/national/recipe/beetroot-and-chive-dip)

Parmesan crumbed baked fish

[taste.com.au/recipes/parmesan-crumbed-baked-fish/91886785-7c58-4492-8f61-3843d9901e80](https://taste.com.au/recipes/parmesan-crumbed-baked-fish/91886785-7c58-4492-8f61-3843d9901e80)



# Day 3

## Breakfast

1 cup cereal **OR** 3 breakfast biscuits **OR** 1/2 cup (uncooked measure) rolled oats or muesli

AND 1 cup low fat milk

PLUS 1 piece of fruit **OR** ½ glass 100% fruit juice

## Morning Tea

Small tub low fat yoghurt

## Lunch

[Sweet potato and pumpkin soup](#)

PLUS 1-2 slices multigrain/whole meal bread with margarine or olive oil for dipping

1 tub low fat yoghurt

## Afternoon Tea

[Pear and banana muffin](#)

## Dinner

[Aromatic prawn curry](#)

PLUS add some extra vegetable into the stir-fry such as broccoli, zucchini, sweet corn or baby corn pieces

PLUS ½ to 1 cup steamed rice per person

## Supper/Evening Snack

1 slice fruit toast with margarine

PLUS small handful nuts

## Recipe Links

Sweet potato and pumpkin soup  
[nutritionaustralia.org/national/recipe/sweet-potato-and-pumpkin-soup-yoghurt-drizzle](http://nutritionaustralia.org/national/recipe/sweet-potato-and-pumpkin-soup-yoghurt-drizzle)

Pear and banana muffin  
[healthier.qld.gov.au/food/recipes/pear-and-banana-muffins/](http://healthier.qld.gov.au/food/recipes/pear-and-banana-muffins/)

Aromatic prawn curry  
[nutritionaustralia.org/national/recipe/aromatic-prawn-curry](http://nutritionaustralia.org/national/recipe/aromatic-prawn-curry)



# Day 4

## Breakfast

[Banana and strawberry breakfast smoothie](#)

PLUS 1-2 slices multi/whole grain toast and avocado

## Morning Tea

Beetroot and chive dip

With 4 wholegrain crackers, carrot and celery sticks

## Lunch

[Sumac lamb and tahini wraps](#)

1 tub of low fat yoghurt

## Afternoon Tea

1 piece of fresh fruit

## Dinner

[Barbecued beef, beetroot and chickpea salad](#)

1 cup cooked quinoa

(ensure salad leaves are rinsed well)

## Supper/Evening Snack

[Oat based fruit crumble](#)

With Greek yoghurt

## Recipe Links

Beetroot and chive dip

[nutritionaustralia.org/national/recipe/beetroot-and-chive-dip](https://nutritionaustralia.org/national/recipe/beetroot-and-chive-dip)

Sumac lamb and tahini wraps

[delicious.com.au/recipes/falafel-spiced-lamb-wraps-turmeric-tahini/5mGlcGtB](https://delicious.com.au/recipes/falafel-spiced-lamb-wraps-turmeric-tahini/5mGlcGtB)

Barbequed beef, beetroot and chickpea salad

[taste.com.au/recipes/barbecue-beef-beetroot-chickpea-salad/L6aa72LI](https://taste.com.au/recipes/barbecue-beef-beetroot-chickpea-salad/L6aa72LI)

Oat based fruit crumble

[heartfoundation.org.au/recipes/oat-based-fruit-crumble](https://heartfoundation.org.au/recipes/oat-based-fruit-crumble)





# Day 5

## Breakfast

1 cup cereal **OR** 3 breakfast biscuits **OR** 1/2 cup (uncooked measure) rolled oats or muesli

AND 1 cup low fat milk

PLUS 1 piece of fruit **OR** ½ glass 100% fruit juice

## Morning Tea

[Pear and banana muffin](#)

## Lunch

Leftover [Barbecued beef, beetroot and chickpea salad](#) from Day 4 (serve with extra quinoa)

## Afternoon Tea

Glass of low fat milk **OR** tub of yoghurt

PLUS slice of wholegrain toast with peanut butter

## Dinner

[Hokkien noodles, mushroom and cashew salad](#)

PLUS add some extra vegetable into the stir-fry such as broccoli, zucchini, sweet corn or baby corn pieces, and capsicum

## Supper/Evening Snack

[Tutti fruity blueberry popsicles](#)

## Recipe Links

Pear and banana muffin

[healthier.qld.gov.au/food/recipes/pear-and-banana-muffins/](http://healthier.qld.gov.au/food/recipes/pear-and-banana-muffins/)

Barbecued Beef, beetroot and chickpea salad

[taste.com.au/recipes/barbecue-beef-beetroot-chickpea-salad/L6aa72LI](http://taste.com.au/recipes/barbecue-beef-beetroot-chickpea-salad/L6aa72LI)

Hokkien noodles, mushroom and cashew salad

[heartfoundation.org.au/recipes/hokkien-noodle-mushroom-and-cashew-salad](http://heartfoundation.org.au/recipes/hokkien-noodle-mushroom-and-cashew-salad)

Tutti fruity blueberry popsicles

[healthier.qld.gov.au/food/recipes/tutti-fruity-popsicles-blueberry/](http://healthier.qld.gov.au/food/recipes/tutti-fruity-popsicles-blueberry/)



# Day 6

## Breakfast

2 poached eggs and 2 slices of multigrain toast

AND mushrooms and tomato

PLUS 1 cup low fat milk

## Morning Tea

Dry popped popcorn

## Lunch

[Chicken and vegetables patties](#)

Served with a wholegrain roll

PLUS 1 tub low fat yoghurt AND 1 piece fresh fruit

## Afternoon Tea

[Chocolate cereal bar](#)

## Dinner

[Kale and white bean falafels with hummus](#)

Serve with a multigrain wrap

PLUS a side salad

## Supper/Evening Snack

1 cup fresh fruit salad

100ml custard

## Recipe Links

Chicken and vegetable patties

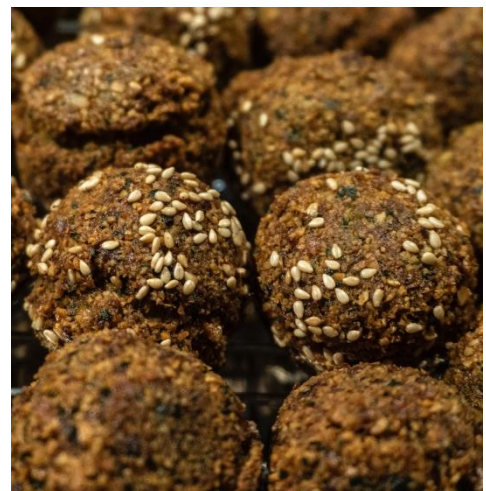
[betterhealth.vic.gov.au/healthyliving/recipes/view-recipes/chicken-and-vegetable-patties](https://betterhealth.vic.gov.au/healthyliving/recipes/view-recipes/chicken-and-vegetable-patties)

Chocolate cereal bar

[taste.com.au/recipes/chocolate-cereal-bars/a511eec6-6166-47b3-85d9-ad45713a2acb](https://taste.com.au/recipes/chocolate-cereal-bars/a511eec6-6166-47b3-85d9-ad45713a2acb)

Kale and white bean falafels with hummus

[taste.com.au/recipes/kale-white-bean-falafels-hummus-recipe/5gsqf0ci](https://taste.com.au/recipes/kale-white-bean-falafels-hummus-recipe/5gsqf0ci)





# Day 7

## Breakfast

[Bircher muesli with tropical fruit](#)

PLUS 1 glass low fat milk

## Morning Tea

4 wholegrain crackers with hummus

## Lunch

[Tuna and mixed bean salad](#)

PLUS 2 slices wholegrain bread with a scrape of margarine

## Afternoon Tea

Fresh fruit with small handful nuts

## Dinner

Roast lamb (100g per person)

2 cups (1/2 plate) of mixed vegetables

PLUS 1 medium potato

## Supper/Evening Snack

1 glass low fat milk

1 slice raisin toast with margarine

## Recipe Links

Bircher muesli with tropical fruit

[heartfoundation.org.au/recipes/bircher-muesli-with-tropical-fruit](http://heartfoundation.org.au/recipes/bircher-muesli-with-tropical-fruit)

Tuna and mixed bean salad

[taste.com.au/recipes/tuna-mixed-bean-salad-lemon-dressing/1f34959a-bb59-4d27-bd38-520af2506b8a](http://taste.com.au/recipes/tuna-mixed-bean-salad-lemon-dressing/1f34959a-bb59-4d27-bd38-520af2506b8a)

