

# Family-friendly Meal Plan

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Remember to take 2 AntaGolin® tablets  
2 - 3 times per day, with meals.

**mni**  
Medical Nutritional Institute

	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 40g) 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 gherkins Unlimited lettuce ½ cup salad made with tomato, cucumber, any pepers, 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"/> <b>ANTAGOLIN®</b> <b>PROTEIN</b> <input type="checkbox"/> Beef steak <input type="checkbox"/> Chicken breast <input type="checkbox"/> Lean bacon <input type="checkbox"/> Lean beef strips <input type="checkbox"/> Pork loin chop <input type="checkbox"/> Pork fillet/steak <input type="checkbox"/> Snoek, kingklip or hake <input type="checkbox"/> Tuna (in brine)	<input type="checkbox"/> <b>DAIRY</b> <input type="checkbox"/> Cheese [Any type*] <input type="checkbox"/> Cottage cheese <input type="checkbox"/> Egg <input type="checkbox"/> Feta cheese <input type="checkbox"/> Milk <input type="checkbox"/> Yoghurt <b>CEREALS</b> <input type="checkbox"/> All Bran, high fibre (Kelllogg's*) <input type="checkbox"/> Oats-so-easy porridge (original)	<input type="checkbox"/> <b>BREADS</b> <input type="checkbox"/> Rye bread <input type="checkbox"/> Rye/Brown bread roll <input type="checkbox"/> Toast - Low GI (pre-sliced) <b>GRAIN</b> <input type="checkbox"/> Brown rice <b>VEGETABLES</b> <input type="checkbox"/> Asparagus <input type="checkbox"/> All Bran, high fibre (Kelllogg's*) <input type="checkbox"/> Baby marrow <input type="checkbox"/> Baby potato (boiled)	<input type="checkbox"/> Beetroot <input type="checkbox"/> Broccoli <input type="checkbox"/> Butternut <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Chick peas <input type="checkbox"/> Cucumber <input type="checkbox"/> Gem squash	<input type="checkbox"/> Gherkins (pickled) <input type="checkbox"/> Green beans <input type="checkbox"/> Mushrooms <input type="checkbox"/> Onion <input type="checkbox"/> Patty pans <input type="checkbox"/> Peppers <input type="checkbox"/> Radishes <input type="checkbox"/> Rocket <input type="checkbox"/> Spring onions <input type="checkbox"/> Salad greens	<input type="checkbox"/> Tomatoes <b>FRUIT</b> <input type="checkbox"/> Apple <input type="checkbox"/> Banana <input type="checkbox"/> Berries <input type="checkbox"/> Orange <input type="checkbox"/> Pear <input type="checkbox"/> Lemon <b>FATS</b> <input type="checkbox"/> Almonds/Macadamia nuts	<input type="checkbox"/> Butter <input type="checkbox"/> Mayonnaise (light) <input type="checkbox"/> Olive oil <input type="checkbox"/> Olives <input type="checkbox"/> Peanut oil <input type="checkbox"/> Sunflower seeds <input type="checkbox"/> Coconut oil <b>SPICES</b> <input type="checkbox"/> Chilli powder <input type="checkbox"/> Cinnamon	<input type="checkbox"/> Curry powder <input type="checkbox"/> Origanum <input type="checkbox"/> Italian herbs <input type="checkbox"/> Turmeric <input type="checkbox"/> Chilli <b>OTHER</b> <input type="checkbox"/> Fish Sauce <input type="checkbox"/> Lemon juice <input type="checkbox"/> Lime juice <input type="checkbox"/> Soya Sauce	<input type="checkbox"/> Sugar free apricot jam <input type="checkbox"/> Sugar <input type="checkbox"/> Mustard <input type="checkbox"/> Ginger <input type="checkbox"/> Garlic <input type="checkbox"/> Chicken stock
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\*See recipes in the Insulin-friendly (C.A.P.E.) meal plan. [www.mniflifestyle.co.za](http://www.mniflifestyle.co.za)

# Recipes

## FISH BRAAI/BAKE WITH CAULIFLOWER MASH

<b>Ingredients</b> Firm fish e.g. Kingklip or hake Women: 320g / Men: 400g 1 teaspoon (5ml) olive oil 2 teaspoons (10ml) sugar-free apricot jam 1 clove crushed garlic 2 tablespoons (30ml) lemon juice  <b>Method for Fish Braai / Bake</b> Mix garlic, olive oil, lemon juice and sugar-	free apricot jam Cover your fish with mixture and wrap in foil Braai / bake for 10 - 15 min or until flakes easily  <b>Ingredients for Cauliflower Mash</b> 2 cups of cauliflower florets ½ clove garlic, crushed 3 heaped tablespoons regular fat cottage cheese	Chopped chives or parsley  <b>Method for Cauliflower Mash</b> Boil or microwave cauliflower Place in blender or food processor with cottage cheese, garlic and margarine (or mash by hand) Garnish with chopped chives or parsley If mixture is too thick add a little low fat milk
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## ASIAN CHICKEN SALAD

<b>Ingredients</b> 90g shredded, cooked chicken 1 cup shredded/finely sliced cabbage 2 spring onions, finely chopped ½ small green, yellow or red pepper ½ cup carrot sticks ½ clove crushed garlic	1 teaspoon fresh grated ginger 1 teaspoon peanut oil 1 tablespoon lemon or lime juice ¼ teaspoon sugar ½ tablespoon fish sauce (optional) ½ red chilli, seeded and thinly sliced (optional)	<b>Method for Asian Chicken Salad</b> Place chicken, cabbage, spring onions, peppers and carrot into a bowl Combine remaining ingredients in a container with a tight fitting lid and shake well. Drizzle dressing over salad and toss gently.
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## CHICKEN AND ORANGE SALAD

<b>Ingredients</b> 2 small oranges Chicken breast (cooked & shredded) Women: 1 breast / Men: 1,5 breasts 1 celery stick cut into fine strips 2 spring onions, finely chopped	1 small yellow pepper (or which ever colour is available) deseeded and cut into fine strips Salt and pepper Mix of a variety of salad leaves 1 tsp olive oil	<b>Dressing</b> Mix the olive oil, reserved orange juice, salt and pepper together. Arrange the salad leaves on a plate, top with chicken mixture and pour over the dressing
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## ROAST PORK

<b>Ingredients</b> Lean pork fillet: Women: 80g / Men: 120g 6 baby potatoes 3 baby marrows 4 patty pans ½ cup butternut Grated zest of ½ lemon 1 teaspoon mixed Italian herbs ½ apple (cut into cubes) Hot chicken stock 1 tablespoon olive oil Salt & pepper	<b>Method For Roast Pork</b> Preheat the oven to 200° C Place all the vegetables in a roasting pan Drizzle with olive oil, season with salt and pepper and toss everything together On a plate, mix the lemon zest and herbs together Roll the pork in the mixture and put it on top of the vegetables Roast for 40 min per 500g Scatter apple into the roasting pan and pour in the hot stock and cook for a further 15 - 20 min	Slice the pork, arrange on a platter with the vegetables and spoon juices over the top  <i>*Cooking time may need to be adjusted according to the weight of the meat: cooking is done when juices run clear if pierced</i>
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# Recipes

## MEATLOAF

Ingredients	½ clove garlic, crushed	Allow 10 min to rest before cutting
Lean beef mince	3 heaped tablespoons regular fat cottage cheese	*Cooking time may need to be adjusted according to the weight of the meat: cooking is done when juices run clear if pierced
Women: 120 g / Men 150 g	Chopped chives or parsley	
Onion finely chopped		
Parsley (chopped)		
Chilli powder (optional)	Method for Meatloaf	Method for cauliflower mash
Mustard	Mix mince, onion, garlic, herbs, chilli, mustard and egg together	Boil or microwave cauliflower
Worcestershire sauce	Place in a loaf tin (spray n cook to prevent sticking)	Place in blender or food processor with cottage cheese, garlic and margarine (or mash by hand).
Tomato paste	Drain excess liquid from tinned tomatoes and combine the tomatoes with the paste.	Garnish with chopped chives or parsley.
1 egg	Pour over mince mixture.	If mixture is too thick add a little low fat milk.
1 tin chopped tomatoes	Bake until cooked through	
Ingredients for cauliflower mash		
2 cups of cauliflower florets		

## TUNA POT PIE

Ingredients	Tuna in brine	over low heat until softened
Olive oil	Women: 2 tins / Men: 2,5 tins	Add mushrooms and cook for 3 minutes
Finely chopped onion	Parsley (chopped)	Stir in remaining ingredients
Crushed garlic (to taste)	Thyme (chopped)	Pour into individual serving dishes, cover with cauliflower mash and bake for 25030 min.
Celery (chopped)		
½ cup sliced mushrooms	Method	
1 tsp mustard	Sauté the onion, garlic and celery in olive oil	

## GREEN BEANS WITH 'PIAZZ'

Ingredients	Method
2 tsp olive oil	Cook onion in olive oil over low heat until softened
1 medium chopped onion	Stir through the garlic
Crashed garlic to taste	Add tomatoes
1 cup green beans	Simmer gently until cooked
1 tin chopped tomatoes	
Salt & pepper	

## CAULIFLOWER COUSCOUS

Ingredients	Method	
1 cup cauliflower	Chop the cauliflower including the core in a food processor (or grate) until it resembles couscous grains.	Add the cauliflower and cook, stirring until just done (about 3-4 minutes).
½ tablespoon olive oil	Heat oil in a frying pan, sauté garlic and half the spring onions slowly until tender. Take care not to burn the garlic as it will go bitter.	Add the rest of the onions and soy sauce if using.
½ clove garlic, crushed		Season with salt and pepper
2 spring onions, sliced		
1 tbsp. soy sauce (optional)		
Salt and pepper		