

Family-friendly Meal Plan

week
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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	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 ⅔ 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 an 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 an portion of protein.	4 Slices ham - Men can add extra 4 slices 20g Cheddar cheese (cubed) 6 Pro-vita biscuits Unlimited cherry 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 ⅔ 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 Frikadels/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 an 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 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.	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

☐ **ANTAGOLIN®**
PROTEIN
☐ Bacon (lean)
☐ Burger patties
☐ Chicken breast
☐ Ham (sliced)
☐ Minced beef (lean)
☐ Tuna (in brine)

DAIRY
☐ Cheese
☐ Cottage cheese
☐ Egg
☐ Feta cheese
☐ Milk
☐ Yogurt

CEREALS
☐ All Bran, high fibre (Kellogg's*)
☐ Oats-so-easy porridge (original)
BREADS
☐ Provita
☐ Rye/Brown Bread roll
☐ Toast - Low GI (pre-sliced)

GRAIN
☐ Durum pasta
☐ Brown wheat rice
VEGETABLES
☐ Baby marrow
☐ Broccoli
☐ Cabbage
☐ Carrots

☐ Cauliflower
☐ Celery
☐ Chives
☐ Cucumber
☐ Green beans
☐ Garlic
☐ Lettuce
☐ Mushrooms

☐ Onion
☐ Parsley
☐ Patty pans
☐ Peppers
☐ Sugar snap peas
☐ Radishes
☐ Rocket
☐ Spring onions

☐ Tomatoes
☐ Tomatoes (cherry)
FATS
☐ Butter
☐ Lite Mayonnaise
☐ Olive oil
☐ Olives
☐ Sunflower seeds

SPICES
☐ Chilli powder
☐ Thyme
OTHER
☐ Lemon juice
☐ Soya Sauce
☐ Mustard
☐ Worcestershire sauce

☐ Tomato paste
☐ Desiccated coconut

AntaGolin® is available at all pharmacies.

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

Recipes

FISH BRAAI/BAKE WITH CAULIFLOWER MASH

Ingredients 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 Method for Fish Braai / Bake 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 Ingredients for Cauliflower Mash 2 cups of cauliflower florets ½ clove garlic, crushed 3 heaped tablespoons regular fat cottage cheese	Chopped chives or parsley Method for Cauliflower Mash 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

Ingredients 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)	Method for Asian Chicken Salad 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

Ingredients 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	Dressing 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

Ingredients 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	Method For Roast Pork 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		