

Family-friendly Meal Plan

week
3

mni
Medical Nutritional Institute

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	2 Rashers lean bacon (on the toast) 20 g Cheddar cheese ½ slice low GI toast - Men can add ½ slice bread ¾ cup 120 g Mango Unlimited mushrooms (grilled) Unlimited tomato (grilled) ½ tsp Butter	150ml Full cream milk 1 Small tub full cream yoghurt ½ cup Mealie meal porridge - Men can add ½ cup porridge 1 Average apple 3 Almonds or macadamia nuts	2 Small tub full cream yoghurt 1 cup All Bran Flakes - Men can add ½ cup All Bran Flakes ½ tsp Sunflower seeds	150ml Full cream milk 1 Small tub full cream yoghurt 1 pkt Oats-so-easy (original) - Men can add ½ pkt oats 3 Almonds or macadamia nuts	150ml full cream milk 1 Small tub full cream yoghurt 1 cup All Bran Flakes - Men can add ½ cup All Bran Flakes ½ tsp sunflower seeds	1 Large egg (poached, dry fry or scrambled) 2 Rashers lean bacon 1 Slice low GI (toast) - Men can add ½ slice bread ½ tsp Butter	1150ml full cream milk 1 Small tub full cream yoghurt 1 pkt Oats-so-easy (original) - Men can add ½ pkt oats Sprinkle with cinnamon (optional) 1 Tbs Sunflower seeds
LUNCH	80g Steak - Men can add 40g extra steak ½ cup Brown rice ¾ cup sweet potato Unlimited green beans 1 cup of sauce made with: Chopped tomatoes, onion, green peppers, 1 cup mushrooms & oregano 1 tsp Olive oil for cooking	90g Chicken breasts - Men can add 45g chicken 2 Slices rye bread Unlimited: tomato, gherkins and onions for sandwich Unlimited asparagus spears Unlimited gem squash ½ cup butternut 1 Tbs Lite mayonnaise	1 Hake fillets - Men can add 1 extra hake fillet 40g feta cheese ¾ cup Durum wheat pasta Unlimited green pepper Unlimited tomato Unlimited cucumber Unlimited onion Unlimited baby spinach (shredded) ½ cup Carrots 1 Tbs Lite mayonnaise	80g Beef fillet - Men can add extra 40g beef fillet ⅔ cup Durum wheat pasta Unlimited green beans Unlimited red pepper ¼ cup Peas 1Tbs Lite mayonnaise	Health sandwich: 45g Chicken breasts - Men can add extra 45g chicken 60g Cottage cheese (regular) 1 Slice low GI bread Unlimited tomato, cucumber and lettuce on bread. Unlimited sugar snap peas ½ cup Carrots 1 Tbs Lite mayonnaise	Biltong salad ½ cup Beef biltong (lean) 40g Feta cheese 6 Provita biscuits Unlimited salad made with tomato, cucumber & baby spinach 1 tsp Olive oil NB: Starchy veg have been swopped out for an extra portion of protein.	¼ cup Beef biltong (lean) - Men can add 1 extra ½ cup biltong 65g Cottage cheese (regular) 1 Slice low GI bread Unlimited tomato, cucumber and lettuce on bread. ¼ cup Beetroot Unlimited green beans 1 Tbs Lite mayonnaise
SUPPER	135g Chicken breasts - Men can add extra 45g chicken (prepare extra for lunch tomorrow) 2 Rashers lean bacon Unlimited cauliflower couscous* ½ cup Butternut 1 cup Spinach Wrap breasts in bacon on grill, turning frequently. Prepare cauliflower mash as per recipe. Top with onions fried until soft and serve with broccoli on the side.	2 Hake fillets - Men can add 1 extra hake fillet (Prepare extra for lunch tomorrow) 40g Cheddar cheese (over fillet) Unlimited cauliflower Unlimited green beans ½ cup Carrots 1 tsp Butter	160g Beef fillet - Men can add 1 extra 40g fillet (Prepare extra for lunch tomorrow) 1 cup of sauce made with: Chopped tomatoes, onion, green peppers & oregano Unlimited cup broccoli ¼ cup Beetroot 1 tsp Butter	135g Chicken breasts - Men can add 1 extra 45g chicken 20g Cheddar cheese (Prepare extra for lunch tomorrow) 2 Large mushrooms (grilled) use as burger bun ¼ cup Butternut Unlimited green beans Olive oil to baste chicken	60g Mini frikkadells (Woolworths) - Men can add an extra 30g frikkadell 2 Rashers lean bacon 20g Cheddar cheese Broccoli and cauliflower salad: Unlimited broccoli Unlimited cauliflower (Mix with cheese and mayonnaise) Unlimited gem squash ½ cup Mix veggies 1 Tbs Lite mayonnaise	120g Beef mince - Men can add an extra 30g mince Unlimited sliced mushrooms Unlimited red/yellow pepper ½ cup Carrots Unlimited broccoli Unlimited cabbage (shredded): 1 tsp Olive oil (to prepare mince) Use ginger, chilli & soya sauce for added flavour	4 Hake fillets - Men can add 1 extra hake fillet Unlimited cauliflower couscous* ½ cup carrots Unlimited patty pans Unlimited broccoli 1 tsp Olive oil to cook hake fillets Use curry powder, ginger, garlic and turmeric to curry fish and vegetables

SHOPPING LIST

AntaGolin® is available at all pharmacies.

<input type="checkbox"/> ANTAGOLIN®	<input type="checkbox"/> Minced beef (lean)	<input type="checkbox"/> Milk	<input type="checkbox"/> Provita	<input type="checkbox"/> Banana	<input type="checkbox"/> Garlic	<input type="checkbox"/> Patty pans	<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Olive oil	<input type="checkbox"/> Almonds / macadamia nuts
<input type="checkbox"/> PROTEIN	<input type="checkbox"/> Mini Frikkadells (www)	<input type="checkbox"/> Yogurt	<input type="checkbox"/> Rye/Brown Bread roll	<input type="checkbox"/> Beetroot	<input type="checkbox"/> Gem squash	<input type="checkbox"/> Peppers	<input type="checkbox"/> FRUIT	<input type="checkbox"/> Sunflower seeds	<input type="checkbox"/> Desiccated coconut
<input type="checkbox"/> Bacon (lean)	<input type="checkbox"/> Steak (lean)	<input type="checkbox"/> CEREALS	<input type="checkbox"/> Toast - Low GI (pre-sliced)	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Green beans	<input type="checkbox"/> Sugar snap peas	<input type="checkbox"/> Apple	<input type="checkbox"/> SPICES	<input type="checkbox"/> Gherkins
<input type="checkbox"/> Beef fillet	<input type="checkbox"/> DAIRY	<input type="checkbox"/> All Bran, HF[Kellogg's*]	<input type="checkbox"/> GRAIN	<input type="checkbox"/> Butternut	<input type="checkbox"/> Ginger	<input type="checkbox"/> Radishes	<input type="checkbox"/> Pear	<input type="checkbox"/> Chilli powder	<input type="checkbox"/> Salad dressing
<input type="checkbox"/> Beef Biltong	<input type="checkbox"/> Cheese	<input type="checkbox"/> Mealie meal porridge	<input type="checkbox"/> Durum pasta	<input type="checkbox"/> Carrots	<input type="checkbox"/> Lettuce	<input type="checkbox"/> Rocket	<input type="checkbox"/> Mango	<input type="checkbox"/> Curry powder	<input type="checkbox"/> Soya Sauce
<input type="checkbox"/> Chicken breast	<input type="checkbox"/> Cottage cheese	<input type="checkbox"/> Muesli (low fat, low GI)	<input type="checkbox"/> Brown wheat rice	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Mix vegetables	<input type="checkbox"/> Spinach (baby)	<input type="checkbox"/> FATS	<input type="checkbox"/> Oregano	<input type="checkbox"/> Tomato paste
<input type="checkbox"/> Hake	<input type="checkbox"/> Egg	<input type="checkbox"/> Oats-so-easy (original)	<input type="checkbox"/> VEGETABLES	<input type="checkbox"/> Corn on the cob	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Spring onions	<input type="checkbox"/> Butter	<input type="checkbox"/> Tumeric	<input type="checkbox"/> Worcestershire sauce
<input type="checkbox"/> Ham (sliced)	<input type="checkbox"/> Feta cheese	<input type="checkbox"/> BREADS	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Onion	<input type="checkbox"/> Sweet potato	<input type="checkbox"/> Mayonnaise	<input type="checkbox"/> OTHER	

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

