**BREAKFAST**

**Scrambled Egg with Smoked Salmon and grainy bread**

SERVES: 2  
PREP TIME: 10 minutes  
COOK TIME: 8 minutes

---

**SNACK**

**1 small banana**

---

**LUNCH**

**Spicy Beef Noodle Lettuce Wraps**

SERVES: 1  
PREP TIME: 10 minutes  
COOK TIME: 10 minutes

---

**SNACK**

**1 small (100g) tub of low-fat fruit yoghurt**

---

**DINNER**

**Moroccan Style Chicken with Pearl Couscous**

SERVES: 4  
PREP TIME: 10 minutes  
COOK TIME: 30 minutes

---

**DESSERT**

**Frozen Berry Yoghurt**

SERVES: 10  
PREP TIME: 10 minutes  
COOK TIME: 7 hours (chill)
BREAKFAST

Chia Pudding

SERVES: 2  
PREP TIME: 10 minutes  
COOK TIME: Overnight

SNACK

1 apple

LUNCH

Chicken Pumpkin and Quinoa Soup

SERVES: 6  
PREP TIME: 15 minutes  
COOK TIME: 30 minutes

SNACK

2 kiwi fruit

DINNER

Rice and Veggie Pie

SERVES: 6  
PREP TIME: 15 minutes  
COOK TIME: 1 hour

DESSERT

3 x 10g squares of dark chocolate
Low Gi Everyday Meal Plan - Day 3

BREAKFAST

Low Gi Breakfast Rice Pudding

SERVES: 6  PREP TIME: 25 minutes  COOK TIME: 20 minutes

SNACK

1 Almond and Raspberry Mini Cake

SERVES: 24  PREP TIME: 15 minutes  COOK TIME: 18 minutes

LUNCH

Mango Chicken And Almond On Bürgen® Rye

SERVES: 2  PREP TIME: 5 minutes  COOK TIME: Nil

SNACK

Carrot & Celery Sticks with 1/3 cup hummus

DINNER

Beetroot, Pumpkin and Green Bean Curry with Low GI Rice

SERVES: 6  PREP TIME: 25 minutes  COOK TIME: 45 minutes

DESSERT

Berry Bombs

SERVES: 8  PREP TIME: 10 minutes  COOK TIME: 5 minutes
BREAKFAST

Apple Bircher Muesli

SERVES: 4  
PREP TIME: 10 minutes  
COOK TIME: Nil

SNACK

30g almonds + ½ cup blueberries

LUNCH

Black Bean Soup

SERVES: 6  
PREP TIME: 15 minutes  
COOK TIME: 3 ½ hours

SNACK

1 apple

DINNER

Lamb Shanks with Pearl Barley and Mint

SERVES: 6  
PREP TIME: 15 minutes  
COOK TIME: 2 hours

DESSERT

½ cup Low GI Golden North Ice-Cream + ½ cup strawberries
BREAKFAST
Eggs in a Nest

SNACK
1 pear

LUNCH
Sweet Potato and Corned Beef Sandwich

SNACK
1 Almond and Raspberry Mini Cake

DINNER
Tangy Lentil Soup with Silverbeet

DESSERT
3 x 10g squares of dark chocolate
BREAKFAST

Poached Egg with Avocado Salsa on Toast

SERVES: 2
PREP TIME: 10 minutes
COOK TIME: Nil

SNACK

40g (2 Slices) cheddar cheese + 1 apple

LUNCH

Rice and Sweet Corn Salad with blueberries and pecans

SERVES: 6
PREP TIME: 25 minutes
COOK TIME: 45 minutes

SNACK

½ cup strawberries + 30g Brazil Nuts

DINNER

Quinoa Risotto with beans-lemon and parsley

SERVES: 4
PREP TIME: 15 minutes
COOK TIME: 35 minutes

DESSERT

Honey Roasted Pears with Chocolate Sauce

SERVES: 4
PREP TIME: 20 minutes
COOK TIME: 30 minutes
**Breakfast**

**Buckwheat Pancakes with Berries**

- **SERVES:** 4
- **PREP TIME:** 10 minutes
- **COOK TIME:** 15 minutes

**Snack**

- **1 orange**

**Lunch**

**Cauliflower and Celeriac Soup**

- **SERVES:** 4
- **PREP TIME:** 10 minutes
- **COOK TIME:** 30 minutes

**Snack**

- **2 kiwi fruit**

**Dinner**

**Pasta with Eggplant, red capsicums and currants**

- **SERVES:** 4
- **PREP TIME:** 5 minutes
- **COOK TIME:** 30 minutes

**Dessert**

**Berry Sundae**

- **SERVES:** 4
- **PREP TIME:** 10 minutes
- **COOK TIME:** Nil