

Healthy, Nutritious Food Ideas



Breakfast

- Eggs on wholegrain toast with baked beans
- Fruit salad with real fruit and chobani yoghurt
- Omelette with tomato/baby spinach/capsicum/cheese
- Scrambled tofu with vegies/greens/spices
- Muesli and yoghurt
- Porridge and fruit/frozen berries/cinnamon
- Philadelphia cheese/ricotta on wholegrain toast with tomato & avocado
- Grilled tomatoes/onions/vegies and sautéed greens and mixed beans
- Chia seed pudding with fruit
- Fruit smoothie or vegetable juice
- Wholegrain cereal with fruit and yogurt

Lunch

- Chicken, tuna, salmon, sardines and salad sandwich/wrap/roll (wholemeal or grainy)
- Meat (above) and vegies/salad
- Veggie soup w lentils/beans/etc
- Stew/chilli with legumes and vegies
- Sushi (preferably brown rice or quinoa)
- Quiche and salad
- Grilled/baked/steamed vegies
- Crackers w tuna, avocado, cucumber
- Millet/quinoa/wholemeal couscous with vegies
- Large salad with mixed greens, source of protein (beans etc), vegies and a small amount of healthy fat (eg avocado nuts or seeds) used to make a dressing
- Kelp noodles with greens/vegies

Dinner

- Meat (above) and vegies/salad
- Homemade burgers w lots of salad
- Tuna patties and vegies/salad
- Chicken/beef/tofu stir fry
- Homemade pizza's
- Salmon/fish and salad
- Taco's with lots of salad
- Pita bread with hummus/vegies
- Lamb shanks w sweet potato
- Veggie stew/casserole/chilli

Snacks

- Handful of nuts, dried fruit or a fruit/nut bar
- Low fat muffin
- Small tin of tuna with crackers
- Tub chobani yogurt and fresh fruit
- Rice crackers/vita wheat and vegemite/dip
- Pikelets
- Carrot/celery and hummus/cottage/ricotta cheese
- Stewed fruit (apple, rhubarb)
- Fruit/celery with small amount of nut butter
- 4 squares of dark chocolate
- Soft serve style icecream/sorbet made completely from frozen fruit
- Cheese and biscuits
- Slice of wholemeal toast with avocado

Before training

- Fruit (apple, banana, pear)
- Vegemite or peanut butter sandwich
- Handful of nuts or dried fruit
- Protein shake or protein bar
- Sports bar or muesli bar
- Small coffee

REMEMBER:

- Have the right amount of protein in your diet to avoid snacking unnecessarily
- ALWAYS eat breakfast
- Smaller portion sizes at lunch and dinner (breaky can be bigger)
- Mix up what you eat every day to give your diet variety and reduce boredom