

# GIVING YOUR IMMUNITY A FIGHTING CHANCE: SAMPLE MENU PLAN

MEAL	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>BREAKFAST</b>	<b>BAKED BEANS ON TOAST</b> Wholewheat toast topped with baked beans	<b>PEANUT BUTTER OATS</b> Cooked oats made with milk. Stir in 1 - 2 tsp of peanut butter	<b>CHOCOLATE PORRIDGE</b> Soft maize porridge made with <i>Inkomazi</i> . Sprinkle with cocoa powder, if desired	<b>EASY EGGS ON TOAST</b> Boiled or scrambled egg served with grilled tomatoes & mushrooms on wholewheat toast	<b>FRUITY YOGHURT</b> <i>NutriDay</i> yoghurt served with fruit salad	<b>HIGH FIBRE START</b> High fibre cereal served with diced apple & <i>NutriDay</i> yoghurt	<b>PILCHARDS ON TOAST WITH SLICED TOMATO</b> Tinned pilchards served with wholewheat toast, topped with tomato slices
<b>SNACK</b>	<i>NutriDay</i> yoghurt with 1 Medium apple	Peanuts & raisins	<i>NutriDay</i> yoghurt with 1 Orange	1 Medium pear	Cheddar / gouda cheese with Carrot sticks	1 Small banana	2 Small naartjies
<b>LUNCH</b>	<b>BRAAIED CHICKEN AND CORN ON THE COB WITH ROBOT VEGETABLE SKEWERS</b> Build the vegetable skewers using three different coloured vegetables like the colours of a robot. E.g. RED baby tomatoes, GREEN peppers and ORANGE carrots. Braai the vegetable skewers, corn on the cob and chicken pieces.	<b>TOASTED BOILED EGG SANDWICH</b> Mash 1 boiled egg with 2 Tbsp plain <i>NutriDay</i> yoghurt (OR 1 Tbsp yoghurt and 1 Tbsp mayo). Toast between two slices wholewheat bread. Serve with baby tomatoes & cucumber slices	<b>SPAGHETTI BOLOGNESE</b> Sauté 1 diced onion, 1 tsp garlic & 500g beef mince. Add 1 tin tomatoes / tomato & onion mix & bulk up with at least 2 cups of vegetables E.g. peas, carrots, mushrooms, celery, baby marrows, etc. Add 2 tsp dried mixed herbs, & salt & pepper to taste. Serve over wholewheat pasta with a green salad	<b>TUNA STUFFED POTATO</b> Mix 1 tin of tuna with 2 Tbsp plain <i>NutriDay</i> yoghurt (OR 1 Tbsp yoghurt and 1 Tbsp mayo). Boil or bake 2 potatoes with the skin on until tender. Cut the potatoes open and fill with tuna mixture, and top with a little cheddar cheese and spring onion. Bake to melt the cheese. Serve with a green salad	<b>LEAN MEAT AND SALAD ROLL</b> Lean cold meats on wholewheat bread roll. Serve with lettuce, cucumber slices & tomato slices in the roll	<b>ROASTED CHICKEN AND VEGETABLES</b> Place chicken pieces and a mixture of chopped roasting vegetables (sweet potato, carrots, onions, butternut and baby marrow) into an oven dish, and roast in the oven at 180 degrees for 45 - 50 minutes until the chicken is cooked, and the vegetables are tender.	<b>CHICKEN AND SALAD WRAPS</b> Chop and stir fry chicken breasts in a little oil. Serve the chicken with chopped carrots, lettuce & peppers in a wholewheat wrap with a little mayo or sauce.

**YEAH!!**



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<b>SNACK</b>	Chocolate maas-shake: mix 1 small carton <i>Inkomazi</i> with 1 tsp cocoa powder	1 Cup of fruit salad with <i>NutriDay</i> yoghurt	Homemade popcorn	<i>NutriDay</i> yoghurt with a small banana	Vanilla milk: add a drop of vanilla essence into hot or cold milk	Slice of wholewheat toast with peanut butter	Dip baby tomatoes, cucumber sticks or carrot sticks into plain <i>NutriDay</i> yoghurt
<b>SUPPER</b>	 <p><b>CHICKEN &amp; PEANUT STIR-FRY</b></p> <p>Stir fry 1 onion, 1 tsp. crushed garlic. Add shredded vegetables E.g. cabbage, carrots, spinach, mushrooms, etc. Add chicken breast strips &amp; cook until brown. Sprinkle with chopped peanuts OR add 1 Tbsp peanut butter when stir-frying</p>	<p><b>ORANGE BUTTERNUT SOUP</b></p> <p>Sauté 1 diced onion in canola / sunflower oil. Add 500g diced butternut, 1 diced medium apple, 2 L water, 1 cup orange juice &amp; tsp each of cumin, curry powder &amp; black pepper. Boil until soft &amp; puree. To serve, stir in 2-3 Tbsp plain <i>NutriDay</i> yoghurt.</p> <p>Serve with wholewheat toast</p>	<p><b>BEEF &amp; BEAN STEW</b></p> <p>Sauté 1 diced onion, 1 tsp garlic &amp; 500g beef strips/cubes. Add 2 Tbsp tomato paste, 1 tin tomatoes/tomato &amp; onion mix, diced carrots &amp; mushrooms. Add 1-2 tins kidney beans (drained), 1 cup stock &amp; 2 tsp mixed herbs. Cook on low heat until soft.</p> <p>Serve with samp or mielie rice</p>	<p><b>PILCHARD &amp; PEA FISHCAKES</b></p> <p>Boil 600g diced sweet potatoes &amp; or potatoes (skin on) for 10 Min. Add 1 cup fresh / frozen peas for the last 2-3 min. In a bowl, mash 1 x 400g tin pilchards with 1 Tbsp fresh or dried parsley, 1 small onion (diced), 2 eggs, pinch of salt &amp; black pepper. Mix well. Take a handful of the mixture &amp; shape into cakes. In a hot pan with sunflower/canola oil, fry until golden brown.</p> <p>Serve with salad &amp; a dollop of Plain <i>NutriDay</i> yoghurt mixed with sweet chilli sauce</p>	<p><b>COTTAGE PIE WITH CARROTS &amp; PEAS</b></p> <p>Use the same recipe as for the Spaghetti Bolognese (beef mince). Layer in a dish &amp; top with sweet potato &amp; /or potato mash. Brush with 1 scrambled egg &amp; bake for 25 - 30 min.</p> <p>Serve with gem squash filled with peas</p>	<p><b>CHICKPEA, PUMPKIN &amp; SPINACH CURRY</b></p> <p>Sauté 1 diced onion &amp; 1 tsp garlic. Add 1 tin tomatoes / tomato &amp; onion mix, small diced pumpkin, spinach &amp; 2-3 tins of chickpeas (drained). Add mild curry powder, salt &amp; pepper to taste.</p> <p>Serve with carrot &amp; pea rice</p>	<p><b>CHEESY VEGETABLE OMELETTE</b></p> <p>In a pan with 1 Tbsp sunflower/canola oil, pour in 2-3 scrambled eggs. When starting to set, add in grated cheddar/gouda cheese &amp; diced vegetables (E.g. onion, mushrooms, tomato, spinach, etc). Flip half of the omelette over. Once hard, remove from pan.</p> 



This information is solely intended to provide assistance in your personal healthy eating efforts. The information is not intended as a substitute for consultation, evaluation or treatment by a medical professional. Consult with a registered dietitian for a personalised meal plan and dietary education.

tsp = teaspoon, Tbsp = tablespoon

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