



TOTAL  
WELLBEING  
DIET



# TWD Gluten-free meal plan

Week 1 - Wed, Oct 2, 2024 - Tue, Oct 8, 2024

# Prep steps and tips for this week

Here's our checklist to help you prepare for the week:

1. **Swap meals to suit your preferences** – if you don't like the sound of a meal or would prefer more options for breakfast, go to the [online meal plan](#) and click the “Swap” button on any meals you want to change.
2. **Shop for all the ingredients** – see the [shopping list](#) at the back of this PDF or on the TWD website where you can adjust the list to cater for your family.
3. **Prepare batches of Overnight breakfast flakes\*** – this breakfast is quick to prepare but requires soaking in the fridge overnight. Make up a big batch, portion out into separate containers and store in the fridge.
4. **Make basic salads in meals ahead of time** – you can get a head start on mealtimes by preparing salads for any sandwiches, lunch salads or dinners a couple of days in advance or the night before. Store them in an airtight container in the fridge to preserve freshness, and don't dress them until you need them.
5. **Marinate meat cuts in advance** – where a protein portion includes a marinade like the Chilli-lime chicken skewers\* or Teriyaki salmon\*, aim to marinate these ahead of time and place in the fridge for at least 30 minutes, or overnight if possible, for the flavours to take.



## Optional extras

- **Avocado** – for an alternate fats & oils unit, swap 2 teaspoons of margarine for 20g of avocado to add to your sandwich or wrap.
- **Dairy snack** – if you're not a fan of coffee, you can swap the lattes out for a dairy unit of low-fat yoghurt, cheese or a glass of milk with gluten-free drinking chocolate. Alternatively, you can make a smoothie with the fruit and dairy snack units.

\*Refers to recipes in the meal plan as specified. Your meal plan may differ if you have swapped meals.

# Meal plan

	Breakfast	Lunch	Dinner	Snack
<b>Wed, Oct 2</b>	Overnight breakfast flakes	Simple chicken sandwich	Cinnamon, basil and pumpkin 'lasagne'	Assorted snacks with latte
<b>Thu, Oct 3</b>	Overnight breakfast flakes	Grab 'N Go tuna crispbread	Simple stir-fry dinner with teriyaki chicken	Assorted snacks with latte
<b>Fri, Oct 4</b>	Overnight breakfast flakes	Simple egg sandwich	Simple steam dinner with ginger-lime fish	Assorted snacks with latte
<b>Sat, Oct 5</b>	Overnight breakfast flakes	Simple chicken salad	Leftover Cinnamon, basil and pumpkin 'lasagne'	Assorted snacks with latte
<b>Sun, Oct 6</b>	Overnight breakfast flakes	Grab 'N Go tuna crispbread	Simple dinner with chilli-lime chicken skewers	Assorted snacks with latte
<b>Mon, Oct 7</b>	Overnight breakfast flakes	Simple chicken sandwich	Simple dinner with teriyaki salmon	Assorted snacks with latte
<b>Tue, Oct 8</b>	Overnight breakfast flakes	Simple egg salad	Simple dinner with lamb	Assorted snacks with latte

# Breakfast meals

## Overnight breakfast flakes

Gluten free rice flakes, 25 g (25g)

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Milk, low-fat, ¼ cup(s) (63ml)

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Low-fat yoghurt, any flavour, ½ cup(s) (125g)

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Ground cinnamon, 1 pinch(s), optional (1g)

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Apple, any type, ½ medium, grated (87g)

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Blueberries, ½ cup(s), use frozen if fresh not available (79g)

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### Method

Combine rolled rice flakes, milk, yoghurt, cinnamon (if using) and apple in a container or jar. Top with blueberries. Seal container and refrigerate overnight, this will be ready to eat in the morning!

TIP: Experiment by substituting rice flakes with your favourite gluten free rolled grain, e.g. 25g quinoa flakes or 25g amaranth. See meal swaps for flavour variations or to swap for an alternative breakfast such as cereal or a smoothie.

**Makes 1 serve.** Each serve provides: 1 Bread & Cereals, 1 Fruit, 0.9 Dairy, 1304 kilojoules, 11.6g protein.



# Lunch meals

## Simple chicken sandwich

Gluten free bread, mixed grain, 2 slice(s), e.g. Country Life Gluten Free Multi-grain or Low GI bread (80g)

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Margarine, light, 2 teaspoon(s) (10g)

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Chicken breast, lean, baked, 50 g, shredded (50g)

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Mixed salad vegetables, 1 cup(s), e.g. tomato, cucumber, lettuce, onion (131g)

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### Method

1. Spread bread with margarine. Top with cooked chicken, salad and condiments (if using).
2. Season to taste and close to make a sandwich.

TIP: Substitute margarine for 1 tablespoon of mashed avocado if preferred. If using condiments, ensure they are gluten free.

**Makes 1 serve.** Each serve provides: 0.5 Meat & Protein, 2 Bread & Cereals, 1 Vegetables, 1 Healthy Fats & Oils, 1432 kilojoules, 20.9g protein.



# Dinner meals

## Simple stir-fry dinner with teriyaki chicken

Gluten free teriyaki marinade, 1 serve(s) (15ml per serve) (18g)

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Olive oil, 2 teaspoon(s) (10ml)

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Chicken breast, lean, raw, 200 g, diced (200g)

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Mixed vegetables, any type, 2 cup(s), e.g. carrot, capsicum, broccoli, onion (223g)

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Total Wellbeing Diet Dairy unit, e.g. 175g low fat yoghurt, 250ml low fat milk or 50g reduced fat cheese, 1 unit(s) (1 serving(s))

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### Method

1. Coat chicken in teriyaki sauce.
2. Heat oil in a wok or fry-pan over a medium heat. Cook chicken for 4-6 minutes. Add mixed vegetables of your choice and cook for a further 3-4 minutes, or until chicken is cooked through.
3. Follow with low fat dairy dessert of your choice, such as 175g low fat yoghurt or 35g cheese.

TIP: You can season your meal with any free food seasoning if preferred - refer to the PDF Guide for free food seasoning options. Just go easy on the soy sauce and salt.

Your dairy unit does not have to be eaten after dinner, you can choose to save this for an additional snack during the day, or add to one of your meals.

**Makes 1 serve.** Each serve provides: 2 Meat & Protein, 1.5 Vegetables, 1 Dairy, 2 Healthy Fats & Oils, 2036 kilojoules, 59.9g protein.



# Snack meals

## Assorted snacks with latte

Fresh fruit, any type, 1 medium piece(s), e.g. banana, apple, pear (150g)

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Latte, low-fat milk, 1 large takeaway cup(s), or 175g low fat yoghurt (400ml)

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Vegetable crudites (carrot, celery, cucumber, capsicum), 1 serve(s) (150g per serve) (150g)

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### Method

Enjoy a piece of fruit, reduced fat latte and vegetable crudites as snacks during the day.

TIP: Substitute reduced fat latte for 175g low fat yoghurt, 250ml glass of milk or 35g cheddar cheese if preferred. Snacks can be enjoyed in any combination, and at a time that suits you.

**Makes 1 serve.** Each serve provides: 1 Vegetables, 1 Fruit, 1 Dairy, 1038 kilojoules, 12.6g protein.



# Shopping list

## Fruits & Vegetables

- Apple, any type, 3½ medium (606g)
- Avocado 40g
- Basil 16g
- Blueberries, 3½ cup(s) (553g)
- Celery, 2 stalk(s) (100g)
- Fresh fruit, any type, 7 medium piece(s) (1.1kg)
- Ginger, fresh 2g
- Lime zest, 1 teaspoon(s) (2g)
- Mixed salad vegetables 1.4kg
- Mixed vegetables, any type 890g
- Onion, any type, 1 medium (89g)
- Pumpkin, any type 800g
- Tomato, 2 small (238g)
- Vegetable crudites (carrot, celery, cucumber, capsicum) 1.1kg

## Pantry Items

- Balsamic vinegar 10ml
- Gluten free crispbread, any type, 12 crispbread(s) (90g)

- Gluten free light mayonnaise 43g
- Gluten free rice flakes, 175g
- Gluten free sweet chilli sauce 10ml
- Gluten free teriyaki marinade 36g
- Ground cinnamon 9g
- Olive oil 80ml
- Quinoa, wholegrain, uncooked, 100g
- Tomato paste, no added salt 50g
- Tomatoes, diced, canned, any type, 1 x 400g can(s) (400g)
- Tuna, canned in springwater, 2 x 95g can(s) (drained) (135g)

## Bread & Bakery

- Gluten free bread, mixed grain, 6 slice(s) (240g)

## Meat, Poultry, Seafood

- Atlantic salmon fillet, raw 200g
- Beef mince, low fat, raw, 800g
- Chicken breast, lean, baked, 150g
- Chicken breast, lean, raw, 400g