

B2BH | Menu Ideas – Discover New Foods, Plan 3



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast (choose one of the following options daily)						
Option 1: Porridge made with rolled oats and dairy-free* milk (except coconut) or water, with fresh fruit and raisins.						
Option 2: Whole meal or rye toast with avocado or pure peanut/almond butter or tahini + fresh fruit or fruit salad.						
Option 3: Whole wheat or whole grain breakfast cereal (like Weetbix, granola or muesli) with non-dairy milk* (except coconut) + fresh fruit.						
Option 4: Home made baked beans on whole meal or rye toast (see attached recipe).						
Option 5: Quick Bircher muesli (see attached recipe).						
Option 6: Tropical oat smoothie + fresh fruit.						
Option 7: Plantain (vudi) cooked with a dairy-free milk* (except coconut) + raisins/sultanas, cinnamon, ginger, cloves or lemon zest + fresh fruit.						
Option 8: Whole meal or missi roti with salad (like lettuce, tomatoes and cucumber or cabbage, carrot and herbs).						
Option 9: Scrambled tofu Florentine (with spinach, onion, ginger and nutritional yeast) on whole meal or rye toast + fresh fruit.						
Morning Snack (in case of emergency only, for example if you eat breakfast very early and have to wait several hours before lunch). If you don't eat the morning snack, add these foods to your breakfast.						
1 Fruit (like a medium mango or paw-paw or 1/2 cup pineapple). 1 handful nuts or seeds (like walnuts, almonds, pumpkin seeds or local nuts).						

B2BH | Menu Ideas – Discover New Foods, Plan 3



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Lunch (choose one of the following options daily)						
Quinoa salad with avocado, tomatoes, cucumber, corn, basil, balsamic vinegar and chilli.	Wholemeal or buckwheat pasta with chopped tomatoes, capsicum and onion sauce.	Lightly stir-fried brown/red/black rice with leafy greens (like choy sum or bok choy), carrots, onion, garlic, ginger and soy sauce.	Pearled barley salad with roasted vegetables (like carrots, pumpkin, onion and cauliflower/gobi).	Wholemeal or missi roti wrap with watercress, broccoli, avocado and black pepper.	Sweet potato (kumala) salad bowl with roasted capsicum and tomatoes, corn and hummus.	Buckwheat noodles (soba) with sautéed purple cabbage, ginger, pineapple, onion and garlic and soy sauce.
<i>(Maximum 1 tsp of oil and 1 dash of salt per person, no sugar).</i>	<i>(Maximum 1 tsp of oil and 1 dash of salt per person, no sugar).</i>	<i>(Maximum 1 tsp of oil and 1/2 tbsp soy sauce per person, no sugar).</i>	<i>(Maximum 1 tsp of oil and 1 dash of salt per person, no sugar).</i>	<i>(Maximum 1 tsp of oil and 1 dash of salt per person, no sugar).</i>	<i>(Maximum 1 tsp of oil and 1 dash of salt per person, no sugar).</i>	<i>(Maximum 1 tsp of oil and 1/2 tbsp soy sauce per person, no sugar).</i>
Afternoon snack (in case of emergency only)						
Vegetable sticks (such as carrots or cucumbers) with hummus dip.	Vegetable sticks (such as carrots or cucumbers) with red pepper and lima dip or other legume based dip.	Vegetable sticks (such as carrots or cucumbers) with Dahl and carrot dip.	Cherry tomatoes filled with guacamole.	Vegetable sticks (such as carrots or cucumbers) with pumpkin hummus.	Vegetable sticks (such as carrots or cucumbers) with hummus dip.	Boiled or steamed orange sweet potato (kumala) slices with tomato and basil sauce.

B2BH | Menu Ideas – Discover New Foods, Plan 3



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Dinner						
<p>Italian bean soup prepared with red/Borlotti beans, chopped tomatoes, carrots, potatoes, onions, celery and fresh chilli or pepper.</p> <p>Watercress salad.</p>	<p>Oven roasted tofu and vegetables with hard tofu, cauliflower (gobi) pumpkin, onion and herbs (like fresh sage, oregano or rosemary).</p> <p>Lettuce and cucumber with lime and balsamic vinegar.</p>	<p>Salad bowl with chickpeas (chana), roasted eggplants and capsicum with tahini dressing (blended sesame seeds or pure tahini sauce, lemon juice, water and a pinch of salt).</p>	<p>Salad bowl with watercress, onion, long beans and brown lentils with Dijon mustard dressing.</p>	<p>Carrot, sweet potato (kumala), pumpkin, white beans, onion and ginger cream.</p>	<p>Grilled hard tofu marinated overnight with soy sauce, ginger, onion and chives with watercress, paw-paw and spring onion salad.</p>	<p>Pulse pasta (like lentil, chickpea or pea pasta – co corn, rice or coloured pasta) with taro leaves (rourou) garlic and ginger cream.</p>
<i>(Maximum 1 tsp of oil and 1 dash of salt per person, no sugar).</i>	<i>(Maximum 1 tsp of oil and 1 dash of salt per person, no sugar).</i>	<i>(Maximum 1 tsp of oil and 1 dash of salt per person, no sugar).</i>	<i>(Maximum 1 tsp of oil and 1 dash of salt per person, no sugar).</i>	<i>(Maximum 1 tsp of oil and 1 dash of salt per person, no sugar).</i>	<i>(Maximum 1 tsp of oil and 1/2 tbsp soy sauce per person, no sugar).</i>	<i>(Maximum 1 tsp of oil and 1 dash of salt per person, no sugar).</i>