

B2BH | Menu Ideas – Indo Fijian Foods, Plan 2



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 natural peanut butter + fresh fruit or fruit salad.						
Option 3: Whole wheat or whole grain breakfast cereal (like Weetbix) 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: Whole meal or missi roti with low-fat vegetable and legume curry (such as chickpea/chana and eggplants).						
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 – Indo Fijian Foods, Plan 2



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Lunch (choose one of the following options daily)						
Brown/red/black rice with low-fat mixed vegetable curry (like long beans, carrots, okra/bhindi and spinach/bhaji) with onion, garlic, ginger, turmeric and spices.	Brown/red/black rice or a boiled/steamed starchy crop with low-fat pumpkin curry with onion, garlic, ginger, turmeric and spices.	Brown/red/black rice or a boiled/steamed starchy crop with low-fat taro leaves (rourou) curry with onion, garlic, ginger, turmeric and spices and sugar free tomato chutney.	1 wholemeal or missi roti with spinach (bhaji), potato and carrot curry with onion, garlic, ginger, turmeric and spices.	Brown/red/black rice with low-fat mixed vegetable curry (like okra/bhindi, capsicum, ridge gourd/taroi and spinach) with onion, garlic, ginger, turmeric and spices.	Brown/red/black rice with long bean and tomato curry.	Low-fat vegetable biryani made with brown/red/black rice.
<i>You may add a maximum 1 tsp of oil and 1 dash of salt 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 or mashed avocado.	Vegetable sticks (such as carrots or cucumbers) with pumpkin hummus.	Boiled or steamed orange sweet potato (kumala) slices with tomato and basil sauce.	Boiled or steamed orange sweet potato (kumala) slices with tomato and basil sauce.

B2BH | Menu Ideas – Indo Fijian Foods, Plan 2



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Dinner						
<p>Low fat dahl lentil soup made with tomatoes, potatoes and carrots, onion, garlic, ginger, curry leaves coriander/dhania and spices.</p> <p>Watercress or lettuce, tomato and onion salad.</p>	<p>Low fat eggplant and chickpea (chana) curry with steamed/boiled sweet potatoes (kumala) with onion, garlic, ginger, curry leaves coriander/dhania and spices.</p> <p>Mustard cabbage salad (sarson ki bhaji).</p>	<p>Low fat cauliflower, potato and green pea curry (Aloo gobi mattar) with onion, garlic, ginger, curry leaves coriander/dhania and spices.</p> <p>Carrot and lime (moli) salad.</p>	<p>Low fat moong bean dahl with mixed vegetables (like long beans, corn, carrots, okra/bhindi, pumpkin or tomatoes), potato, onion, garlic, ginger, curry leaves coriander/dhania and spices.</p> <p>Mustard cabbage salad (sarson ki bhaji).</p>	<p>Low fat red and long bean curry with onion, garlic, ginger, curry leaves coriander/dhania and spices.</p> <p>Carrot and cabbage salad with mustard seeds.</p>	<p>Low fat black lentil and bean dahl (dahl makhani) with mixed vegetables (like long beans and tomatoes), potatoes, onion, garlic, ginger, curry leaves coriander/dhania and spices.</p> <p>Purple cabbage and carrot salad with mint and lime (moli) juice.</p>	<p>Low fat okra, chickpea and potato (bhindi chana aloo) curry with onion, garlic, ginger, curry leaves coriander/dhania and spices.</p> <p>Watercress, tomato and onion salad.</p>
<i>You may add a maximum 1 tsp of oil and 1 dash of salt per person, no sugar.</i>						