

# B2BH | Menu Ideas – Pacific Foods, Plan 1



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast (choose one of the following options daily)</b>						
<b>Option 1:</b> Porridge made with rolled oats and dairy-free* milk (except coconut) or water, with fresh fruit and raisins.						
<b>Option 2:</b> Wholemeal or rye toast with avocado or natural peanut butter + fresh fruit or fruit salad.						
<b>Option 3:</b> Whole wheat or whole grain breakfast cereal (like Weetbix) with non-dairy milk* (except coconut) + fresh fruit.						
<b>Option 4:</b> Home made baked beans on whole meal or rye toast (see recipe).						
<b>Option 5:</b> Quick Bircher muesli (see recipe).						
<b>Option 6:</b> Tropical fruit smoothie (see recipe) + fresh fruit.						
<b>Option 7:</b> Plantain (vudi) cooked with a dairy-free milk* (except coconut) + raisins/sultanas, cinnamon, ginger, cloves or lemon zest + fresh fruit.						
<b>Option 8:</b> Whole meal roti with salad (like lettuce, tomatoes and cucumber or cabbage, carrot and herbs).						
<b>Option 9:</b> Any boiled or steamed starchy crops with vegetables (like salad, lightly stir-fried, steamed or baked).						
<b>Morning Snack</b>						
<b>(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.</b>						
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).						

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<b>Lunch (choose one of the following options daily)</b>						
<p>Boiled or steamed taro (dalo, the tuber part) with low-fat palusami with tomatoes and onions.</p> <p>Lettuce or watercress salad with cucumber and basil (or any other herb).</p>	<p>Boiled or steamed sweet potatoes (kumala), preferably orange or purple with low-fat ota miti (local edible fern with fresh coconut milk, chopped onions and tomatoes)</p> <p>Carrot salad with lime (moli) juice and wild coriander (or any other herb).</p>	<p>Boiled or steamed cassava with stir-fried edible hibiscus or amaranth leaves (moca, tubua, bhaji) cooked with onion, garlic and ginger.</p> <p>Lettuce and tomato salad with spring onions.</p>	<p>Boiled or steamed yam or taro (dalo, the tuber part) with fresh sea grapes salad (nama) and/or low-fat taro leaves (rourou) balls.</p> <p>Cabbage salad with lime juice and mint (or any other herb).</p>	<p>Brown/red/black rice or any boiled or steamed starchy or steamed starchy bok choy or choy sum with onion, garlic, chilli, ginger and soy sauce.</p> <p>Mustard cabbage (sarson ki bhaji) or watercress salad with mustard seeds and herbs (like basil, parsley, coriander/dhania) or spring onion.</p>	<p>Boiled or steamed sweet potatoes (kumala) with low-fat eggplants in coconut milk (tavu baigani and/or fresh sea grapes salad (nama).</p> <p>Purple cabbage and carrot salad with lime (moli) juice and mint (or any other herb).</p>	<p>Low-fat vegetable bake with local vegetables and starchy crops (such as pumpkin, carrots, eggplants and sweet potato) cooked with coconut milk.</p> <p>Lettuce and tomato salad and herbs (like coriander/dhania, basil or parsley).</p>
<i>(Maximum 2 tbsp of coconut milk and 1 dash of salt per person, no sugar).</i>	<i>(Maximum 2 tbsp of coconut milk 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 2 tbsp of coconut milk 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 2 tbsp of coconut milk and 1 dash of salt per person, no sugar).</i>	<i>(Maximum 2 tbsp of coconut milk and 1 dash of salt per person, no sugar).</i>
<b>Afternoon snack (in case of emergency only)</b>						
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.	Vegetable sticks (such as carrots or cucumbers) with hummus dip.	Boiled or steamed orange sweet potato (kumala) slices with tomato and basil sauce.

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<b>Dinner</b>						
Dahl lentil soup made with tomatoes, potatoes and carrots, onion, garlic, ginger, curry leaves and spices.	Taro (tuber and leaves – dalo and rourou) and chickpea stew made with onion, garlic, ginger, turmeric and chilli.	Cabbage, chickpea, carrot, mint and wild coriander salad with lime (moli) and soy sauce dressing. Boiled or steamed plantain (vudi).	Dahl pea soup made with tomatoes, cassava, long beans and pumpkin or carrots, onion, garlic, ginger, curry leaves and spices.	Beans, corn and tomato salad with chilli, coriander/ dhanian and onions. Boiled or steamed breadfruit.	Moong dahl soup with mixed vegetables (like long beans, corn, carrots, pumpkin or tomatoes), potato, onion, garlic, ginger, turmeric, curry leaves and spices.	Taro leaves (rourou) balls. Chickpea (chana) and cabbage salad with lime (moli juice), spring onion and wild coriander.
<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 OR 2tbsp of coconut milk and 1 dash of salt per person, no sugar).</i>