

Healthy Eating & Oral Health Meal Plan

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	M	T	W	Th	F	S	Su
Breakfast	Fresh fruit salad, yoghurt & ground LSA (linseed, sunflower, almonds).	Porridge with milk, sliced banana & cinnamon.	Sardines on toast with sliced tomato.	Grain toast with avocado & tomato. Piece of fruit.	Boiled egg & 2 pieces of buttered toast.	Fresh fruit, yoghurt & LSA.	Poached egg, toast with avocado & tomato.
Lunch	Grilled fish with mashed potato, broccoli & green beans.	Fresh soup (from supermarket) with grilled cheese sandwich.	Microwave rice with quinoa, steamed veggies (freezer section of market).	Smoked salmon & scrambled eggs with greens (dress with olive oil & vinegar).	Roast meat & veggies with gravy.	Sandwich or wrap with ham & salad.	Lentil & ham soup, grilled cheese on toast.
Dinner	2 English muffins with nut butter & slice of cheese. Fresh fruit.	Bag of salad greens, tin of tuna or a cold boiled egg. Buttered bread.	Grilled chicken breast with cooked carrots, sweet potato & cauliflower.	Sandwich with cheese or tinned fish & lettuce, cucumber, tomato.	Bowl of vegetable soup. Custard & stewed fruit for dessert.	Baked beans in a baked potato with salad.	Fried rice using up all the leftovers in the fridge.
Snacks	Digestive biscuits.	Piece of fruit.	Fruit & walnuts or almonds.	Crackers with favourite dip.	Digestive biscuits.	Custard and fruit.	Tub of full fat yoghurt.

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