

## Good Meal Plans

In an effort for giving keeping a consistency of food intake across the team(s) for our tangata, here's a meal planner that Sarah, our RN, has put together to help deliver good healthy foods. Key Points to note:

- Please ensure daily intake of water of **2 Litres per day**. This is important to maintain good health and hydration. Offer water with every meal.
- Consistency and teamwork are key. If you do not agree with staff on foods, professionally and kindly work as a team to make good food choices.
- If possible, have the tangata involved in choosing foods they would like.
- It is understood there will always be some variation to what meals and food you serve due to meat and vegetables being on special and availability of ingredients, but please stick to the meal plan as best you can. Remember that frozen veggies are just as good, if not better, to fresh veggies.
- Create a shopping list which has all the core ingredients and then any luxuries on top, if required. Put on the fridge or somewhere where it can be taken with whomever is doing the shop.

	Breakfast	Morning tea	Lunch	Afternoon tea	Dinner	Fluid intake
Monday	Weetbix/low sugar cereal with milk, fruit and yoghurt	Chips and fruit	Sandwich with meat filling and salad or a spread.	Muesli bar and fruit	Slow cooker meal with 3 veges	2 Litres of water Treat calcium or similar
Tuesday	Weetbix/low sugar cereal with milk, fruit and yoghurt	Chips and fruit	Sandwich with meat filling and salad or a spread.	Cheese, crackers and fruit	Chicken stir fry with frozen mixed veges and rice or noodles	2 Litres of water Treat calcium or similar
Wednesday	Weetbix/low sugar cereal with milk, fruit and yoghurt	Chips and fruit	Sandwich with meat filling and salad or a spread	Muesli bar and fruit	Slow cooker pork or other meat with rice or potatoes and veges.	2 Litres of water Treat calcium or similar
Thursday	Oats porridge with tinned peaches in lite syrup.	Fruit and yoghurt	Sandwich with meat filling and salad or a spread	Chips and muesli bar	Takeaway of choice	2 Litres of water Treat calcium or similar
Friday	Toast with spreads and fruit	Muesli bar and chips	Sandwich with meat filling and salad or a spread	Yoghurt and fruit Treat e.g. ice cream from McDonalds	Beef stir fry with vegetables and rice or potato	2 Litres of water Treat calcium or similar
Saturday	Weetbix/low sugar cereal with milk, fruit and yoghurt	Muesli bar and chips	Sandwich with meat filling and salad or a spread	Yoghurt and fruit	Spaghetti bolognaises with grated carrot/veges	2 Litres of water Treat calcium or similar
Sunday	Bacon and egg on toast	Fruit and yoghurt	Sandwich with meat filling and salad or a spread	Muesli bar and chips	Crumbed fish fillets with oven chips and mixed vegetables	2 Litres of water Treat calcium or similar

**Further info below:**

- Sandwiches should be on wholemeal or wholegrain brown bread if possible. Bread can be substituted for a wraps, pitta bread etc.
- Occasional treats can be McDonalds ice cream, bakery treat or a chocolate but limit to not more than 2x per week.
- Try to buy snack foods that are lower in sugar and salt e.g. healthy option muesli bars, wholegrain crackers etc.
- Other snack ideas that can substitute what's in meal plan include: a small handful of nuts, seaweed, fruit balls, dried fruit, raw vegetable sticks e.g. carrot/cucumber with hummus etc.
- A takeaway can substitute any meals for example Subway or Sushi for lunch would then count as takeaway.
- Please ensure that evening meal includes at least 2-3 types of vegetables, a meat portion as per guide and a carbohydrate such as rice, potato, kumara etc.
- Any of the meals can be slightly altered depending on availability of ingredients.
- Other dinner ideas are roast chicken, chicken nuggets with chips and vegetables, omelette with cheese and ham, sausages mash and veges, shepherd's pie etc.