

## Rotation MENU (Low fat low GI) Week 1

**Daily allowance :** 1 cup milk (low fat/fat free)  
1 low fat low GI rusk or 1 Treat/Extra Starch

<u>BREAKFAST</u>	<u>LUNCH</u>	<u>SUPPER</u>
<b><u>Monday</u></b>		
Bokomo Oats (cooked) with raw Oatbran (1/2-1 cup in total) 1-2 flat teasp. Lite margarine, Sweetener (Optional) Yoghurt, 100 ml low fat tub  1 Apple, (reserve for later)	1-2 slices Seed loaf/low GI bread Avocado, 25 (1cm slice) 1 teasp. Lite Chutney 1 Pilchard Tomato/Lettuce/Cucumber NB. Put the avo, pilchards and chutney on the bread and serve with the salad  1 small Pear (reserve for later)	1 serving of <b>Liesbet's Curried Mince*</b> , p. 96 of Eating for Sustained Energy 1 (EFSE 1) 1/2 cup cooked barley 1/2-1 cup Tomato salad 1 small green banana, sliced 1 teasp. "Lite" chutney
<b><u>Tuesday</u></b>		
1/2-1 cup All-Bran, Hi Fibre or Right Start Fibre Plus Milk, skimmed/low fat (1 cup) Sweetener (Optional)  1 small Orange or (reserve for later)	1 serving <b>Mexican Bean Snack*</b> , p. 54 of EFSE1  1 small Apple (reserve for later)	1 serving <b>Chicken Spaghetti Bolognese*</b> , p. 64 of EFSE 1 (NB. Use only 166g macaroni [1/3 packet], in stead of 250g for those who have the original EFSE) "Free" Vegetable Salad  2 Kiwi (reserved for later)
<b><u>Wednesday</u></b>		
Coarse Mabela (cooked) with raw Oatbran (1/2-1 cup in total) 1-2 flat teasp. Lite margarine, Sweetener (Optional) Yoghurt, 100ml low fat tub  1 small Pear (reserve for later)	Prepare a "snackwich", using the following: 1-2 slices Seed loaf/low GI bread 25ml Low fat mayonnaise 1 egg, boiled  100g Grapes (10 large or 20 small grapes)(reserve for later)	1 serving <b>Meat Loaf*</b> , p. 82 of EFSE2 1 serving <b>Roast Sweet Potatoes or Baby Potatoes*</b> , p. 84 of EFSE1 1/2 Gem Squash 100g Cauliflower with 10g Low fat/medium fat cheese, grated  1 small Apple (reserve for later)
<b><u>Thursday</u></b>		
Whole Wheat Pronutro (1/4-1/2 cup) Milk, skimmed/low fat (1 cup) Sweetener (Optional)  1 Naartjie (reserve for later)	3-6 Provitas 1-2 flat teasp. Lite margarine/peanut Butter Salad made from lettuce, cucumber and tomato, as well as asparagus. Chunky low fat cottage cheese 50g (1/4 tub) per person - add to salad or 1/3 round Feta cheese per person  Also add 1 apple per person to the salad or reserve for later	1 serving <b>Curried Fish and Rice*</b> , p. 72 of EFSE 1 1 portion <b>Broccoli and Mushroom Salad*</b> , p. 44 of EFSE 1 Tomato Salad  1 Nectarine (reserve for later)

Five week rotatian menu – womens portions, averaging 5000kJ per day

<b><u>BREAKFAST</u></b>	<b><u>LUNCH</u></b>	<b><u>SUPPER</u></b>
<b><u>Friday</u></b>		
1 serving (50g or ½ cup) <b>Fruit and Nut Muesli</b> , p. 26 of EFSE1 Milk, skimmed/low fat (1 cup) Sweetener (Optional)	1-2 slices Seed loaf/low GI bread Cheese, low fat e.g. Mozzarella/Clover low fat/In Shape/Parmalat Delite (30g) Tomato Slices 1-2 flat teasp. Lite margarine 1-2 flat teasp. Lite Chutney Spread bread with margarine and Lite chutney, place tomato on bread and cheese on top. Grill in oven.	1 serving <b>Hamburger Patties with BBQ Sauce*</b> , p. 56 of EFSE 1 1 serving <b>Tossed Salad*</b> , p. 52 of EFSE1 (NB. Leave out the Feta cheese, avo and carrots and only pour 1 Tablespoon (T) of <b>Gabi's Salad dressing*</b> , p. 52 of EFSE1, over the salad)
1-2 Kiwi's (reserve for later)	1 large or 2 small Plums (Reserve for later)	
<b><u>Saturday</u></b>		
1 slice Seed loaf/low GI bread 1-2 flat teasp. Lite margarine/ Peanut Butter 1 egg and 2 strips bacon (fat removed), fried in Spray & Cook Also fry tomato, onion and mushrooms with the egg Lite Chutney, 1 teasp.	3-6 provitas 1-2 flat teasp. Lite margarine <b>or</b> 25ml Lite Mayonnaise 30g cold chicken, e.g. 1 thigh (no fat or skin) Tomato, lettuce, cucumber Prepare a chicken salad, using the tomato, lettuce, cucumber and chicken. Eat with the provitas, spread with margarine or mayonnaise	1 serving <b>Vegetable Lasagne*</b> , p. 74 of EFSE 1 1 serving <b>Cabbage and Apple Salad*</b> , p. 50 of EFSE 1 ½ cup Beetroot Salad
1 small Orange (reserve for later)	1 small Nectarine (reserve for later)	
<b><u>Sunday</u></b>		
1-2 <b>Bran Muffins*</b> , p. 36 of EFSE 1 1 flat teasp. Lite margarine or peanut butter Cheese, low/medium fat, 30g e.g. Clover low fat or In Shape or Mozzarella or Parmalat Delite	1 serving <b>Chicken Casserole*</b> , p. 60 of EFSE1 ½ cup Pearled wheat (cooked) ½-1 cup Broccoli, with 1 dess. spoon melted low fat cheese spread mixed with low fat milk ½-1 cup Mixed vegetables (not too many potatoes or mealies) <b>Dessert:</b> 1 serving <b>Low-fat Custard*</b> , p. 106 of EFSE 1 (Treat) Canned Apples, 4-5 slices	1 slice Seed loaf/low GI bread 1 flat teasp. Lite margarine, if desired 50 ml (¼ tub/cup) low fat/fat free Cottage cheese Tomato, lettuce, cucumber

## Rotation MENU (Low fat low GI) Week 2

**Daily allowance :** 1 cup milk (low fat/fat free)  
1 low fat low GI rusk or 1 portion Starch/Treat

<u>BREAKFAST</u>	<u>LUNCH</u>	<u>SUPPER</u>
<b>Monday</b>		
½-1 cup Cooled down Unsifted Mealiemeal porridge 1-2 flat teasp. Lite margarine Sweetener 100 ml low fat tub yoghurt  ½ grapefruit (eat here or reserve for later)	3-6 Provitas 1-2 flat teasp. Lite margarine or Peanut butter 1 serving of <b>Minestrone soup*</b> , p. 40 of EFSE 1  2-3 Apricots (reserve for later)	2-3 <b>Mini Meatballs*</b> , p. 96 of EFSE 1 ½ cup cooked Brown rice with lentils ½ cup Green Beans ½ cup (100g) Roast Butternut (use same recipe as Roast Sweet potato/Baby potatoes, p. 84 of EFSE 1) Diced Tomato  2 dried pears (reserve for later)
<b>Tuesday</b>		
1 serving (50g or ½ cup) <b>Tropical Fruit Muesli*</b> , p. 32 of EFSE 1 1 cup Low fat/skimmed milk  1-2 Plums (reserve for later)	1-2 slices Rye Bread 1-2 flat teasp. Lite margarine or peanut butter 30g lean cold meat e.g. Silverside or Pastrami or ham Tomato, Lettuce, Cucumber  1 small orange (reserve for later)	1 serving <b>Mexican Fish and Beans*</b> , p. 68 of EFSE1 1 cup Salad, made from "Free" vegetables  1 small apple (add to salad or reserve for later)
<b>Wednesday</b>		
Bokomo Oats (cooked) with raw Oat bran (½-1 cup in total) 1-2 flat teasp. Lite margarine Sweetener (Optional) Yoghurt, 100 ml low fat tub  1 small Pear (reserve for later)	3-6 Provitas 1-2 flat teasp. Lite margarine/peanut butter 30g low fat/medium fat cheese e.g. Clover low fat, In Shape or Mozzarella Tomato, lettuce, cucumber  1 Naartjie (reserve for later)	1 serving <b>Roast Lamb and beans*</b> , p. 90 of EFSE 1 Mixture of cooked "free" vegetables like baby marrows, onions, green pepper, cauliflower, broccoli, green beans, etc.  1 small Pear (reserve for later)
<b>Thursday</b>		
¾-1½ cup Bran Flakes 1 cup Low fat/skimmed milk Sweetener (optional)  1 heaped dess. Spoon sultanas (eat with Bran flakes)	1 serving <b>Chilled Tuna Salad*</b> , p. 48 of recipe book Extra Tomato, lettuce, cucumber, if desired  1 small nectarine (reserve for later)	1 serving <b>Curried Chicken Dish*</b> , p. 62 of EFSE 1 1 small green banana

<b><u>BREAKFAST</u></b>	<b><u>LUNCH</u></b>	<b><u>SUPPER</u></b>
<b><u>Friday</u></b>		
± 50g or ½ cup Fine Form or Bokomo Morning Harvest or Nature's Source or Vital low GI Muesli 100 ml tub low fat yoghurt  ½ Grapefruit (reserve for later)	1-2 slices Seed loaf/low GI bread 30g chicken, e.g. 1 thigh (no fat or skin) 25ml Low fat mayonnaise Make a "snackwich", using the above  1 small pear (reserve for later)	1 serving <b>French Bread Pizza*</b> , p. 58 of EFSE 1         1 small apple
<b><u>Saturday</u></b>		
1 serving <b>Bean Fritata*</b> , p. 54 of EFSE 1 Grilled tomato and mushrooms 1 x 125ml glass Orange juice	1 serving <b>Bacon and Broccoli Quiche*</b> , p. 58 of EFSE 1 "Free" Vegetable Salad	1 serving <b>Chicken Stir-Fry*</b> , p. 66 of EFSE 1 ½ cup cooked Barley or wheat   1 small Apple (reserve for later)
<b><u>Sunday</u></b>		
1-2 <b>Date and Oat muffins*</b> , p. 34 of EFSE1 1 flat teasp. Lite margarine 30g Low/medium fat cheese, e.g. Clover low fat or In Shape or Mozzarella or Parmalat Delite 1 flat teasp. jam	1 portion <b>Tasty Pork Casserole*</b> , p. 88 of EFSE1 ½-1 cup (100g) cooked pasta ½ cup Peas and Carrots (mixed) ½-1 cup Cauliflower with 1 serving <b>Legal cheese sauce*</b> , p. 84 of EFSE 1  <b>Dessert:</b> 1 portion <b>Yoghurt Fruit Jelly*</b> , p. 104 of EFSE1	1 slice Seedloaf/low GI bread (30g) lower fat Cheese e.g. Mozzarella/Clover low fat/In Shape/Parmalat Delite Tomato Slices 1 flat teasp. Lite margarine/peanut butter 1 flat teasp. Lite Chutney Spread bread with margarine and/or Lite chutney, place tomato on bread and cheese on top. Grill in oven.

### **Rotation MENU (Low fat low GI) Week 3**

**Daily allowance :** 1 cup milk (low fat/fat free)  
1 low fat low GI rusk or 1 portion Starch/Treat

<b><u>BREAKFAST</u></b>	<b><u>LUNCH</u></b>	<b><u>SUPPER</u></b>
<b><u>Monday</u></b>		
½-1 cup Maximize/Otees Cereal Skimmed/low fat Milk (1 cup) Sweetener (Optional)  1 small Pear (reserve for later)	1-2 slices rye bread 1-2 flat teasp. Lite margarine 1 dess. Spoon Tomato sauce shredded lettuce cucumber slices tomato slices garlic and herb spice 30g Mozzarella cheese Grill bread with tomato sauce and Mozzarella op top in oven to create your own "pizza" 2-3 apricots (eat later)	1 portion <b>Chicken with curried rice*</b> , p. 60 of EFSE1 (NB. Use only 1 cup raw rice, in stead of 1½ cups, if you have the original EFSE) 1 small green banana ½-1 cup diced tomatoes 1 teasp. Lite chutney 2 canned peaches (in peach juice) 1 dess. Spoon Lite Ideal milk
<b><u>Tuesday</u></b>		
Bokomo Oats (cooked) with added raw Oatbran (½-1 cup in total) 1-2 flat teasp. Lite margarine Sweetener (Optional) Yoghurt, 100 ml low fat tub  1 Naartjie (reserve for later)	1-2 slices Seed loaf/low GI bread 25g Avocado (1 cm slice) 1 flat teasp. Lite Chutney/sweet chilli sauce 1 Pilchard Tomato/Lettuce/Cucumber NB. Put the avo, pilchard and chutney/chilli sauce on the bread and make a snackwich. Serve with the salad 1 small Nectarine (reserve for later)	1 portion <b>Macaroni Mince Dish*</b> , p. 92 of EFSE1 (NB. Use only 166g macaroni [1/3 packet], in stead of 250g if you have the original EFSE and add one punnet or tin sliced mushrooms to the macaroni mince dish) ½ Gem Squash ½ cup Carrots and peas (mixed)  1 small apple, peeled, sliced and stewed in the microwave with one flat teasp. Cinnamon sugar
<b><u>Wednesday</u></b>		
1 portion (50g) <b>Trail Muesli*</b> , p. 28 of EFSE1 Milk, skimmed/low fat (1 cup) Sweetener (Optional)  ½ Grapefruit with sweetener (reserve for later)	1 wholewheat breadroll ½ cup baked/butter beans shredded cabbage 25ml Lite mayonnaise Make a "schwarma" using the above ingredients  1 Naartjie (reserve for later)	2-3 small <b>Fish cakes*</b> , p. 70 of EFSE1 (NB. Try to get 12 small fish cakes out of the recipe) 1 portion <b>Baby potato Salad*</b> , P. 50 of EFSE1  1-2 dried pears
<b><u>Thursday</u></b>		
Tastee Wheat (cooked) with raw oatbran (½-1 cup in total) 1-2 flat teasp. Lite margarine Sweetener (optional) Yoghurt, 100 ml low fat tub  1-2 Kiwi's (reserve for later)	1-2 slices Seed loaf/low GI bread 30-60g tuna in water (1/4-1/2 tin) 25ml Low fat mayonnaise Make a snackwich, using the above  1 Orange	1 portion <b>Pasta with mince and mushrooms*</b> , p. 102 of EFSE1 (NB. Use only 2 cups pasta, in stead of 3 cups, for those who have the original EFSE) ½-1 cup Cauliflower with 1 dess. Spoon melted low fat cheese spread mixed with low fat milk 100g or ½ cup Roast Butternut (use same recipe as <b>Roast Sweet potato/Baby potatoes*</b> , p. 84 of EFSE1) 4 dried apricots

<b><u>BREAKFAST</u></b>	<b><u>LUNCH</u></b>	<b><u>SUPPER</u></b>
<b><u>Friday</u></b>		
1/4-1/2 cup Whole wheat Pronutro Milk, skimmed/low fat (1 cup) Sweetener (Optional)	3-6 Provitas Make a Greek Salad, using 50g lower fat Feta cheese (1/3 Feta round), 5 olives, lettuce, tomato, cucumber and 1 T. <b>Gabi's salad dressing*</b> , page 52 of EFSE1	1 portion <b>Cheese soufflé*</b> , p. 80 of EFSE1 ½ cup beetroot salad a Few asparagus with 25 ml low fat mayonnaise ½ cup cucumber salad (mix diced cucumber with a little plain low fat/fat free yoghurt)
1-2 plums (reserve for later)	2-3 dried prunes	2 Canned pears (in juice)
<b><u>Saturday</u></b>		
1-2 <b>Cheese and Herb Scones*</b> , p. 36 of EFSE1  ½ cup <b>Fruit salad*</b> , p. 110 of EFSE1 (eat with breakfast or reserve for later)	1-2 slices low GI/Seed loaf bread 1-2 flat teasp. Lite margarine 30g low fat/medium fat cheese e.g. Clover low fat, Parmalat Delite, In Shape or Mozzarella Tomato slices 1 teasp Lite chutney Make a snackwich, using the above  1 small Peach	1 portion <b>Country Style Tuna bake*</b> , p. 70 of EFSE1 1 portion <b>Tossed Salad*</b> , p. 54 of EFSE1  1 small Orange
<b><u>Sunday</u></b>		
1-2 slices Seed loaf/low GI bread 1-2 flat teasp. Lite margarine or Peanut Butter 1 egg, scrambled in Spray & Cook. Also fry tomato, onion and mushrooms with the egg Lite Chutney, 1 teasp.  1 Orange (reserve for later)	1 portion <b>Moussaka with soufflé Topping*</b> , p. 94 of EFSE1  Dessert: 1 portion <b>Cherry Delight*</b> , p. 108 of EFSE1	1 Lean Vienna ½ cup baked beans 1 teasp. Oil chopped tomatoes and onion Fry the onion in the oil, add the tomato and lastly the baked beans and sliced Vienna  2 kiwi's

### Rotation MENU (Low fat low GI) Week 4

**Daily allowance :** 1 cup milk (low fat/fat free)  
1 low fat low GI rusk or 1 portions Starch/Treat

<u>BREAKFAST</u>	<u>LUNCH</u>	<u>SUPPER</u>
<b>Monday</b>		
½-1 cup Hi Fibre Bran or Right Start Fibre Plus 1 cup Skimmed/low fat Milk Sweetener (Optional)  ½ Grapefruit with sweetener (reserve for later)	3-6 Provitas ¼ tub Chunky Low fat/fat free cottage cheese (60 ml) Lettuce, tomato, cucumber, celery and mushrooms 25g avocado per person  1 small pear	<b>Tagliatelle with chicken*</b> , p. 66 of EFSE1 (NB. Use only 166g [1/3 packet pasta], instead of 250g if you have the original EFSE) ½-1 cup Carrot and Orange Salad  1 small Appletiser (275 ml)
<b>Tuesday</b>		
½-1 cup Cooled down Unsifted Mealiemeal 1-2 flat teasp. Lite margarine Sweetener 100 ml low fat tub yoghurt  1 Apple (reserve for later)	Make a snackwich using the following: 2 slices Seed loaf/low GI bread 1-2 flat teasp. Lite margarine 1 flat T Spoon powdered biltong 2-3 slices tomato 1 slice In Shape Cheese (20g) 1 flat teasp. Lite Chutney  2 Canned peach halves (in juice)	1 portions <b>Meat Pie*</b> , p. 92 of EFSE1 Salad, made from lettuce, tomato, cucumber, asparagus, celery and 80g pineapple per person  1 large or 2 small apricots
<b>Wednesday</b>		
50g (1/2 cup) Fine Form or Bokomo Morning Harvest or Vital or Nature's Source low GI Muesli 100 ml tub low fat yoghurt  1 Naartjie	1 portion <b>Quick Bean and Noodle Salad*</b> , p. 46 of EFSE1  ½ cup <b>Fruit salad*</b> , p. 110 of EFSE1 (eat with lunch or reserve for later)	1 portion <b>Malayan chicken*</b> , p. 62 of EFSE1 ½ cup cooked Pearled barley 1 flat teasp. Lite chutney ½-1 cup diced tomato and onion Cucumber in a little plain low fat/fat free yoghurt  2 stewed dried peaches
<b>Thursday</b>		
Coarse Mabela (cooked) with raw Oatbran (½-1 cup in total) 1 flat teasp. Lite margarine Sweetener (Optional) Yoghurt, 100 ml low fat tub  2-3 stewed dried prunes (eat here or reserve for later)	1-2 slices Rye bread 30g Low fat Polony 25ml low fat mayonnaise Lettuce, tomato, cucumber  1 Orange	1 portion <b>Pasta Alfredo*</b> , p. 100 of EFSE1 (NB. Use only 166g [1/3 packet pasta], instead of 250g for those who have the original EFSE) ½-1 cup cooked mixed vegetables  1 Apple

<b><u>BREAKFAST</u></b>	<b><u>LUNCH</u></b>	<b><u>SUPPER</u></b>
<b><u>Friday</u></b>		
¾-1½ cup Bran Flakes Milk, skimmed/low fat (1 cup) Sweetener (Optional)  1-2 guavas (reserve for later)	Make a snackwich using the following: 2 slices Seed loaf/low GI bread 25ml Lite mayonnaise 30g lean Chicken a few diced mushrooms  2-3 dried apples	1 portion <b>Savoury Bean Bake*</b> , p. 80 of EFSE1 1 cup Gem Squash and butternut blocks with 1 flat teasp cinnamon sugar  1 large or 2 small fresh plums
<b><u>Saturday</u></b>		
2-3 <b>Special Crumpets*</b> , p. 30 of EFSE1 1-2 flat teasp. Lite margarine or peanut butter 30g Low/medium fat cheese  2 stewed peaches (reserve for later)	1 portion <b>Vegetable curry*</b> , p. 76 of EFSE1  1 small nectarine	1 portion <b>Vegetable and Beef Stir-fry*</b> , p. 102 of EFSE1  1 small Peach
<b><u>Sunday</u></b>		
1-2 slices <b>Healthy Oat bread*</b> , p. 30 of EFSE1 1 egg, beaten with a little skim milk or water 1 teasp. Oil Make French Toast by dipping the bread in the beaten egg and frying it in the oil 1 flat teasp. Low GI Apricot jam  1 Naartjie	1 portion <b>Creamy Chicken and mushroom stew*</b> , p. 42 of EFSE1 (NB. Use 4 Chicken Breasts in stead of 2 and cook till it has the consistency of stew and not soup) ½ cup cooked Basmati rice 1 portion <b>Cabbage Stir-fry*</b> , p. 68 of EFSE2  Dessert: 1 portion <b>Peach Cheesecake*</b> , p. 110 of EFSE1	1 slice <b>Healthy Oat bread*</b> , p. 30 of EFSE1 30g low/medium fat cheese e.g. Parmalat Delite or In Shape or Clover low fat Tomato slices  1 small apple



### Rotation MENU (Low fat low GI) Week 5

**Daily allowance :** 1 cup milk (low fat/fat free)  
1 low fat low GI rusk or 1 portion Starch/Treat

<u>BREAKFAST</u>	<u>LUNCH</u>	<u>SUPPER</u>
<b>Monday</b>		
¾-1½ cup Bran Flakes 1 heaped dess. Spoon Sultanas ½ cup Milk (skimmed/low fat) 1 heaped dess. spoon low fat fruit yoghurt	1 Seeded/low GI Bread Roll 1 cup. <b>Piquant Three Bean Salad*</b> , p. 48 of EFSE1 Open up the roll only on one side and put the bean salad into the "pocket"  1 small apple	1 portion <b>Chutney Chops*</b> , p.80 of EFSE2 1 portion <b>Roast Baby Potatoes*</b> p. 84 of EFSE1 ½ Gem Squash Cauliflower with <b>Legal cheese sauce for vegetables*</b> , p. 84 of EFSE1  2 Canned Pears (in fruit juice) with Sugar Free Jelly
<b>Tuesday</b>		
Maltabella, cooked with skim/low fat milk plus some raw oatbran (1 cup in total) 1-2 flat teasp. Lite margarine Sweetener 100 ml low fat tub yoghurt 1 small Orange (reserve for later)	1 - 2 slices Rye Bread 1-2 flat teasp. Lite margarine 1 slice ham Tomato, lettuce, cucumber  2-3 dried prunes	1 portion <b>Sweet &amp; sour Hake bake*</b> , p. 62 of EFSE2 ½ cup cooked Tastic rice 1 cup Mixed Vegetables  1 Naartjie
<b>Wednesday</b>		
½-1 cup Maximize Cereal 1 heaped T Fine Form Muesli 100 ml tub low fat Yoghurt  1 small Nectarine	1-2 slices Seed loaf/low GI bread 1 heaped teasp. Low fat mayonnaise 1 small tin (60g) tuna in water Make a "snackwich" using the bread, tuna and mayonnaise Serve with slices of tomato and cucumber on lettuce leaves  1x125ml glass low GI fruit juice e.g. Secrets of the Valley	1 portion <b>Spaghetti Bolognese (Meat)*</b> , p. 82 of EFSE2 ½-1 cup Cooked Spaghetti 1 portion <b>Tossed Salad*</b> , p. 52 of EFSE1  2-3 fresh apricots
<b>Thursday</b>		
½-1 cup Cooked Oats (Bokomo/Woolworths/Spar/Pick 'n Pay) 1-2 flat teasp. Lite margarine Sweetener (Optional) 100ml low fat Yoghurt  2 stewed dried peaches (reserve for later)	3-6 Provitas Chicken Salad made from lettuce, tomato, cucumber, celery, mushrooms, asparagus and 30g skinless, cooked chicken per person, as well as 25 ml low fat mayonnaise per person (stretch with skim milk)  1 small Pear	1 portion <b>Curried Chicken*</b> , p. 62 of EFSE1 ½ cup cooked barley 100g Brussels Sprouts Tomato Salad

<b><u>BREAKFAST</u></b>	<b><u>LUNCH</u></b>	<b><u>SUPPER</u></b>
<b><u>Friday</u></b>		
¼-1/2 cup Wholewheat Pronutro 100 ml tub low fat fruit or plain yoghurt Boiling water Mix the pronutro, boiling water and yoghurt all together  1-2 fresh plums	1 slice Seed loaf/low GI bread Add 1 tin whole corn or sweet corn to <b>Legal cheese sauce*</b> , p. 84 of EFSE1 and serve 1/6 of this recipe on the seed loaf/low GI bread. Add other free vegetables to the meal.  1 small Orange	1 portion <b>Lentil Lasagne*</b> , p. 66 of EFSE2 Make a free veg stir-fry by frying some onion and green/red pepper in 1 teasp. Oil. Add sliced mushrooms, baby marrows, patty pans, brinjals etc. and stir-fry  1-2 kiwi's (reserve for later)
<b><u>Saturday</u></b>		
1 slice Seed loaf/low GI bread 1 flat teasp. Lite marg. Make an omelet, using 1-2 eggs and a little water. Fry in cooking spray or 1 teasp. oil Fill the omelet with steamed tomato and/or mushrooms  ½ Grapefruit with one flat teasp. Sugar (optional)	1-2 slices Rye Bread 1-2 flat teasp. Lite margarine 30g low fat cheese, grated Tomato slices Lite chutney Spread the bread with the margarine and chutney. Put the tomato slices on top and then spread the grated cheese on top of the bread.  1 Naartjie	1 slice <b>Tomato and onion quiche*</b> , p. 44 of EFSE2 Salad made from free vegetables  1 small Peach
<b><u>Sunday</u></b>		
2 <b>Whole wheat muffins*</b> , p. 34 of EFSE1 1-2 flat teasp. Lite margarine 30g low fat Cheese 1 flat teasp. jam	1 serving <b>Beef stew with green beans*</b> , p. 78 of EFSE2 <b>Broccoli and mushroom salad*</b> , p. 44 of EFSE1  <b>Dessert:</b> ¾ cup fresh Strawberries, halved ½ cup Lite ice cream	1 slice <b>Bran and oat bread*</b> , p. 26 of EFSE1 1 boiled egg, sliced 1 heaped teasp. Lite mayonnaise, mixed with a little skim/low fat milk. Chopped lettuce Arrange the lettuce and egg on top of the bread and pour the mayonnaise mixture on top.  1 small apple