

# Sample daily meal plan (6,000kJ)

Low-carb, higher protein, high unsaturated fat diet pattern

## Breakfast

- 30g Heart 1<sup>st</sup> breakfast cereal with 100ml skim milk
- 1 X Ryvita crispbread topped with grilled tomato and cracked pepper

## Lunch

### TUNA, RICOTTA AND AVOCADO SALAD

- 60g reduced fat ricotta cheese
- 100g tin of tuna (in springwater)
- 1 cup salad vegetables
- 1/2 avocado (80g)

## Dinner

### CHICKEN AND ALMOND STIR FRY

- 150g (raw weight) lean chicken breast
- 2 cups cooked mixed vegetables
- basil, ginger, chilli, garlic
- 10g (2 tsp) canola oil
- 40g (1/4 cup) chopped almonds

## Snacks

- 25g of pecan nuts
- 100g low fat yogurt
- tea or coffee with 100ml of skim milk

Sample meal plan provided to the intervention group in the research study. Ref: Tay J., et al, *Comparison of low- and high-carbohydrate diets for type 2 diabetes management: a randomized trial*, Am J Clin Nutr, Oct 2015, doi: 10.3945/ajcn.115.112581.

**\*DISCLAIMER:** This information should not be viewed as medical advice. You should always consult with your Doctor or Physician before making any changes to your diet or beginning an exercise program.