

Vegetables - Unlimited

Eat these in unlimited amounts with your meals or snack on them between meals. These are essential to not just help fill you up but to provide vitamins, minerals, fibre and other nutrients.

Artichoke	Eggplant
Asparagus	Fennel
Baby corn	Lettuce, rocket & salad greens
Bamboo shoots	Mushrooms
Beans (green, yellow)	Onion, chives, garlic, leek, shallots
Broccoli	Radish
Rhubarb	Cabbage, Brussels sprouts
Carrot	Snow peas
Capsicum	Spinach, silverbeet, bok chuy
Cauliflower	Sprouts
Celery	Tomato
Cucumber	Zucchini, squash

Carbohydrates – Breads, Grains, Cereals, Starchy Vegetables

(If including in the 1 meal replacement per day or maintenance plans)

Carbohydrate type	Serve size
Bread (multigrain)	1 slice, ½ roll, 1 English muffin, 1 crumpet
Wraps (grain, high fibre)	1 thin wrap (40g), 1 tortilla (40g) or 1 small pita (40g)
Crackers (grain, seed)	3-4 regular size
Pasta, noodles, cous cous (cooked)	½ cup
Rice, quinoa, millet, amaranth, buckwheat, barley, burghul, freekah (cooked)	½ cup
Corn, polenta	½ cup / small cob
Legumes e.g. lentils, kidney beans, 4 bean mix, chickpeas, green peas	½ cup
Cereal (choose higher fibre options)	<ul style="list-style-type: none"> • untoasted Muesli (½ cup) • Traditional oats (½ cup) or 1 sachet • Bran pieces e.g. All Bran (½ cup) • Fruit & Flakes e.g. Uncle Toby's Fibre Plus (½ cup) • Flakes e.g. Kellogg's Guardian (1 cup) • Weet-bix e.g. Weet-Bix Hi-Bran (2 biscuits)
Starchy vegetables e.g. potatoes, sweet potatoes, pumpkin	1 medium potato or ½ cup pieces

Condiments & Flavourings

It's important to make your food tasty so that it's appealing to eat but adding too much can add on too many calories and affect weight loss. Here's a guide to using condiments and flavourings. Limit to about 3 serves a day except for unlimited options.

Condiment or Flavouring	Serve size
Herbs, spices, curry powder, pepper, chilli, garlic, ginger	Unlimited
Lemon or lime juice	Unlimited
Vinegar, white, balsamic	Unlimited
99% fat free salad dressing e.g. Italian, French	2 tablespoons
Creamy dressing e.g. mayo, Caesar	1 teaspoon regular or 2 teaspoons low fat
Soy /tamari/fish /oyster sauce, sauce	1-2 tablespoons
Stock	½ cup
Curry or laksa paste	1-2 tablespoons
Gravy, pasta sauce	¼ cup
Milk, low fat / lite/ skim/ lite coconut milk/ lite evaporated milk	¼ cup
Fruit juice	¼ cup
Sugar, all types e.g. white, raw, palm, coconut etc	1 teaspoon
Honey, maple syrup, golden syrup, agave, rice malt syrup, jam, condensed milk	1 teaspoon
Peanut butter, nut butter, chocolate spread	1 teaspoon
Vegemite, Promite or Marmite	1 teaspoon
Oil, margarine, butter	½ teaspoon
Yoghurt/cottage/ricotta/cream cheese – low fat, lite, skim	1-2 tablespoons

Fluids

On average, try and drink around 2L of fluids each day. Aim to get most of your fluids from water. Other fluids that may be included in your plan are as follows.

Fluids	Daily serve size
Water with sugar free cordial or tea	While low in calories / kilojoules, aim to limit this to no more than half your fluid intake, with the rest as plain water
Twinnings Infuse Cold Water Infusions	While low in calories / kilojoules, aim to limit this to no more than half your fluid intake, with the rest as plain water
Iced Tea - No added sugar e.g. Liptons Light Iced Tea	1-2 glasses (250-500ml) or 600ml bottle
Sports drinks – No Added Sugar e.g. Powerade Zero	1-2 glasses (250-500ml) or 600ml bottle
Soft drinks - no added sugar / zero	1 glass or 1 small can (250ml)
Tea – all types, no milk or sugar	While low in calories / kilojoules, aim to limit this to no more than half your fluid intake, with the rest as plain water
Coffee, black no milk or sugar	2-3
Milk, low fat /skim	½ cup (can add to coffee or tea)

Fruit Serves

Choose 1-2 serves of fruit per day as a snack.

Fruit option	Serve size
Medium fruit e.g. apple, pear, orange, persimmon	1 medium piece/ 150g
Banana	1 small to medium or ½ large
Small fruit e.g. apricot, kiwi fruit, peaches, nectarine, plums, mandarin, passionfruit	2 small or 1 large
Mango	½ medium
Grapefruit	½ medium
Large fruits e.g. Melons, paw paw	½ cup pieces
Grapes, cherries	15-20 small to medium pieces
Berries e.g. strawberries, raspberries, blueberries	½ - 1 cup
Figs	3-4 small fresh or 2 dried
Lychees	6-8 medium (fresh, not in syrup)
Dried fruit pieces e.g. apples, apricots, dates, prunes	2 large pieces or 4 small pieces
Dried fruit snack pack	1 x 30-40g pack

Healthy Fats

These are essential for certain vitamin absorption and healthy skin and nails.
Choose 1 option per day.

Healthy fat option	Serve size
Raw or roasted nuts	<ul style="list-style-type: none">• 30g OR• 15-20 small nuts e.g. almonds, cashews, peanuts OR• 8-10 big nuts e.g. walnuts, macadamias
Seeds e.g. chia, flaxseeds	2 tablespoons
Nut or seed meal or LSA	2 tablespoons
Nut/ seed butter e.g. peanut or almond butter, tahini	1 tablespoon
Avocado	½ small or ¼ medium
Oil e.g. olive oil, nut or seed oil	1 tablespoon

Meat & Meat Alternatives (Protein Serve)

Choose 1 option as part of your non-meal replacement meal. Always choose lean, heart smart and fat trimmed options.

Protein	Serve Size
Beef/ lamb/ pork/ chicken/ turkey /steak	160g
Mince, lean	160g
Fish, fresh, fillet	160g
Fish, tinned in spring water	125-195g tin
Seafood (prawns, oysters, mussels)	160g
Eggs	2 medium eggs
Sausage, very lean (occasional options, not daily)	2 thin, lean
Deli meat e.g. ham, lean	4 slices
Mince meat, lean, all types	100-150g
Tofu or tempeh	160g
Ricotta or cottage cheese, low fat	120-150g / ½ cup
Cheese, low fat (cheddar, moz, feta)	40g / 2 slices
Legumes e.g. lentils, kidney beans, chickpeas, 4 bean mix	1 cup

Healthy Snacks

Choose 1 snack option per day.

Snack option	Serve Size
Yoghurt (No added sugar or plain natural, low fat)	1 tub/125-150g/ ½ cup
Milk or milky coffee e.g. cappuccino, latte, flat white, hot chocolate, chai or turmeric latte (low fat / skim)	250-300ml
Cheese, lite / low fat	2 slices/30-40g
Cottage or ricotta cheese, low fat	1/3 cup
Smoothie	150ml skim milk + ½ fruit serve + ice + sweetener
Vegetable sticks + dip	<ul style="list-style-type: none"> • ¼ cup dip e.g. hummus, avocado, tomato salsa, low fat cottage cheese etc + vegetable sticks • 1 tbsp peanut/nut butter + vegetable sticks
Beans e.g. baked beans, 4 bean mix	½ cup/ 125g tin
Grain crackers & cheese + tomato	2 crackers + 1 slice low fat cheese or 2 tablespoons low fat cottage cheese
Nut, high fibre or muesli bar (occasional option, not daily)	20-30g bar
Grain bread, thin grain wrap	<ul style="list-style-type: none"> • 1 slice • 1 small thin wrap
Grain crackers	<ul style="list-style-type: none"> • 3 crackers + spread
Dried fruit & nuts	30g or 2 tbsp
Tinned fish or chicken	95g tin
Boiled / poached egg	1 egg