

21 Day Low GI Menu

Day	Breakfast	Lunch	Dinner
1	Eggs & toast 2 eggs 1 slice low GI bread 1 cup cherry tomatoes (fresh or cooked)	Chicken wrap 1 whole wheat wrap Left-over chicken (60g) 2 teaspoons lite mayonnaise lettuce, tomato and cucumber	Beef stir fry and veggies 120g lean beef strips 1 teaspoon olive oil mixed veggies – stir fry all Make a sauce using tomato paste & ½ cup tinned tomatoes, garlic, herbs ½ cup cooked pasta
2	Muesli & yoghurt 1 cup fat-free yoghurt 3 tablespoons Low GI muesli 1 tablespoon seeds 1 tablespoon oat bran	Toasted ham & salad 3 slices ham (Pastrami/Hickory/Gypsy) lettuce, tomato, cucumber 1/3 avocado when in season 2 slices low GI bread 2 tsp mustard/mayonnaise/pesto	Fish with sweet potato mash 120g fish of your choice 1 teaspoon olive oil lemon juice spice fish using fish spices 2 cups mixed veggies or salad ½ cup sweet potato mash using fat-free milk – salt and pepper to taste.
3	Pronutro & milk 3 tablespoons whole wheat Pronutro ½ cup fat-free milk 1 tablespoon seeds 1 tablespoon oat bran OR Day 2 Muesli & yoghurt	Quiche with salad See recipe 1 cup green salad with ½ cup chick peas added to salad 1 teaspoon olive oil and balsamic vinegar for the salad dressing	Chicken stew and rice 120g chicken breast Cooked with peppers, broccoli, onions, mushrooms, tomato ½ cup rice – white/brown/wild 1 cup salad
4	Omelette 2 eggs onion, spinach, tomato as filling 30g Feta cheese	Chicken sandwich Left-over chicken (60g) 2 slices low GI bread 2 teaspoons lite mayonnaise 1 cup salad	Meatballs 4 golf ball size meatballs (extra lean mince) 1 cup broccoli and 1 cup cauliflower ½ cup butternut
5	Smoothie 1 banana 1 teaspoon cinnamon 2 teaspoons peanut butter	Provitas & tuna 6 Provitas/whole wheat crisp bread crackers 1 tin tuna	Pork fillet in mushroom sauce 120g pork fillet (or any other meat)

	<p>125ml fat free milk 2 tablespoons Oat bran 1 scoop vanilla whey protein powder (optional) 2 ice cubes Dilute with water if too thick Mix in a smoothie maker or blender</p>	<p>2 teaspoons lite mayonnaise/pesto/hummus 1 cup salad</p>	<p>mushroom sauce: mushrooms, onion, garlic, low fat ideal milk 2 cups mixed salad ½ cup peas</p>
6	<p>Oats ½ cup cooked oats ½ cup fat-free milk or yoghurt 1 tablespoon seeds 1 tablespoon oat bran</p>	<p>Bun/bread roll, chicken and avocado Left-over chicken (60g) low GI seed bread roll 1/2 avocado or cucumber 1 cup salad</p>	<p>Braai Fillet steak 120 g 2 cups salad/roasted veggies ½ toasted braaibroodjie (toasted sandwich with onion and tomato)</p>
7	<p>Scrambled eggs 2 eggs Ham (3 strips) – shredded added to eggs 1 cup mushrooms</p>	<p>Sunday roast leg of lamb (120g) 1 cup cauliflower mash made from fat-free milk – salt & pepper to taste 1 cup green beans 1 cup rice – basmati/brown/wild</p>	<p>Soup See recipe 1 slice low GI bread 30g cheese</p>
8	<p>Yoghurt, seeds & fruit 1 cup fat-free yogurt 1 tablespoon seeds 1 tablespoon oat bran ½ cup berries or 2 granadillas (passion fruit) or ½ banana</p>	<p>Salad Green salad with 2 baby potatoes (halved), 3 strips lean ham/bacon, ½ avocado (or cucumber), 30g feta cheese, green beans and asparagus. Drizzle olive- oil, lemon-juice, salt & pepper over salad</p>	<p>Fish & ‘mash’ fish – your choice spread sweet chili sauce over fish filet, spice with salt & pepper 1 cup cauliflower mash 1 cup salad ½ cup peas</p>
9	<p>Futurelife or oats 4 tablespoons Futurelife High Protein ½ cup milk 1 tablespoon seeds 1 tablespoon oat bran OR ½ cup cooked oats ½ cup fat-free milk or yoghurt 1 tablespoon seeds 1 tablespoon oat bran</p>	<p>Toasted sandwich with mince 2 slices low GI bread Left-over mince (3/4 cup) 1 teaspoon chutney</p>	<p>Chicken curry Chicken breast (cut in strips– 120g) with veggies such as mushrooms, & peppers sauce made with Bulgarian yoghurt, curry, cumin, masala & tablespoon chutney ½ cup rice – basmati/brown/wild 1 cup salad</p>

10	Smoked salmon & eggs 1 egg smoked salmon (3 strips) 1 slice low GI bread 1/3 avocado (or cucumber)	Soup See recipe 1 slice low GI bread 30g cheese	Spaghetti bolognese 120g lean mince– fry along with onions, garlic, tomato, tomato sauce, chutney, Worcestershire sauce, herbs ½ cup cooked spaghetti 2 cup roasted veggies
11	Oats ½ cup cooked oats ½ cup fat-free milk or yoghurt 1 tablespoon seeds 1 tablespoon oat bran	Quiche See recipe Green salad with ½ sweet potato	Steak & 'chips' Braai/ barbecue steak of your choice and serve with 2 baby potatoes 2 cups salad
12	Smoothie 1 banana 2 kiwi fruit ½ cup fat-free milk/yoghurt 2 tablespoons Oat bran 1 scoop whey protein powder (optional) 2 ice cubes Add water if too thick Mix in smoothie maker or blender	Salad Green salad with ½ cup cooked pasta, tin tuna, 1 cooked egg, tomatoes & 10 olives. drizzle with olive-oil, lemon juice, salt & pepper to taste	Whole chicken in oven Rub chicken with olive oil. Season with salt & pepper. Stuff chicken with half a lemon & fresh thyme. Bake in oven till done/cooked Use sauce to moisten during baking Serve with 1cup cauliflower mash 1 cup green salad ½ cup rice
13	Muesli & yoghurt 1 cup fat-free yoghurt 3 tablespoons low GI muesli 1 tablespoons seeds 1 tablespoon oat bran	Chicken wrap 1 whole wheat wrap left-over chicken (60g) 2 teaspoons lite mayonnaise lettuce, tomato and cucumber	Bobotie Bobotie (palm size) or beef mince 2 cups salad– carrot/cabbage mixed with plain yoghurt & lite mayonnaise ½ cup rice – white/brown/wild
14	Eggs & mushrooms 2 eggs 1 cup mushrooms ½ cup baked beans	Sunday roast Leg of lamb (120g) 1 cup cauliflower mash made from fat-free milk – salt & pepper to taste 1 cup green beans 1 cup rice – basmati/brown/wild	Soup See recipe 1 slice low GI bread 30g cheese

15	Pronutro & milk 3 tablespoons whole wheat Pronutro ½ cup fat-free milk 1 tablespoon seeds 1 tablespoon oat bran OR Day 12 smoothie	Tuna wrap 1 whole wheat wrap ½ tin tuna 1 tablespoon lite mayonnaise 1 teaspoon sweet chili sauce, cucumber, tomato	Kebabs 2 kebabs – roasted or grilled in oven or 120g steak ½ a sweetcorn 2 cups salad
16	Yoghurt with seeds & bran ½ cup All Bran 1 cup fat-free yoghurt 1 tablespoon seeds 1 tablespoon oat bran	Ham & salad sandwich 3 slices ham (Pastrami/Hickory/Gypsy) lettuce, tomato, cucumber 1/3 avocado 2 slices low GI bread 2 tsp mustard/mayonnaise/pesto	Steak and mushroom sauce 120g steak (beef or ostrich) mushroom sauce – mushrooms, onions, garlic, low fat ideal milk 2 cups mixed salad ½ baked potato
17	Eggs on toast 2 eggs 1 slice low GI bread 1 cup tomatoes	Quiche & salad See recipe 1 cup green salad ½ cup chickpeas in salad 1 teaspoon olive oil & balsamic vinegar for salad dressing	Stir fry chicken Stir fry chicken breast (strips) with veggies in olive oil ½ cup cooked rice
18	Omelette 2 eggs onions, mushrooms, spinach fried in butter 30g Feta cheese	Chicken sandwich Left over or smoked chicken (60g) 2 slices low GI bread 2 teaspoons mayonnaise/mustard/pesto Tomato & lettuce	Beef stir fry with veggies 120g lean beef strips 1 teaspoon olive oil Mixed veggies – stir fry along with beef strips Make sauce using tomato paste; ½ cup tinned tomatoes, garlic, herbs ½ cup cooked pasta
19	Muesli & yoghurt 1 cup fat-free yoghurt 3 tablespoons low GI muesli 1 tablespoons seeds 1 tablespoon oat bran	Soup See recipe	Burger Chicken breast sliced and flavoured with marinade, salt and pepper. Fry in pan or barbecue Hamburger roll, tomato, 30g cheese and lettuce
20	Smoothie 1 banana 1 teaspoon cinnamon 2 teaspoons peanut butter 125ml fat free milk 2 tablespoons oat bran 1 scoop vanilla whey	Quiche See recipe Salad with ½ a mealie/ sweetcorn (corn on the cob)	Braai/ fish barbeque Snoek (120g) 2 cups salad or veggies ½ sweet potato

	protein powder (optional) 2 ice cubes Dilute in water if too thick Mix in a smoothie maker or blender		
21	Bacon & eggs 2 eggs Lean bacon (2-3 rashers) Slices tomato 1 slice low GI bread	Roast chicken Rub chicken with olive oil. Season with salt & pepper. Stuff chicken with half a lemon & fresh thyme. Bake in oven till done/ cooked 1 cup mash – potatoes & fat-free milk– season with salt & pepper 1 cup veggies 1 cup salad	Provitas 3 Provitas/ wholewheat crispbread crackers 2 boiled eggs 1 cup salad 2 teaspoons mayonnaise/ mustard/pesto
Snacks	Low GI fruit 175ml Fat free yoghurt – plain or flavoured 2 cups homemade popcorn Futurelife LITE bar / high protein LITE bar Biltong (50g) Veggies – cucumber, cherry tomatoes, broccoli, asparagus, mushrooms, sweet peppers Bobotie bites – see recipe (2 bites) Quiche – see recipe (palm size) 2 boiled eggs 5-7 almonds (30g)		

Notes:

- To prevent fluctuation in your blood sugar level, you may have a mid-morning and mid afternoon snack between your two main meals.
- Smoothie recipe makes 2 portions. For breakfast drink only one portion of the smoothie.
- For alternative recipes and ideas check out BBC Good Food website at www.bbcgoodfood.com/recipes/collection/low-gi-dinner
- Supplements – a good multi vitamin/mineral and an omega 3 supplement is recommended.
- You are welcome to substitute Avocado with one of the following: 1 tablespoon pesto; 20g seeds; 1 tsp olive oil with cucumber slices; 10 olives; 10 ml low fat mayonnaise; 25 g nuts.