

Nutrition and Mealtime Plan

Client Name	Jacqueline Robb
DOB	11/11/1971
NDIS #	430162918
Plan developed by	Sally Juan
Profession	Dietitian
Date	13/3/2024
Scheduled review Date	13/03/2025 or earlier where required

Background and purpose of the meal plan

Jacqueline is a 52 yo female, resides in the Lugarno group home alongside two other participants. She has medical diagnosis of schizophrenia, type 2 diabetes mellitus (non-insulin-dependent) and overweight.

This meal plan aims to provide various meal ideas to help carers and support workers better understand the appropriate carbohydrate portions required to achieve more optimal glucose control and weight loss. Also, the meal plan aims to help Jacqueline adopt healthier eating, achieve sustainable fat loss and provide carers with ease at mealtimes.

Oral Nutrition	
Type of diet	Soft
Liquid	Thin Liquid
Special dietary requirements	Weight Control Type 2 Diabetes (Non-insulin)
Allergies & Response Strategies	Nil reported
Religious and cultural preferences:	Westen
Preferences	
Likes	Likes most vegetable Likes most fruits Protein: minced beef, minced pork, sausages Carbohydrate: Rice, sweet potato, potato, hot chips
Dislike	Protein: chicken – find it hard to chew

Nutrition Strategies	
Area to Focus	Tips and changes
1. Follow portion plate	<ul style="list-style-type: none"> See page 5 for ideas A physical portion plate is available at group home for reference
2. Encourage non-starchy vegetable intake	<ul style="list-style-type: none"> Ensure ½ plate (approx. 2 fits) of vegetable at lunch and dinner meals Jacqueline tolerates softly cooked vegetable better
3. Reduce sugary drink intake	<ul style="list-style-type: none"> Encourage Jacqueline to drink mostly water Can titrate and dilute diet soft drink or cordial to include more water content Purchase diet soft drink or diet cordial where possible
4. Include a variety of culturally appropriate dishes	<ul style="list-style-type: none"> Jacqueline stated she is from New Zealand and likes Sweet potato and Taro, but could not elaborate further.

Sample Meals and Ideas

 Date developed: 13/3/2024

Below are examples of meals and snacks that we can offer Jacqueline. However, this list is not exhaustive, please customize options based on her preferences and dietary requirements. If there are any new ideas or dishes, please feel free to contact us at hello@dietitiansj.com.au for further guidance.







	Comments	Think this way	Option 1	Option 2	Option 3	Option 4	Option 5	Option 6
Breakfast	Likes weet bix or toast with egg	Protein	1 Egg	1 cup Milk	Yoghurt	2 Eggs	Vegetable omelette	1 cup Milk
		Carb	2 Low GI Toasts with Jam	1 cup Cereal 1 cup berries	Overnight Oats	2 Toast	2 slices bread	2 weetbix 1 cup berries
Morning Tea	Usually have something to drink around 10-11am		Skip ok	1 can diet coke	1 cup coffee	1 glass diet cordial	1 glass diluted fruit juice (start with 20:80)	1 cup diet hot chocolate
Lunch	Usually has lunch around 12:30-1:30pm <ul style="list-style-type: none"> Follow portion plate Allow treat meal 1-2 times a week ie when out 	80-120g Protein	2 lean sausages	2 Salmon Patties	Tuna	Treat lunch once a week	Turkey Slices	Bread Based Pizza
		Carb	1 cup rice	1 cup Air-fried chips	Sandwich	Usually has McDonalds	1 wrap	(See recipe)
		150g Vegetable	Carrot, green beans cooked in curry	Boiled broccoli, cauliflower, carrot	Lettuce mayo	Encourage to choose diet drinks	Grilled zucchini, eggplant, capsicum	(Grill more vegetable to serve)
Afternoon Tea	Around 3- 4pm. Can offer:		Skip ok- if not looking or asking for food	1 cup fruit mix	1 slice Cheese and 6 Crackers	1 cup berries	1 cup grapes	See page 7 for more ideas
Dinner	Usually has lunch around 6:30-7pm <ul style="list-style-type: none"> Follow portion plate. See page 5. 	80-120g Protein	Lean Mince	Egg and bacon omelette	Lean mince curry	2 lean sausages	Baked salmon	Burrito Boat
		Carb	Pasta (50g dried to cook)	2 slices bread	1 cup rice	200g Mash potato	Roasted 200g Sweet potato	(See recipe)
		150g Vegetable	Zucchini capsicum Mushroom	Vegetable in the omelette (ie spinach, capsicum, mushroom)	Carrot, green beans cooked in curry	Grilled green beans, carrot, capsicum	Roasted capsicum, mushroom, zucchini	

General Dietary Recommendations For Jacqueline:

- **Meal gaps:** Encourage 2-3 hours gap between any food intake. Prevent grazing/nibbling
- **Satiety:** Make sure meals include protein and non-starchy vegetable to increase satiety
- **Water:** Encourage Jacqueline to drink water throughout the day.

Breakfast

- On days when Jacqueline would like **toast with jam and egg:**
 - Select a low glycemic bread option

<p>Tip Top 9 Grain Original Bread</p> 	<p>Burgen Whole Grain & Oats</p> 	<p>Coles Bakery High Fibre Low GI 7 Seeds & Grains Bread</p> 	<p>Coles Bakery High Fibre Low GI White Bread</p> 	<p>Woolworths Low GI High Fibre 7 Seeds Bread</p> 	<p>Woolworths Low GI High Fibre White Bread</p> 
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Lunch and Dinner

- **As a general rule: follow portion plate model for plating or even during meal prep**
 - Include ½ plate of non-scratchy vegetable
 - Ensure only ¼ plate of carbohydrates of either rice/ noodle /potato
 - ¼ or more protein is ok
- Special consideration
 - Rice serves should be NO more than 120g (⅔ cup) cooked per meal.
 - Ideally offer low glycemic index carbohydrate with the optimal portion (See page 6)
- Include **2 cups of non-starchy vegetables** with the lunch and dinner meal:

Green/White colour

- Alfalfa
- Artichoke
- Asparagus
- Avocado
- Broccolini
- Baby spinach
- Bamboo
- Bean sprouts
- Bitter melon
- Bok choy
- Broccoli
- Brussel sprouts
- Cabbage
- Capsicum
- Cauliflower
- Celery
- Mushroom
- Okra

Green/White colour

- Onion/Garlic/leek
- Radish
- Rhubarb
- Chinese cabbage
- Choko
- Cucumber
- Fennel
- Green beans
- Kale
- Kohlrabi
- Lettuce / Mixed leaves
- Mint
- Rocket
- Seaweed/ Dulse
- Silverbeet
- Spinach
- Water cress
- Zucchini

Orange/Red colour

- Beetroot
- Carrots
- Chicory
- Squash
- Tomato

Purple/ Black

- Eggplant
- Purple cabbage
- Shiitake mushrooms



- Include **1 serve of protein** at lunch and dinner:
 - 100g cooked (115g raw) fish fillet
 - 65g cooked (90g raw) lean red meat
 - 2 lean sausages
 - 2 large eggs
 - 170g tofu

Build your own meal Resources

1 serve of carbohydrate: Choose one low GI carbohydrate from below	2 cups of vegetables: Choose a mix of vegetables from the list below	1 serve of protein: Choose a protein from below	Suggestions to add flavour and/or texture		
<ul style="list-style-type: none"> ● 50g dried Pasta ● 50g dried Noodle (soba/egg etc) ● 120g cooked rice ● 200g cooked potato/sweet potato ● 2 slices bread (see page 4) ● Pea, corn, pumpkin are starchy vegetables. To be used mindfully with other carbohydrates 	<table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> ● Alfalfa ● Artichoke ● Asparagus ● Avocado ● Broccolini ● Baby spinach ● Bamboo ● Bean sprouts ● Bitter melon ● Bok choy ● Broccoli ● Brussel sprouts ● Cabbage ● Capsicum ● Cauliflower ● Celery ● Mushroom ● Okra ● Onion/Garlic/leek ● Radish ● Rhubarb ● Chinese cabbage </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> ● Choko ● Cucumber ● Fennel ● Green beans ● Kale ● Kohlrabi ● Lettuce / Mixed leaves ● Mint ● Rocket ● Seaweed/ Dulse ● Silverbeet ● Spinach ● Watercress ● Zucchini ● Beetroot ● Carrots ● Chicory ● Squash ● Tomato ● Eggplant ● Purple cabbage ● Shiitake mushrooms </td> </tr> </table>	<ul style="list-style-type: none"> ● Alfalfa ● Artichoke ● Asparagus ● Avocado ● Broccolini ● Baby spinach ● Bamboo ● Bean sprouts ● Bitter melon ● Bok choy ● Broccoli ● Brussel sprouts ● Cabbage ● Capsicum ● Cauliflower ● Celery ● Mushroom ● Okra ● Onion/Garlic/leek ● Radish ● Rhubarb ● Chinese cabbage 	<ul style="list-style-type: none"> ● Choko ● Cucumber ● Fennel ● Green beans ● Kale ● Kohlrabi ● Lettuce / Mixed leaves ● Mint ● Rocket ● Seaweed/ Dulse ● Silverbeet ● Spinach ● Watercress ● Zucchini ● Beetroot ● Carrots ● Chicory ● Squash ● Tomato ● Eggplant ● Purple cabbage ● Shiitake mushrooms 	<ul style="list-style-type: none"> ● 80g cooked (100g raw) chicken breast ● 100g cooked (115g raw) fish fillet ● 65g cooked (90g raw) lean red meat ● 2 large eggs ● 170g tofu 	<ul style="list-style-type: none"> ● Pasta sauce / curry etc ● Spring onion ● Crushed nuts (eg. peanuts, almonds, cashews) ● Ketchup ● Fresh herbs (eg. mint, coriander, Thai basil) ● Sesame seeds
<ul style="list-style-type: none"> ● Alfalfa ● Artichoke ● Asparagus ● Avocado ● Broccolini ● Baby spinach ● Bamboo ● Bean sprouts ● Bitter melon ● Bok choy ● Broccoli ● Brussel sprouts ● Cabbage ● Capsicum ● Cauliflower ● Celery ● Mushroom ● Okra ● Onion/Garlic/leek ● Radish ● Rhubarb ● Chinese cabbage 	<ul style="list-style-type: none"> ● Choko ● Cucumber ● Fennel ● Green beans ● Kale ● Kohlrabi ● Lettuce / Mixed leaves ● Mint ● Rocket ● Seaweed/ Dulse ● Silverbeet ● Spinach ● Watercress ● Zucchini ● Beetroot ● Carrots ● Chicory ● Squash ● Tomato ● Eggplant ● Purple cabbage ● Shiitake mushrooms 				
<p>This table is to help provide a general structure for lunch and dinner meals or can be used as a menu to select the components</p>					

Snacks

- Morning tea:
 - Allow a 2-4 hour gap between food intake
 - If Jacqueline is not feeling hungry or is not asking for food then morning tea can be skipped
 - See below suggestions for snacks if needed
- Afternoon tea:
 - See some different snack suggestions below:
- After dinner:
 - Ideally there will be no food needed for after dinner snack
- Snack suggestions:
 - 1 cup Low GI fruit. See page 8. (aim for maximum 2 serves of fruit per day)
 - 6 Rice crackers with cheese
 - 1 small tub yoghurt
 - 10-15 Rice crackers
- If nutrition information is available aim for snacks with:
 - Less than 15g carbohydrate per serve
 - Less than 15g sugar per 100g

For your Snack	Per Serve	Per 100g
Energy	< 600kj (145 kcal)	-
Protein	> 10 g	-
Fat		< 10 g
Carbohydrate	< 15g	-
Sugar	-	< 15g
Sodium	-	< 120mg – 400mg

Fruit

1 exchange (15g carb)	Food	Glycaemic index
1 medium (130g) 4 rings 4 medium (240g) 1 small (12cm) 1 cup 120g (30) ½ small (100g) 3 medium 1.5 large 1 cup (100g) 2 medium 1 small 2 medium (180g) 1 large 2 medium (230g) 1 small 3 halves 3 medium (240g) ¾ cup (120g) 3 medium	Apple Apple dried Apricots Banana Berries Cherries Custard apple Dated, dried Grapefruit Grape Kiwifruit Mango Nectarine Orange Peach Pear Pear, dried Plums Pineapple Prunes	Low
40g 1 cup (100g) 1.5 cups 1.5 cups 20g	Cranberry, dried Lychee, fresh Pawpaw Rockmelon Sultana and Raisins	Medium
1cup 1.5 cups	Lychee, canned Watermelon	High



Recipes For Ideas and Portion

Poached Eggs with Sautéed Spinach & Tomato

Ingredients	
Egg, (from chicken), whole, raw	2 large
Olive oil, extra virgin	2 teaspoon
Tomato, common, raw	1 medium (152g)
Baby spinach	1 cup (250mL)
Mixed grain bread	2 regular slice
Cheese, cottage, reduced fat	2 tablespoon (20mL)



Makes 1 Serves (441g per serve)

Meal Time

Breakfast

Description

A hot breakfast high in both fibre and protein!

NOTE: To make this recipe gluten-free, choose gluten-free wholegrain bread.

Methods

1. Poach eggs in a microwave-safe container or in a pot of water until yolks are cooked to desired consistency.
2. Meanwhile, lightly coat a frying pan with olive oil. Cooked thickly sliced tomato and spinach until the spinach has wilted.
3. While vegetables and eggs are cooking, toast the bread.
4. Once toasted, spread each slice with cottage cheese. Top with cooked spinach, tomato and poached eggs. Enjoy!

Vegetable & Cheese Omelette

Ingredients	
Tomato, common, raw	0.50 large (192g)
Mushroom, common, raw	2 large (75g)
Egg, (from chicken), whole, raw	2 large
Olive oil, extra virgin	2 teaspoon
Baby spinach	0.50 cup (250mL)
Cheese, mozzarella, reduced fat	1 tablespoon (20mL)
Mixed grain bread	1 regular slice



Makes 1 Serves (445g per serve)

Meal Time

Breakfast

Description

A filling breakfast option or an easy nutritious dinner on those lazy nights.

Methods

1. Dice the tomatoes and slice the mushrooms.
2. Crack eggs into a bowl and whisk lightly.
3. Add oil to the frying pan over low/medium heat. Pour in egg mixture and allow to cook for 1 minute until the egg begins to cook.
4. Top half the egg mixture with the sliced tomato, mushrooms, baby spinach and grated cheese. Fold over the plain half of the omelette onto the half with vegetables and cook for 1-2 minutes until firm.
5. Remove from pan and serve with the slice of toast.

Beef Mince Shepherd's Pie

Ingredients	
Potato, raw, unpeeled	1 small (120g)
Beef, mince, extra lean, raw	125 gram
Garlic, cloves, raw	1 clove (3g)
Onion, brown, raw	0.25 large onion (164g)
Carrot, raw	0.50 medium carrot (129g)
Pea, green, raw, frozen	0.50 cup (250mL)
Red kidney beans, canned	0.50 tin, 400g (240g net weight drained)
Tomato paste	0.50 tablespoon (20mL)
Chicken stock, liquid	60 mL
Worcestershire sauce	0.50 tablespoon (20mL)
Reduced fat milk	15 mL
Cheese, cheddar, reduced fat	10 gram



Makes 1 Serves (665g per serve)

Meal Time

Dinner

Description

none

Methods

1. Preheat oven to 180 degrees Celsius.
2. Boil a deep pot of water, enough to cover the potatoes. Place quartered potatoes in the water and boil for 20 minutes or until cooked through and potatoes are soft and mashable.
3. In another deep pan, add mince, crushed garlic and diced onion and heat until the mince is cooked through. Add the diced carrot, peas and kidney beans and heat for 3-5 minutes. Add tomato paste, chicken stock and Worcestershire sauce. Cook for 5 minutes or until liquid reduces.
4. While this is cooking, drain the cooked potatoes and mash them with milk.
5. Pour the mince mixture into a small oven-safe dish and top with mashed potato. Sprinkle with cheese and bake in the oven for 25-30 minutes.

Meal Tags

Halal Friendly, Suitable for Meal Prepping

Nutrition Tags

Egg Free, Nut Free, Seafood Free, Soy Free, Low Fat, Low Lactose, Low GI, High Carb, High Fibre, High Protein, Low Energy Density, Large Serve, Low Sodium

Low Carb Burrito Boat

Ingredients	
Olive oil, extra virgin	0.50 teaspoon
Chicken, breast, lean, raw	125 gram
Carrot, raw	0.25 whole (15cm long)
Capsicum, red, raw	0.25 small (224g)
Zucchini, unpeeled, raw	0.50 medium zucchini (195g)
Burrito spice mix	0.25 Packet (40g)
Salsa, tomato	0.25 cup (250mL)
Water, tap	30 ml
Cheese, cheddar, reduced fat	25 gram



Makes 1 Serves (442g per serve)

Meal Time

Dinner, Lunch

Description

A low carb Mexican option finally! These zucchini boat burritos are a simple yet tasty swap for the otherwise carb rich burrito wraps.

NOTE: To make this recipe gluten free, try the G-Fresh gluten-free taco seasoning.

Methods

1. Pre-heat oven to 180 degrees.
2. Lightly coat a frying pan in olive oil and place over medium heat. Add diced chicken breast to the pan cooking until golden and cooked through.
3. Whilst chicken is cooking, grate carrot, dice capsicum and scoop the insides out of the zucchinis to form boats.
4. To the frying pan, add burrito spice mix, salsa, carrot, capsicum, the insides of the zucchini and 1/2 cup water.
5. Bring to a boil and simmer for 10-15 minutes until the sauce has thickened and the vegetables are cooked.
6. Line the oven tray with baking paper and spread zucchini boats across the tray.
7. Evenly spoon the chicken mixture into the zucchini boats. Place in the oven and cook for 30-40 minutes. In the last 10 minutes of cooking evenly sprinkle boats with cheddar cheese.
8. Add zucchini halves on a plate and serve.

Special Scrambled Egg Wrap

Ingredients	
Olive oil, extra virgin	1 teaspoon
Onion, brown, raw	0.25 large onion (164g)
Egg, (from chicken), whole, raw	2 large
Reduced fat milk	30 mL
Wrap bread, wholemeal	1 round wrap (25cm diameter)
Baby spinach	0.50 cup (250mL)
Tomato, roma, raw	0.50 medium tomato
Avocado, raw	0.25 medium avocado (159g)
Dip, hummus	1 tablespoon (20mL)



Makes 1 Serves (413g per serve)

Meal Time

Breakfast, Lunch

Description

NOTES: Gluten-free: Use GF whole-grain wrap.

Methods

1. Heat pan, add olive oil, chopped onion to cook
2. Meanwhile, whisk eggs and milk together.
3. Add the eggs to the pan with the onion and scramble.
4. Layer wrap with hummus, spinach, tomato, avocado and scrambled eggs.

Vege loaded Bolognese Pasta

Ingredients	
Pasta, fettuccine, uncooked	40 gram
Chunky vegetable, tomato pasta sauce	100 gram
Olive oil, extra virgin	1 tablespoon (20mL)
Onions, red, raw	0.25 medium onion (151g)
Beef, mince, extra lean, raw	100 gram
Zucchini, unpeeled, raw	1 medium zucchini (195g)
Celery, raw	1 full length stick (60g)
Mixed herbs, dried	1 teaspoon



Makes 1 Serves (554g per serve)

Meal Time

Dinner

Description

none

Methods

1. Coat the pan with olive oil, then sautee the diced onions until the onion becomes translucent.
2. Add the mince and cook until the meat is browned.
3. Bring some water to boil on the stove and add the pasta. Cook the pasta to your liking or as per the packet instructions.
4. Grate the zucchini into noodle shape and slice the celery . Then add to the frypan with the mince.
5. Pour in the pasta sauce and bring to a simmering heat. Cover with a lid and cook for 5 minutes.
6. Lastly, serve up pasta on a plate and top with vegetable loaded pasta sauce

Bread Based Pizza

Serves 1

Time to cook: 20 min

Ingredients

2 slices bread

2 teaspoons tomato sauce

100g lean beef mince

60g zucchini, diced

30g red capsicum, diced

3 mushroom, diced/ sliced

Mozzarella cheese



Instruction

1. Preheat oven on fan force at 180 degree.
2. Spread free bread with tomato sauce. Then top with chicken, zucchini, carrot and cheese
3. Place on a baking tray. Turn oven to grill at 180 degree for 2 to 3 minutes or until cheese is golden and melted.
4. **Serve with extra roast vegetables**

Mince Shakshuka

Serves: 1

Time to make: 20 mins

Ingredients

50g medium green capsicum, roughly diced

50g carrot

125g mince, defrost

100g no-added-salt chopped tomato can

1 egg 2 teaspoons parsley, chopped, to garnish

1 slices low GI toast, to serve



Instructions

1. Heat a small non-stick frying pan with olive oil. Cook capsicum for 3 minutes, then add mince and carrot to cook for a further 3 minutes.
2. Add tomatoes, bring to boil for 2 minutes, then reduce heat to a gentle simmer.
3. Make one wells in the tomato mixture and crack one egg into each. Cover the lid and cook over medium heat for 10 minutes, or until egg whites are cooked through but yolks are half cooked.
4. Sprinkle with chopped parsley and serve with toasted low GI bread

Grilled salmon with charred corn & green bean salad

Serves 1

Time to cook: 30 mins

Ingredient:

100g corn kernels (frozen)
75g steamed green beans, finely chopped
½ small red onion, finely chopped
1 teaspoon Lime juice
50g Natural yoghurt
60g mixed salad leaves
1 teaspoon olive oil
125g [salmon fillets](#)



Instructions

1. Heat a chargrill pan or barbecue hotplate and spray with olive oil. Cook corn, turning, for 7–8 minutes, or until corn is tender and lightly charred. Meanwhile, combine yoghurt and half lime juice in a small bowl.
2. In a small bowl, add the red onion, salad leaves, beans, olive oil and rest of the lime juice. Toss to combine.
3. Cook the salmon on heated chargrill pan (or barbecue) for 2–3 minutes on each side (for medium), or to your liking.
4. Serve the corn salad and the salmon with yoghurt