

healthy winter eating plan



A variety of fresh and fuss-free ideas for a healthy winter.

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WEEK 1	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST <i>A nutritious breakfast will give you the best possible start to the day.</i>	2 slices of Cape Fruit & Nut Loaf toasted, with 2 tsp of margarine spread. 1 glass of low fat milk or milk drink.	2 slices of White or Hi-Fibre Lo-GI Block toasted, with tomato and 40g reduced fat cheese.	1 cup of cooked oatmeal with low fat milk and dried fruit.
LUNCH <i>Take time out for lunch and refuel with the nutrients your body needs to power through the afternoon.</i>	Roast Beef Roll 50g roast beef slices and 1 cup tomato, lettuce, carrot and cucumber in a Whole Wheat or Country Grain Roll. 1 glass of fruit juice.	Tuna, Avocado & Salad Sandwich 2 slices of Country Grain Block filled with 1 canned tuna, 1 tbsp avocado and 1 cup of salad. 1 piece of fruit.	Turkey & Salad Roll 1 Cape Seed Roll and 50g turkey breast, 20g feta cheese, mustard and 1 cup of salad.
HEALTHY SNACK OPTIONS <i>Healthy snacks keep you going in between meals or when you're on the run.</i>	- 1 piece of fruit - 200g tub low fat yogurt - Pumpkin Scone	- 1 handful of dried fruit and nut mix - 1 cup of reduced fat custard 	- 1 piece of fruit - Apricot Delight Roll - 2 scoops (100g) light ice cream
DINNER <i>Complete the day and unwind with a healthy and delicious dinner.</i> <i>Note: Dinner suggestions serve one.</i>	Creamy Chicken with Mashed Potato 120g browned skinless chicken thigh fillets cooked with 2 cups onions, red peppers, green beans and mushrooms in chicken stock. Add a dash of low fat cream. Serve with ½ cup of mashed potato.	Steak with Baked Rice Bake ½ cup raw rice with 2 cups veggies (pumpkin, red pepper, broccoli, zucchini, peas and mushrooms) and 1 cup chicken stock, stirring frequently. Sprinkle with cheese and serve with 150g lean grilled steak.	Ginger Fish Wrap 200g fish in foil with chopped ginger and soy sauce and bake. Serve with 2 cups of steamed sweet potato, bok choy and green beans.
WEEK 2	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	2 slices of Flaxseed or Cape Seed Loaf toasted, topped with 2 tsp of margarine spread. 1 glass of fruit juice.	1 cup of cooked oatmeal with low fat milk and dried fruit.	2 slices of Whole Wheat Block toasted, topped with 20g reduced fat cheese and 1 tbsp avocado. 1 piece of fruit.
LUNCH	Club Sandwich 40g turkey breast with tomato and lettuce, 1 rasher grilled bacon, ½ tsp of mayonnaise and 20g reduced fat cheese in between 3 slices Whole Wheat or Country Grain Block.	Chicken & Salad Roll Chicken breast with low fat mayo and 1 cup salad on Country Grain roll. 200g tub low fat yogurt.	Egg Salad 2 boiled eggs with 2 cups mixed salad and 20g feta cheese.
HEALTHY SNACK OPTIONS	- 1 piece of fruit - 200g tub low fat yogurt - Crackers with cottage cheese, smoked salmon and chives	- 1 piece of fruit - Coffee & Date Roll - Vegetable sticks and low fat dip	- Skim milk fruit smoothie - Whole Wheat Cheesytime or any savoury rolls.
DINNER	Roast Lamb 150g roast lamb served with 2 cups of roasted veggies. 	Tuna Pasta Bake Tuna in spring water cooked with pasta, tomato-based sauce and ricotta cheese. Serve with a side salad.	Chicken Curry 120g skinless chicken pieces cooked with 2 cups of mixed vegetables in simmer sauce. Serve with 1 cup of cooked rice.

Sticking to a healthy eating plan is easier if you are inspired by a variety of fresh ideas. By including bread in your diet plan, you can create a variety of healthy meals with ease.



THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>2 slices of Cape Seed Loaf toasted, topped with 2 tsp peanut butter and 2 tsp honey.</p> 	<p>½ cup granola 200g tub low fat yogurt. 1 piece of fruit.</p>	<p>2 slices of Traditional Fruit Loaf filled with banana, ricotta cheese and cinnamon, toasted in a sandwich press.</p>	<p>2 poached eggs, grilled tomato and mushrooms on Whole Wheat Loaf. Skim milk hot chocolate or latte.</p>
<p>Toasted Ham, Cheese and Tomato Sandwich 2 slices of White or Hi-Fibre Lo-GI Block filled with tomato, ham and 20g reduced fat cheese, press toasted. 1 Skim milk fruit smoothie.</p>	<p>Pumpkin Soup 1 bowl of pumpkin soup topped with 1 tsp of extra light sour cream. Serve with a Cape Seed Roll.</p>	<p>Chicken Italian Melt ½ cup chopped chicken, rocket or baby spinach, avocado and semi-dried tomato topped with 1 slice Swiss cheese on Pane di Casa Roll, toasted.</p>	<p>Avocado Bean Salad ½ avocado mixed with 20g feta cheese, ½ cup three bean mix and 2 cups of mixed salad greens.</p>
<ul style="list-style-type: none"> - 200g tub low fat yogurt - 1 piece of fruit - Vegetable sticks and low fat dip 	<ul style="list-style-type: none"> - Whole Wheat or Country Grain Cheese and Herb Scroll - 1 piece of fruit - 1 glass of low fat milk or milk drink 	<ul style="list-style-type: none"> - 200g tub of low fat yogurt - 1 piece of fruit - Vegetable sticks and low fat dip 	<ul style="list-style-type: none"> - Cape Fruit & Nut Roll - 1 piece of fruit - 1 glass of fruit juice
<p>Shepherd's Pie Minced lean beef or lamb cooked with 1½ cups of vegetables and tomato-based sauce, topped with mashed potato and 20g reduced fat cheese. Serve with a Country Grain Round Roll.</p>	<p>Chicken Schnitzel Burger 1 crumbed chicken breast served on a White Knot Roll with salad and tomato relish. Serve with extra salad on the side.</p> 	<p>Corned Beef 150g corned beef slices served with 2 cups of corn, honeyed carrots and cabbage.</p>	<p>Salmon Patties Patties of salmon mixed with cooked potato, egg, breadcrumbs and herbs. Serve with 2 cups of side salad and polyunsaturated dressing.</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>2 slices of Cape Seed Loaf toasted, topped with light cream cheese, tomato and pepper.</p>	<p>1½ cups of flaky cereal with low fat milk and a piece of fruit.</p>	<p>Whole Wheat toast topped with baked beans, 1 tbsp avocado and tomato. 1 glass of fruit juice.</p>	<p>Omelette with mushrooms, sun-dried tomato, baby spinach served on 1 slice White Vienna toast. Served with low fat milk.</p>
<p>Minestrone Soup 1 bowl of soup served with Pane di Casa. 1 piece of fruit.</p> 	<p>Salad Roll 20g reduced fat cheese and 1 cup tomato, lettuce, carrot, cucumber and beetroot in a Whole wheat Country Grain Roll. 200g tub low fat yogurt with two fruits.</p>	<p>Pizza Jaffles 2 slices of White Block topped with sliced tomato, ham, olives, onion, pineapple and cheese, toasted in a sandwich press.</p>	<p>Tuna Pasta Salad Cooked pasta topped with veggies, tuna in olive oil and 1 tsp of pesto.</p>
<ul style="list-style-type: none"> - 1 cup of reduced fat custard - Skim milk fruit smoothie - Handful of mixed nuts 	<ul style="list-style-type: none"> - Fruit Bun - Vegetable sticks and low fat dip 	<ul style="list-style-type: none"> - Fruit salad - Skim milk fruit smoothie 	<ul style="list-style-type: none"> - 2 slices Traditional Fruit Loaf - 1 piece of fruit - 100g low fat ice cream with ½ cup fruit of your choice.
<p>Porcupines 150g beef mince combined with a handful of parboiled rice, grated carrot, onion and zucchini formed into meatballs. Bake in a can of tomato soup. Serve with a side salad and home-made garlic bread using Pane di Casa.</p>	<p>Fish & Chips 200g white fish grilled with lemon juice and dill. Serve with home-made oven fries and a side salad.</p> 	<p>Beef & Vegetable Casserole 150g beef slow cooked with 2 cups of vegetables in a thick simmer sauce. Serve with a Whole Wheat and Dinner Roll.</p>	<p>Sweet Potato & Chicken Soup Sweet potato, potato and onions cooked in chicken stock and blended into a soup. Add cubed BBQ chicken breast to soup and serve with a Cape Seed Roll.</p>

There's a whole lot of goodness in our wholegrain breads.

A healthy, well-balanced diet needs the goodness from wholegrains.



Wholegrains are packed full of essential minerals and vitamins that are important for a healthy diet. Because they're full of fibre and low in saturated fat and low in salt, they're good for digestion and a healthy heart. Grainy, wholesome breads can make you feel fuller for longer, helping you manage your appetite over the day.

As well as essential minerals and vitamins, wholegrains are also a good source of protein, unsaturated fats, B and E vitamins, iron, magnesium and folate. At COBS BREAD, we have a delicious range of wholegrain breads for you to enjoy.

Low GI breads help manage your hunger throughout the day.

Breads with a low glycemic index (GI) take longer for the body to digest. They satisfy your hunger for longer and provide a more sustained source of energy.

Low GI foods are essential to a healthy eating plan because they reduce the need for snacking throughout the day. They also help to make your diet more satisfying and filling without eating more kilojoules.

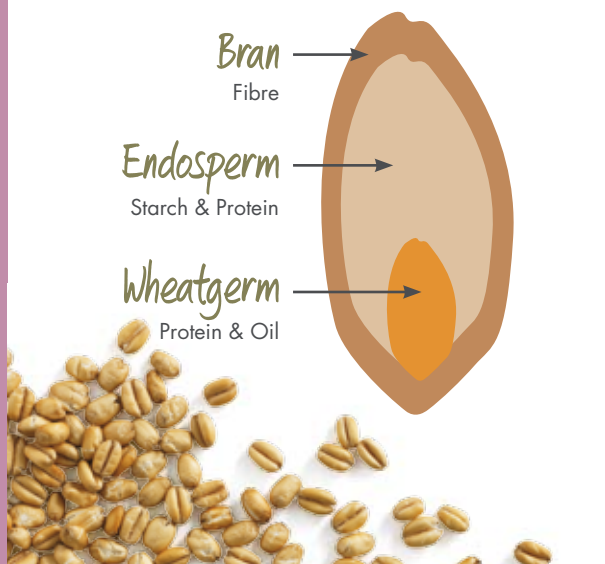
Low GI foods are especially good for people wanting to lose weight, control heart disease and boost energy levels. They promote wellbeing and keep the body in good shape.

For more ingredients and nutritional information visit www.cobsbread.com



What's in a wholegrain?

A wholesome wholegrain contains three layers of natural goodness. There's the outer bran layer, the inner germ layer and the endosperm.



Variety is the key.



Cape Seed Loaf

Low GI and high in dietary fibre.



Pane di Casa*

Rested for 12 hours to enhance flavour.



Traditional Fruit Loaf

Packed with raisins and currants.



White Block

Made from unbleached flour.



Whole Wheat

High in dietary fibre.



Country Grain

Low GI.

*Pane di Casa is also available in Whole Wheat.