



# WAKE UP WITH A KIWI MEAL PLAN

DEVELOPED BY GERALDINE GEORGEOU, ACCREDITED PRACTISING DIETITIAN

#WAKEUPWITHAKIWI

#ZESPRIAU

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	<i>Exercise</i>	<i>Exercise</i>	<i>Exercise</i>	<i>Exercise</i>	<i>Exercise</i>	<i>Exercise</i>	<i>Exercise</i>
<b>BREAKFAST</b>	<p><b>SPINACH AND CHERRY TOMATO OMELETTE WITH FRESH AVOCADO</b></p> <p>2 whole egg omelette with 4 sliced cherry tomatoes and 1/2 Cup spinach served with avocado + 1 Zespri Gold Kiwifruit</p>	<p><b>SLICED ZESPRI GOLD KIWIFRUIT WITH YOGHURT</b></p> <p>Natural Greek style reduced fat yoghurt 200g + 45g fruit free untoasted muesli with 1 Zespri Gold Kiwifruit, sliced</p>	<p><b>OATS AND BERRIES</b></p> <p>Make up 1/3-1/2 cup of raw oats (and heat) with water. Add 120ml of light milk and serve with 1/3 cup of fresh berries + 1 Zespri Gold Kiwifruit</p>	<p><b>ZESPRI GOLD KIWIFRUIT SMOOTHIE</b></p> <p>1 Zespri Gold Kiwifruit 1 small banana 2 ice cubes 100 ml light milk 2 tsp. of reduced fat Greek style yoghurt 1/4 tsp grated ginger Small tsp of honey to taste</p>	<p><b>TASTY CHEESE BAKED BEANS ON SOURDOUGH</b></p> <p>1 small tin of baked beans (heated) and serve of 2 slices of toasted sour dough and 1/3 cup of reduced fat, shredded tasty cheese and pepper. Finish with 1 Zespri Gold Kiwifruit</p>	<p><b>SLICED ZESPRI GOLD KIWIFRUIT WITH YOGHURT</b></p> <p>Natural Greek style reduced fat yoghurt 200g + 45g fruit free untoasted muesli with 1 Zespri Gold Kiwifruit, sliced</p>	<p><b>SPINACH &amp; CHERRY TOMATO OMELETTE WITH FRESH AVOCADO WHOLEGRAIN TOAST</b></p> <p>2 whole egg omelette with 4 sliced cherry tomatoes and 1/2 cup spinach cooked and serve with 1/4 avocado and 1 slices of wholegrain toast + 1 Zespri Gold Kiwifruit</p>
<b>LUNCH</b>	<p><b>CHICKEN BREAST SALAD SANDWICH</b></p> <p>2 slices of multigrain bread + 100g grilled chicken breast, salad-tomato, rocket and sliced cucumber + low fat wholegrain mayonnaise OR BRUSCHETTA WITH ZESPRI GOLD KIWIFRUIT AND AVOCADO SALSA (see recipe below)</p>	<p><b>GREEK SALAD WITH CHICKEN &amp; WHOLEMEAL PITA</b></p> <p>Medium Greek salad with olives and 100g of grilled chicken. Serve with 2 tsp of olive oil/ vinaigrette + 1 small wholemeal pita bread</p>	<p><b>TUNA WHOLEGRAIN ROLL</b></p> <p>95g tin tuna (in oil drained). Add 1/4 small Spanish onion + 2 tsp of low fat mayonnaise and 1 tbsp of chopped parsley and serve on crunchy wholegrain roll with crisp lettuce</p>	<p><b>BEEF STIR FRY (LEFTOVERS)</b></p> <p>100g lean beef strips with low fat Asian flavours e.g. oyster sauce + 1 1/2 cups steamed/stir fried veg (eg: bok choy, snow peas and sliced carrot). Serve with 2/3 cup of already cooked brown/basmati rice</p>	<p><b>OPEN SALMON &amp; TOASTED RYE</b></p> <p>2 slice of rye toasted. 2 -3 slices of smoked salmon + Capers + 1/4 avocado + rocket and roma tomato sliced</p>	<p><b>LAMB &amp; FETA QUINOA SALAD</b></p> <p>Combine grilled 100g lean lamb fillet + 50g fetta crumbled into 2 cups salad /vegetables and drizzle 2 tsp of balsamic/olive oil dressing + 1/2 cup of already cooked quinoa</p>	<p><b>CHICKEN WRAP</b></p> <p>1 high fibre/grainy wrap. 100g grilled chicken breast + 1 tbsp. of low fat cream cheese +salad vegetables - 1 cup (tomato, lettuce, Spanish onion) + 1/4 avocado</p>
<b>SNACK IDEAS (2 PER DAY)</b>	175g of reduced fat natural greek style yoghurt and 1 Zespri Gold Kiwifruit	2 small wholegrain crackers + 50g cottage cheese and sliced tomato	Green apple with a small handful of almonds/ walnuts 30g	175g of reduced fat natural Greek style yoghurt and 1 Zespri Gold Kiwifruit	Orange with a small handful of almonds/ walnuts 30g	1 slice of wholegrain toast + 1 heaped tsp of nut butter	8 small wholegrain rice cracker + 1 tbsp of hummos with cut up carrot and celery
<b>DINNER</b>	<p><b>GRILLED ATLANTIC SALMON 150G</b></p> <p>Serve with 2/3 cup cooked basmati/brown rice + 1 cup of steamed greens (such as broccoli and green beans)</p>	<p><b>BBQ LEAN BEEF SIRLOIN ~ 150-200G</b></p> <p>1 medium baked potato + 1 tbsp of reduced fat cream cheese with chopped chives + 1 grilled mushroom with crushed garlic and steamed carrots</p>	<p><b>BEEF STIR FRY</b></p> <p>300g* lean beef strips with low fat Asian flavours e.g. oyster sauce + 2 cups steamed/stir fried veg (e.g. bok choy, snow peas, sliced carrot). Serve with 1/2 cup of already cooked brown /basmati rice*. Cook up 1/2 cup of uncooked rice to make 1 cup of cooked rice) (* leave 100g aside for leftovers for lunch + vegies and rice)</p>	<p><b>LEAN TURKEY BURGER</b></p> <p>100g minced turkey with finely chopped onion, parsley and small egg to combine - lightly panfried (spray oil). Serve on 2 slices of wholegrain bun + 2 slices of beetroot, tomato and lettuce</p>	<p><b>LAMB CUTLETS WITH TABOULI</b></p> <p>3 x lean grilled lamb cutlets or 1 -2 small lean lamb chops - grilled + 1 cup of tabouli + 1 small wholemeal pita bread</p>	<p><b>SATAY CHICKEN</b></p> <p>150g lean chicken breast cubed and placed on skewer. Marinade in 1/4 cup peanut satay sauce. Grill chicken skewers and serve with 1/2 cup cooked rice. Serve with steamed Asian greens</p>	<p><b>ROAST BEEF</b></p> <p>150g roast beef and serve with 150g baked potato, 1 baked carrot, and steamed 1/2 cup broccoli, 3 small asparagus. Condiments optional such as wholegrain mustard or low fat gravy.</p>

FOR BEST RESULTS, USE WITH EXERCISE PHYSIOLOGIST AND CELEBRITY TRAINER NEIL RUSSELL'S 7-DAY ZESPRI EXERCISE PLAN

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Just one piece of Zespri Gold Kiwifruit contains 100% of your daily Vit C needs

Ripening process can be hastened if placed in a bag with apples or bananas

Store kiwifruit at room temperature to hasten ripening. Kiwifruits taste sweeter when softer!



Zespri® Gold Kiwifruits offer a serious breakfast boost, with an army of nutrients other fruits could only dream of – in fact there's twenty nutrients and minerals in each piece.

Enjoy Zespri Kiwifruit in more ways than one! Visit [www.zespri.com.au](http://www.zespri.com.au) for delicious and healthy recipes.



Serves 4

## BRUSCHETTA WITH ZESPRI GOLD KIWIFRUIT AND AVOCADO SALSA

### INGREDIENTS:

- Sliced sourdough (2 slices pp) (8 slices)
- Extra virgin olive oil
- Peeled garlic cloves, cut in half
- 2 Zespri Gold Kiwifruit, finely diced.
- 2 ripe avocado, diced
- 2 de-seeded, finely chopped red chillies
- 2tsp chopped fresh coriander
- 4 tomatoes deskinning, deseeded and diced
- 2 tbsp Thai fish sauce
- Pinch salt
- Zest & juice 1 lime

### METHOD:

- Place all ingredients in a bowl.
- Mix well and leave at room temperature for at least 30 minutes to let the flavours develop.
- Char-grill bread, brush with olive oil and rub garlic over surface.

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