

CASE STUDY

Name: Joan

Gender: Female

Age: 60+

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Toast with chutney on one and peanut butter on the other	2 x crumpets with honey and vegemite	2 x weetbix with vegemite	Coco pops and milk	Toast with vegemite	2 x crumpets with vegemite and honey	2 x crumpets with vegemite and honey
SNACK	Nut mix	Rice cakes and yoghurt	Rice cakes topped with tomatoes	Rice cake and nuts	Nuts		Nut Mix
LUNCH	2min noodles, tuna and sweet potato	Rice cakes with guacamole	Lamb and rosemary pie with salad Double choc cake with cream	Sausage in bread Banana Muffin	Ploughman's lunch	Tomatoes on toast Fruit cake	Roast vegetables Yoghurt with berries
SNACK	Nut mix Rice cake Yoghurt	2 x slices of Pizza			Ice-cream	Licorice	Nut mix
DINNER	Bacon wrapped chicken with zucchini, tomato, pumpkin and potato	Fresh fish with potato, zucchini, tomato, carrots, beans	Spaghetti Bolognese Rockmelon with yoghurt	Apricot Chicken Curry with rice	Mexican Enchiladas with veggie mix	Fish fingers and vegetables	Roast vegetables Apple Crumble
SNACK	Rice cake	Chocolate	Chocolate 2 x biscuits	Chocolate 2 x biscuits	Chocolate	Chocolate	Licorice Lamington Orange slice

M E T T L E + *grace*

SUPPORTING BENEFICIAL EATING
WITH PERSONALISED COOKING

