

N.REFRESH

Menu Plan:

Meal & Menu	Ingredients	Exchange Group	Number of Exchange	Approx Amount in grams
Breakfast				
Porridge	Milk	Milk (Toned)	1/2	125
	Broken Wheat	Cereal	1	20
	Sugar	Sugar	2	10
Toast	Bread	Biscuits Salty or Sweet	1	30
	Butter	Butter	1	5
Fried Egg	Egg	Meat	1	50
	Fat	Fat	1	5
Lunch				
Rice	Rice	Cereal	3	60
	Beans	Pulse	1	30
	Lettuce			
Cabbage	Cabbage	Onions	1/3	75
Potato	Potato	Maize (Tender)	1/4	65
Veg	Fat	Fat	1	5
Curd (Yogurt)	Curd (Yogurt)	Milk (Toned)	1/2	125
Salad	Cucumber	Lettuce	1/3	70
	Carrot	Capsicum	1/2	30
Tea Time				
Tea Time	Milk	Milk (Toned)	1/4	65
	Sugar	Sugar	1	5
Fruit	Mango	Fruit	1	60

Dinner				
Veg Rice (With Sprouts)	Rice	Cereal	3	60
	Carrot	Corriander Leaves	1/3	20
	Peas	Onion	1/3	15
	Onions	Carrot	1/3	20
	Green	Pulse	1	30
	Gram			
	Whole			
Fat	Fat	1	5	
Salad	Cucumber	Lettuce	1/2	70