



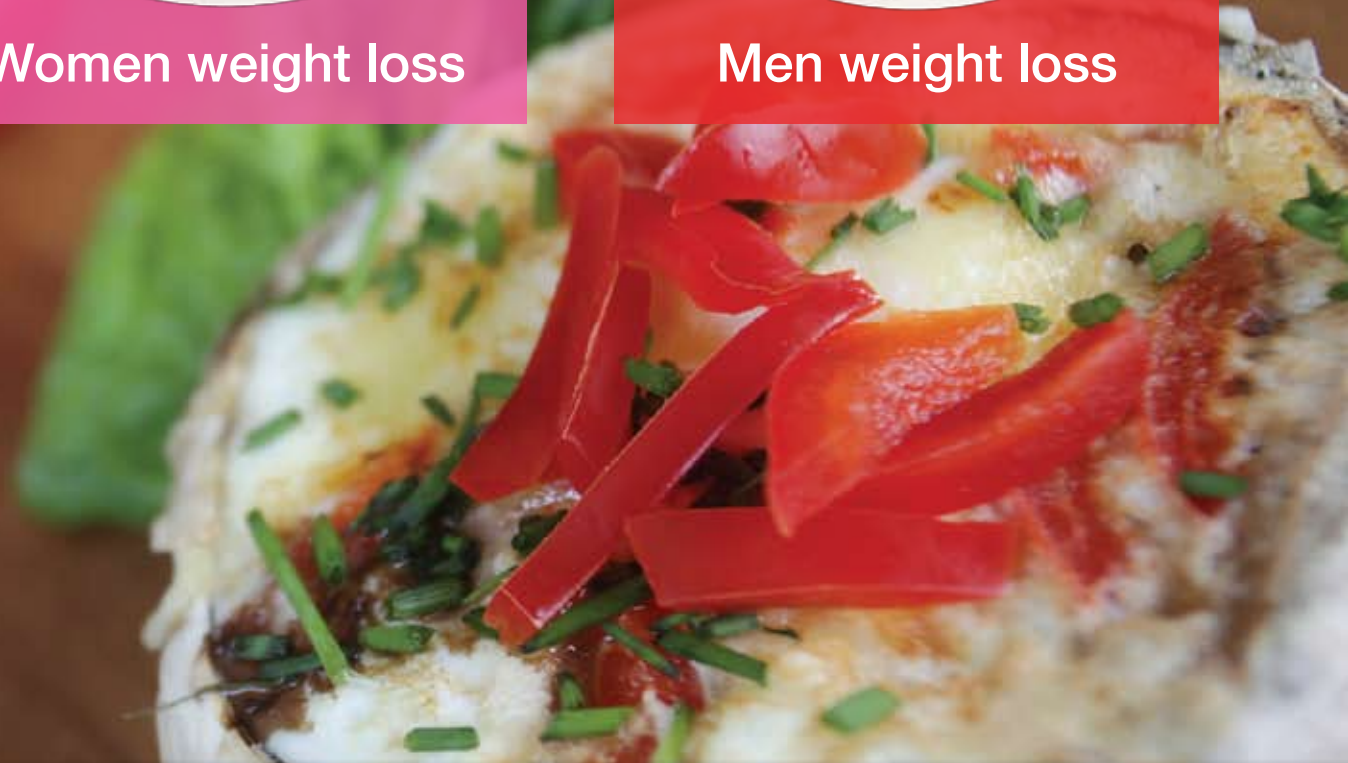
Bariatric



Women weight loss



Men weight loss



# 4 Week Weight Loss Menu Plan



"I asked my customers what they'd like from a menu plan book, and they described in detail their desires. All that was left was to create it."

Amanda Clark, Creator of Portion Perfection,  
Advanced Accredited Practising Dietitian and Nutritionist

This comprehensive one-of-a-kind four week menu plan works for the whole family. Designed by five qualified dietitians and nutritionists. Inside you'll find:

- **3 versions of each week's plan:**
  - A 1300 Calorie plan for women aiming to lose weight,
  - A 1600 Calorie plan for men aiming to lose weight,
  - A 900 Calorie plan for those who have had bariatric surgery.
- **Recipes with inspirational photos, full nutritional analysis and accurate portion photos for each calorie level.**

This book stands alone as a valuable weight control resource in its own right yet fits perfectly with the full Portion Perfection Kit. The Kit includes a pictorial portion guide and portion plates and bowls so you know you're getting the quantity right.

The Portion Perfection Kits come in the purple version for men, women and children and the orange version for those who have had bariatric surgery.

***Includes full nutritional analysis for each recipe and menu plan and accurate portion photos for each calorie level.***



**Portion Perfection Kit**



**Bariatric Kit**

[www.greatideas.net.au](http://www.greatideas.net.au) | [www.facebook.com/portionperfection](http://www.facebook.com/portionperfection)







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# 900 - 1000 Cals / 3780 - 4200 kJ • BARIATRIC • Portion Perfection

MEALS Cals / kJ	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b> ~225 / 945	Hot Fruit Salad*	½ cup fruit, flake and nut cereal + ¼ banana + 50 g / 1.7 oz vanilla yoghurt (freeze 50 g / 1.7 oz yoghurt and remaining banana for Wed) + 1 Tbsp oat bran	1 Prune & Bran Muffin (leftovers) + 200 ml / 6.7 fl oz skim milk	Banana Smoothie*	Omelette made with 1 whole egg + 25 g / 0.8 oz grated cheese + 3 mushrooms + 2 tsp soy sauce	1 slice wholegrain toast + ½ cup cottage cheese + 1 tomato sliced + fresh basil + oregano	1 large skinny cappuccino (taken ½ hour before) then 1 Mushroom Egg Cup*
<b>AM SNACK</b> ~100 / 420	1 Prune & Bran Muffin*	200 ml / 6.7 fl oz reduced fat milk + 1 hpd tsp Milo or protein powder	1 large skinny cappuccino	1 Prune & Bran Muffin (leftovers)	1 large green apple	1 Prune & Bran Muffin (leftovers)	10 dried apricots
<b>LUNCH</b> ~225 / 945	Baked beans on toast - 1 slice wholegrain toast + 130 g / 4.3 oz baked beans + 10 g / 0.3 oz grated cheese + tomato slices	Beetroot & Feta Salad* + 20 g / 0.7 oz roast beef	Egg Salad*	2 Ryvita biscuits with 80 g / 2.7 oz canned salmon + 2 slices red onion + ½ tsp lemon juice + lettuce + 3 cherry tomatoes	Open Sandwich: 1 slice wholegrain bread 80 g / 2.7 oz ham + 1 lettuce leaf + 2 thick slices tomato + chopped basil	90 g / 3 oz chicken breast + ½ cup total: cucumber, lettuce, rocket, tomato and sprouts	4 Thai Fish Cakes (leftovers) + ½ cup salad
<b>PM SNACK</b> ~100 / 420	1 large skinny cappuccino	Jarls-Wich*	100 g / 3.3 oz vanilla yoghurt	6 walnut halves	Jarls-Wich*	1 cup of instant soup	1 medium banana
<b>DINNER</b> ~225 / 945	Shepherd's Surprise Pie* (⅙)	Flat Bread Pizza* (½) + 3 Oysters	Lamb Cutlets & Vegetables*	Pasta Fresca*	Vietnamese Chicken*	4 Thai Fish Cakes* (¼) with Salad	Beef Patty* + ½ cup total: Romaine / cos lettuce, tomato, beetroot and sprouts
<b>SUPPER</b> ~100 / 420	Jarls-Wich*	1 large green apple	10 dried apricots - chopped + 1 Tbsp vanilla yoghurt	50 g / 1.6 oz vanilla yoghurt + 1 kiwi fruit	200 ml / 6.7 fl oz reduced fat milk + 1 hpd tsp Milo or protein powder	½ cup custard	20 g / 0.7 oz dark chocolate + cup of green tea

<b>WEEK'S AVERAGE INTAKE</b>	<b>Energy</b>	928 Cals / 3885 kJ	<b>Protein</b>	62 g	<b>Fat</b>	31 g	<b>Sat Fat</b>	12 g	<b>Carb</b>	89 g	<b>Fibre</b>	~14 g	<b>Sodium</b>	1555 mg
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\*\* Requires bariatric vitamin regime + 6-16 g supplemental fibre + 2 litres of fluid daily to ensure needs are met.

# 1300 Cals / 5460 kJ • Weight Loss for WOMEN • Portion Perfection

MEALS Cals / kJ	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b> ~300 / 1260	Hot Fruit Salad*	½ cup fruit, flake and nut cereal + ½ banana + 100 g / 3.3 oz vanilla yoghurt (freeze additional banana and yoghurt for Wed) + 1 Tbsp oat bran	2 Prune & Bran Muffins (leftovers) + 200 ml / 6.7 fl oz reduced fat milk	Banana Smoothie*	½ cup fruit, flake and nut cereal + ½ banana + 100 g / 3.3 oz flavoured yoghurt + 1 Tbsp oat bran	2 slices wholegrain toast + ½ cup cottage cheese + 1 tomato, sliced + fresh basil and oregano	2 Mushroom Egg Cups* + rocket + 1 skinny cappuccino
<b>AM SNACK</b> ~100 / 420	1 Prune & Bran Muffin*	200 ml / 6.7 fl oz reduced fat milk + 1 hpd tsp Milo or protein powder	1 large skinny cappuccino	1 Prune & Bran Muffin (leftovers)	1 large orange	1 Prune & Bran Muffin (leftovers)	10 dried apricots
<b>LUNCH</b> ~350 / 1470	Baked beans on toast - 2 slices wholegrain toast + 130 g / 4.3 oz baked beans + 10 g / 0.3 oz grated cheese + tomato slices	Beetroot & Feta Salad*	3 Ryvita biscuits with Egg Salad* + 1 carrot + 1 Tbsp Hommus	3 Ryvita biscuits + 80 g / 2.7 oz salmon mixed with ⅓ avocado + 2 slices red onion + ½ tsp lemon juice + lettuce	1 Wholegrain sandwich with 1½ tsp spread + 3 tsp peanut butter + 1 stalk celery	Wholegrain tortilla with 60 g / 2 oz chicken + ⅓ avocado + lettuce + grated carrot	6 Thai Fish Cakes (leftovers) with salad
<b>PM SNACK</b> ~100 / 420	1 large skinny cappuccino	1 Jarls-Wich*	100 g / 3.3 oz flavoured yoghurt	6 walnut halves	1 Jarls-Wich*	1 cup of instant soup	1 medium banana
<b>DINNER</b> ~350 / 1470	Shepherd's Surprise Pie* (¼)	Flat Bread Pizza*	Lamb Cutlets & Vegetables*	Pasta Fresca*	Vietnamese Chicken*	6 Thai Fish Cakes* (⅔)	Open Burger - Beef Patty* + ½ wholegrain roll + cos lettuce + tomato + beetroot + sprouts
<b>SUPPER</b> ~100 / 420	Jarls-Wich*	1 large orange	10 dried apricots	50 g / 1.6 oz flavoured yoghurt + 1 kiwi fruit	200 ml / 6.7 fl oz reduced fat milk + 1 hpd tsp Milo or protein powder	150 ml / 5 fl oz wine <b>OR</b> ½ cup custard	150 ml / 5 fl oz wine <b>OR</b> 20 g / 0.7 oz dark chocolate + cup of green tea

<b>WEEK'S AVERAGE INTAKE</b>	<b>Energy</b>	1291 Cals / 5405 kJ	<b>Protein</b>	74 g	<b>Fat</b>	44 g	<b>Sat Fat</b>	15 g	<b>Carb</b>	133 g	<b>Fibre</b>	~20 g	<b>Sodium</b>	1788 mg
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# 1600 Cals / 6720 kJ • Weight Loss for MEN • Portion Perfection

MEALS Cals / kJ	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b> ~400 / 1680	Hot Fruit Salad* + 200 ml / 6.7 fl oz reduced fat milk	¾ cup fruit, flake and nut cereal + 1 small banana + 100 g / 3.3 oz vanilla yoghurt + 1 Tbsp oat bran	2 Prune & Bran Muffins (leftovers) + 200 ml / 6.7 fl oz reduced fat milk + 1 medium banana	Banana Smoothie*	¾ cup fruit, flake and nut cereal + 1 small banana + 100 g / 3.3 oz flavoured yoghurt + 1 Tbsp oat bran	2 slices wholegrain toast + ½ cup cottage cheese + 1 medium banana	2 Mushroom Egg Cups* + rocket + 1 large skinny cappuccino
<b>AM SNACK</b> ~100 / 420	1 Prune & Bran Muffin*	200 ml / 6.7 fl oz reduced fat milk + 1 hpd tsp Milo or protein powder	1 large skinny cappuccino	1 Prune & Bran Muffin (leftovers)	1 large green apple	1 Prune & Bran Muffin (leftovers)	10 dried apricots
<b>LUNCH</b> ~450 / 1890	Baked beans on toast - 2 slices wholegrain toast + 260 g / 8.7 oz baked beans + 10 g / 0.3 oz grated cheese + tomato slices	Beetroot & Feta Salad* + 1 Ryvita + ½ tsp spread + 1 tsp peanut butter	3 Ryvita with Egg Salad* + 2 small carrots + 2½ Tbsp Hommus	5 Ryvita biscuits with 100 g / 3.3 oz canned salmon mixed with ⅓ avocado + 2 slices red onion + ½ tsp lemon juice + lettuce	Wholegrain sandwich with 3 tsp spread + 3 tsp peanut butter + 1 stalk celery + 1 kiwifruit	1 wholegrain tortilla + 60 g / 2 oz chicken + ⅓ avocado + 6 walnut halves + lettuce + tomato	8 Thai Fish Cakes (leftovers)
<b>PM SNACK</b> ~100 / 420	1 large skinny cappuccino	1 Jarls-Wich*	100 g / 3.3 oz flavoured yoghurt	6 walnut halves	1 Jarls-Wich*	1 cup of instant soup	1 medium banana
<b>DINNER</b> ~450 / 1890	Shepherd's Surprise Pie* (⅓)	3 oysters + 3 wholegrain rice crackers and Flat Bread Pizza*	Lamb Cutlets & Vegetables*	Pasta Fresca*	Vietnamese Chicken*	8 Thai Fish Cakes* (½) + 2 cups salad	Burger - 1 Beef Patty* + 60 g / 2 oz wholegrain roll + cos lettuce + tomato + beetroot + sprouts + ⅓ avocado
<b>SUPPER</b> ~100 / 420	Jarls-Wich*	1 large orange	10 dried apricots	50 g / 1.6 oz flavoured yoghurt + 1 kiwi fruit	200 ml / 6.7 fl oz reduced fat milk + 1 hpd tsp Milo or protein powder	150 ml / 5 fl oz wine <b>OR</b> ½ cup custard	150 ml / 5 fl oz wine <b>OR</b> 20 g / 0.7 oz dark chocolate + cup of green tea

<b>WEEK'S AVERAGE INTAKE</b>	<b>Energy</b>	1606 Cals / 6723 kJ	<b>Protein</b>	88 g	<b>Fat</b>	55 g	<b>Sat Fat</b>	17 g	<b>Carb</b>	171 g	<b>Fibre</b>	~26 g	<b>Sodium</b>	2258 mg
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# Mushroom Egg Cups

Serves 1 | Preparation time: 3 mins | Cooking Time: 5 mins

This dish makes a great breakfast or a high protein snack.



## INGREDIENTS & MEASUREMENTS

✓	✓✓	INGREDIENTS
1 large	2 large	Flat mushrooms
1	2	Free range omega eggs
1 tsp	2 tsp	Red capsicum (peppers), finely chopped
5 g / 0.2 oz	10 g / 0.3 oz	Reduced fat tasty cheese, grated
1 tsp	2 tsp	Chives, finely chopped

## NOTES:

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## METHOD:

1. Preheat sandwich press.
2. Brush mushroom(s) clean and carefully remove stalks.
3. Crack egg into each upturned mushroom cup.
4. Add capsicum.
5. Place mushroom cap on sandwich press, cover with baking paper and close lid so that it is touching the baking paper, but not flattening the mushroom.
6. Cook for 5 minutes for a soft egg, or longer to taste.
7. Remove from sandwich press and discard baking paper.
8. Sprinkle with grated cheese and chives.

**GLUTEN:** Free.

**NUTRITION TIP:** Place your mushrooms in the sunlight for an hour and they will produce a valuable amount of Vitamin D – it works whichever way you place them but the most is produced when the underside is facing the sun.

## NUTRITIONAL INFORMATION PER SERVE:

	✓✓✓		✓✓✓
Energy – Cals	106	Saturated Fat (g)	2
Energy – kJ	445	Carbohydrate (g)	1
Protein (g)	10	Fibre (g)	~2
Total Fat (g)	6	Sodium (mg)	107





# Frittata

Serves 6 (Bariatric), Serves 4 (1300 Cals), Serves 3 (1600 Cals)  
 Preparation time: 10 mins | Cooking time: 60 mins

Frittatas are great hot or cold, so perfect for summer, winter, breakfast, lunch and again as leftovers.



## INGREDIENTS & MEASUREMENTS

✓✓✓	INGREDIENTS
Spray	Canola oil spray
350 g / 11.6 oz raw	Sweet potato, cut into 3 cm pieces
1 medium	Brown onion, diced
4 rashers	Short cut bacon, diced
1 medium	Zucchini, grated
1 cup	Rocket / spinach
7 medium	Eggs
½ cup	Skim milk
40 g / 1.3 oz	Parmesan cheese grated
As per menu plan	Tossed green salad

## NOTES:

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## METHOD:

1. Preheat oven to 180°C / 350°F and spray a quiche dish with oil spray.
2. Cook sweet potato in a saucepan of boiling water for 8-10 minutes. Drain well.
3. While sweet potato is cooking, lightly spray fry pan with canola oil and fry onion and bacon until onion is tender.
4. Place sweet potato, grated zucchini, rocket, onion and bacon into base of quiche dish.
5. In a large mixing bowl whisk together eggs and milk.
6. Pour egg mixture over vegetables and top with cheese.
7. Cook in oven for 40-45 minutes until golden and set.
8. Serve +/- salad, as per menu plan.

**GLUTEN:** Free.

## NUTRITIONAL INFORMATION PER SERVE:

	✓	✓	✓		✓	✓	✓
Energy – Cals	221	332	442	Saturated Fat (g)	4	7	9
Energy – kJ	926	1389	1852	Carbohydrate (g)	11	17	22
Protein (g)	18	28	37	Fibre (g)	~2	~3	~3
Total Fat (g)	11	17	22	Sodium (mg)	620	930	1240

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Women weight loss

Men weight loss





# Easy Veggie Patties

Serves 10 (Bariatric), Serves 5 (1300 Cals) & (1600 Cals)  
 Preparation time: 20 mins | Cooking time: 10 mins



A fresh and zingy recipe that makes eating more legumes easy.

INGREDIENTS & MEASUREMENTS	
✓ ✓ ✓	<b>INGREDIENTS</b>
2 x 400 g / 13.3 oz can	Chickpeas, drained and rinsed
50 g / 1.7 oz	Breadcrumbs
2 tsp	Chilli powder
2	Eggs
½	Tomato, finely chopped
2 slices	Red onion, finely diced
Small bunch	Coriander, finely chopped
1 Tbsp	Canola oil
As per menu plan	Lettuce, tomato, onion, capsicum (peppers), mushroom
As per menu plan	Wholegrain bread
CORIANDER DRESSING	
1 cup	Yoghurt, low-fat natural
1	Lime, juiced
To taste	Black pepper

NUTRITIONAL INFORMATION PER SERVE:							
	✓	✓	✓		✓	✓	✓
Energy – Cals	196	340	419	Saturated Fat (g)	1	2	2
Energy – kJ	821	1425	1753	Carbohydrate (g)	21	35	49
Protein (g)	12	19	22	Fibre (g)	~8	~11	~14
Total Fat (g)	6	11	12	Sodium (mg)	298	556	725

## METHOD:

1. Tip chickpeas into a large bowl, and then roughly crush with a potato masher or food processor until broken into small chunks.
2. Add the breadcrumbs, chilli powder, eggs, tomato, onion and half of the coriander. Mix together well with wet hands.
3. Divide the mixture into 10 and shape into burgers while maintaining wet hands.
4. Brush non-stick pan with oil and cook until golden.
5. While the burgers are cooking, mix the remaining coriander with the yoghurt, lime juice and a good grind of black pepper.
6. Top each patty with 1 Tbsp yoghurt mix, and serve with mixed salad and bread as per menu plan.

**GLUTEN:** Use gluten free bread crumbs.

**VARIATION:** Coriander can be replaced by continental parsley.

**TIPS:** The leftover burgers can be cooked, then chilled and microwaved for lunch.

Burgers can be frozen after step 4 and defrosted for cooking at a later date.

To cook from frozen, bake at 200°C for 20-30 minutes until hot through.

Lime squeeze is a convenient alternative to fresh lime.

Bariatric



Women weight loss



Men weight loss





# Spanish Baked Chicken

Serves 1 | Preparation time: 10 mins | Cooking time: 40 mins

Spanish flavours over these chicken fillets keep them moist and succulent.

## INGREDIENTS & MEASUREMENTS

✓	✓	✓	INGREDIENTS
90 g / 3 oz	90 g / 3 oz	90 g / 3 oz	Chicken thigh fillet, raw, flattened
¼ cup	¼ cup	¼ cup	Capsicum, diced
¼ med	¼ med	¼ med	Onion, diced
½ med	½ med	½ med	Ripe tomato, finely chopped
¼ tsp	¼ tsp	¼ tsp	Garlic, crushed
1 tsp	1 tsp	1 tsp	Paprika
½ tsp	½ tsp	½ tsp	Cumin powder
2 tsp	2 tsp	2 tsp	Tomato paste
2	2	2	Black olives
20 g / 3 Tbsp	20 g / 3 Tbsp	20 g / 3 Tbsp	Mozzarella, reduced fat, grated
¼ cup	¼ cup	¼ cup	Basil leaves, torn
-	1 cup	1 cup	Baby spinach leaves
-	3	5	Button mushroom, sliced
-	1	2	Small carrot, peeled into strips
-	2 Tbsp	¼ cup	Rice, basmati, raw

## METHOD:

1. Preheat oven to 180°C.
2. Flatten and tenderize chicken fillets with meat mallet until thin and tender.
3. In a small mixing bowl mix together, capsicum, onion, tomato, garlic, paprika, cumin and basil.
4. On a baking tray that has been coated with cooking oil spray, place raw flattened chicken then spread tomato paste over the chicken surface.
5. Spread topping evenly over each chicken thigh fillet.
6. Sprinkle lite mozzarella cheese over each piece.
7. Bake 30-40 minutes or until chicken is cooked and topping is golden.
8. Meanwhile, cook rice where included and prepare salad and serve according to meal plan.

**GLUTEN:** Free.

✓ **TIP:** Flattening the chicken breast with a meat mallet will improve tolerance.

**NOTE:** Some of the meat and rice calories are taken up by cheese and other ingredients, so the rice and meat serves are smaller than standard.

## NUTRITIONAL INFORMATION PER SERVE:

	✓	✓	✓		✓	✓	✓
Energy – Cals	234	345	455	Saturated Fat (g)	12	12	13
Energy – kJ	983	1445	1908	Carbohydrate (g)	4	4	5
Protein (g)	25	27	32	Fibre (g)	~3	~3	~9
Total Fat (g)	5	30	49	Sodium (mg)	392	516	633

Bariatric



Women weight loss



Men weight loss

