Greenleaf Nutrition (sample practice)
Sam Rivers, Nutritionist | hello@example.com | Sample data only

Meal plan for Sample client A

Reviewed and approved by Sam Rivers, Nutritionist on 11 November 2026

DAILY ENERGY	DAYS	MEALS A DAY	RECIPES
8,947 kJ	7	4	13
about 2,138 kcal	set menu	Breakfast, Lunch, Dinner, After...	cook once, eat twice

How to use this plan

- Find each day in the table below. The numbers match the recipes on the next pages. Most lunches and dinners are cooked once and eaten on two days in a row: keep the second serve in the fridge.
- Amounts are for one serve. Weigh foods uncooked unless the recipe says otherwise (for example, drained canned foods). Cups and pieces are a guide. The shopping list covers the whole plan. Drink water through the day.

Your plan, day by day

DAY	BREAKFAST	LUNCH	DINNER	AFTERNOON SNACK	EVERY DAY
Day 1 9,029 kJ	1 Eggs on toast with spinach and tomato	3 Tuna and bean salad with wholemeal bread	7 Red lentil dahl with brown rice and spinach	11 Apple and almonds	13 Milk for the day
Day 2 9,099 kJ	2 Overnight oats with yoghurt and blueberries	3 Tuna and bean salad with wholemeal bread (leftovers)	7 Red lentil dahl with brown rice and spinach (leftovers)	12 Rice cakes with peanut butter and banana	13 Milk for the day
Day 3 8,961 kJ	1 Eggs on toast with spinach and tomato	4 Black bean burrito bowl	8 Beef and bean chilli with brown rice	11 Apple and almonds	13 Milk for the day
Day 4 9,031 kJ	2 Overnight oats with yoghurt and blueberries	4 Black bean burrito bowl (leftovers)	8 Beef and bean chilli with brown rice (leftovers)	12 Rice cakes with peanut butter and banana	13 Milk for the day
Day 5 8,942 kJ	1 Eggs on toast with spinach and tomato	5 Salmon, brown rice and edamame bowl	9 Mussels in tomato and garlic sauce with pasta	11 Apple and almonds	13 Milk for the day
Day 6 9,012 kJ	2 Overnight oats with yoghurt and blueberries	5 Salmon, brown rice and edamame bowl (leftovers)	9 Mussels in tomato and garlic sauce with pasta	12 Rice cakes with peanut butter and banana	13 Milk for the day
Day 7 8,961 kJ	1 Eggs on toast with spinach and tomato	6 Soba noodle salad with tofu and edamame	10 Chickpea, spinach and sweet potato curry with brown rice	11 Apple and almonds	13 Milk for the day

Recipes

Amounts are per serve. Cook once means: multiply every amount by the number of serves.

1 **BREAKFAST | RECIPE 1 OF 13**

Eggs on toast with spinach and tomato

Day 1, 3, 5 and 7 | 10 min | 2,129 kJ a serve
Contains: gluten, wheat, egg

3 slices	Mixed grain bread
2 eggs	Eggs
55 g	Baby spinach, about 1¼ cups
110 g	Tomato, about ½ medium
1 tsp	Olive oil

1. Toast the mixed grain bread.
2. Heat the olive oil in a non-stick pan. Cook the eggs (scrambled or fried) until the whites and yolks are firm.
3. Wilt the baby spinach in the pan for 30 seconds. Serve on the toast with the sliced tomato.

Make this fresh each day it is on the plan. Per serve: protein 27.6 g, carbohydrate 51.4 g, fat 18.9 g, fibre 9.5 g.

2 **BREAKFAST | RECIPE 2 OF 13**

Overnight oats with yoghurt and blueberries

Day 2, 4 and 6 | 5 min | 2,219 kJ a serve
Contains: gluten, milk

60 g	Rolled oats (dry), about ¾ cup
170 g	Natural yoghurt, about ¾ cup
14 g	Pumpkin seeds (pepitas)
100 g	Frozen blueberries, about ¾ cup
13 g	Chia seeds

1. The night before, mix the rolled oats, yoghurt and chia seeds in a jar with a splash of water. Cover and refrigerate.
2. Sprinkle over the pumpkin seeds.
3. In the morning, stir and top with the blueberries.

Make this fresh each day it is on the plan. Per serve: protein 23.8 g, carbohydrate 52.6 g, fat 21.3 g, fibre 13.8 g.

3 **LUNCH | RECIPE 3 OF 13**

Tuna and bean salad with wholemeal bread

Day 1 and 2 | 10 min | 2,279 kJ a serve
Contains: gluten, wheat, fish

110 g	Tuna in springwater or brine, canned (drained), about ½ cup
120 g	Red kidney beans, canned (drained), about ¾ cup
50 g	Baby spinach, about 1¼ cups
85 g	Tomato, about ½ medium
60 g	Red capsicum
55 g	Lebanese cucumber, about ½ medium
2 tsp	Olive oil
1½ slices	Wholemeal bread

1. Rinse and drain the kidney beans. Drain the tuna.
2. Toss the chopped baby spinach, tomato, capsicum and cucumber with the beans and tuna. Dress with the olive oil and a squeeze of lemon.
3. Serve with the wholemeal bread.

Cook once for 2 serves. Cool the extra serve quickly, refrigerate and eat within 2 days; reheat until steaming hot. Per serve: protein 45.8 g, carbohydrate 46.5 g, fat 15.3 g, fibre 15.1 g.

4 **LUNCH | RECIPE 4 OF 13**

Black bean burrito bowl

Day 3 and 4 | 35 min | 2,546 kJ a serve
Contains: milk

130 g	Black beans, cooked or canned (rinsed) (drained)
60 g	Brown rice (uncooked), about ¼ cup
75 g	Corn kernels (frozen), about ¼ cup
55 g	Red capsicum
65 g	Tomato, about ½ medium
35 g	Cos lettuce, about ¾ cup
25 g	Avocado (flesh)
17 g	Reduced-fat cheddar cheese, about ¼ cup
6 g	Pumpkin seeds (pepitas)

1. Cook the brown rice in boiling water for 25-30 minutes until tender, then drain (cook enough for both serves).
2. Warm the rinsed black beans and corn in a pan with 1 teaspoon of cumin and smoked paprika.
3. Serve over the rice with the chopped capsicum, tomato, lettuce and avocado and the grated cheese.
4. Scatter over the pumpkin seeds.

Cook once for 2 serves. Cool the extra serve quickly, refrigerate and eat within 2 days; reheat until steaming hot. Per serve: protein 26.7 g, carbohydrate 79.2 g, fat 13.9 g, fibre 19 g.

5 **LUNCH | RECIPE 5 OF 13**

Salmon, brown rice and edamame bowl

Day 5 and 6 | 35 min | 2,564 kJ a serve
Contains: gluten, wheat, soy, fish

100 g	Pink salmon, canned (drained), about ½ cup
80 g	Brown rice (uncooked), about ¼ cup
90 g	Edamame (frozen soybeans), shelled (cooked)
65 g	Lebanese cucumber, about ½ medium
45 g	Carrot (peeled), about ½ medium
40 g	Avocado (flesh), about ½ medium
1 tsp	Salt-reduced soy sauce

1. Cook the brown rice in boiling water for 25-30 minutes until tender, then drain and cool (cook enough for both serves).
2. Top the rice with the drained canned salmon, the edamame and the sliced cucumber, carrot and avocado.
3. Drizzle with the soy sauce and a squeeze of lime or lemon.

Cook once for 2 serves. Cool the extra serve quickly, refrigerate and eat within 2 days; reheat until steaming hot. Per serve: protein 39.2 g, carbohydrate 63.8 g, fat 19.2 g, fibre 11.7 g.

Recipes

Amounts are per serve. Cook once means: multiply every amount by the number of serves.

6 LUNCH | RECIPE 6 OF 13

Soba noodle salad with tofu and edamame

Day 7 | 20 min | 2,440 kJ a serve
Contains: gluten, wheat, soy

70 g	Soba noodles (wheat and buckwheat) (dry), about ½ cup
130 g	Firm tofu, about ½ cup
60 g	Edamame (frozen soybeans), shelled (cooked)
40 g	Carrot (peeled), about ½ medium
40 g	Red cabbage, about ½ cup
45 g	Snow peas, about ½ cup
1 tsp	Salt-reduced soy sauce
1 tsp	Olive oil

1. Cook the soba noodles in boiling water as the packet says, rinse under cold water and drain.
2. Cut the firm tofu into strips and pan-fry in the olive oil for 5-6 minutes until golden and cooked through.
3. Toss the noodles with the firm tofu, edamame and the shredded carrot, red cabbage and snow peas. Dress with the soy sauce and a squeeze of lime.

Per serve: protein 34.9 g, carbohydrate 58.7 g, fat 19.9 g, fibre 11.8 g.

7 DINNER | RECIPE 7 OF 13

Red lentil dahl with brown rice and spinach

Day 1 and 2 | 40 min | 3,124 kJ a serve
Contains: milk

95 g	Red lentils (dry), about ½ cup
80 g	Brown rice (uncooked), about ¼ cup
120 g	Canned tomatoes, no added salt, about ½ cup
40 g	Brown onion (peeled), about ½ medium
60 g	Baby spinach, about 1½ cups
65 g	Cauliflower, about 2 medium
1 clove	Garlic
1½ tsp	Olive oil
35 g	Natural yoghurt, about ¼ cup

1. Cook the brown rice in boiling water for 25-30 minutes until tender, then drain.
2. Heat the olive oil in a pot. Cook the chopped onion and garlic for 5 minutes, then stir in 2 teaspoons of curry powder and 1 of turmeric.
3. Add the rinsed red lentils, the canned tomatoes, the chopped cauliflower and 2 cups of water per 2 serves. Simmer for 20 minutes, stirring, until thick.
4. Stir through the baby spinach. Serve over the rice with a spoonful of yoghurt.

Cook once for 2 serves. Cool the extra serve quickly, refrigerate and eat within 2 days; reheat until steaming hot. Per serve: protein 34.5 g, carbohydrate 109 g, fat 13.2 g, fibre 21.1 g.

8 DINNER | RECIPE 8 OF 13

Beef and bean chilli with brown rice

Day 3 and 4 | 40 min | 2,789 kJ a serve
Contains none of the FSANZ declarable allergens

130 g	Lean beef mince (raw)
150 g	Red kidney beans, canned (drained), about ¾ cup
170 g	Canned tomatoes, no added salt, about ¾ cup
40 g	Brown onion (peeled), about ½ medium
70 g	Red capsicum, about ½ medium
50 g	Carrot (peeled), about ½ medium
1 clove	Garlic
1 tsp	Olive oil
60 g	Brown rice (uncooked), about ¼ cup

1. Cook the brown rice in boiling water for 25-30 minutes until tender, then drain.
2. Heat the olive oil in a pot. Brown the lean beef mince with the chopped onion, capsicum and garlic and the grated carrot.
3. Add 1-2 teaspoons of cumin and paprika, the canned tomatoes and the drained kidney beans. Simmer for 20 minutes.
4. Serve over the rice.

Cook once for 2 serves. Cool the extra serve quickly, refrigerate and eat within 2 days; reheat until steaming hot. Per serve: protein 47.7 g, carbohydrate 76.8 g, fat 13.5 g, fibre 17.7 g.

9 DINNER | RECIPE 9 OF 13

Mussels in tomato and garlic sauce with pasta

Day 5 and 6 | 30 min | 2,752 kJ a serve
Contains: gluten, wheat, mollusc

150 g	Mussels (blue) (cooked flesh)
120 g	Wholemeal pasta (dry), about 1 cup
170 g	Canned tomatoes, no added salt, about ¾ cup
30 g	Brown onion (peeled)
35 g	Baby spinach, about ¾ cup
1 clove	Garlic
1 tsp	Olive oil

1. Cook the wholemeal pasta in boiling water as the packet says.
2. Heat the olive oil in a large pot and soften the chopped onion and garlic for 5 minutes. Add the canned tomatoes and simmer for 10 minutes.
3. Add the cleaned mussels (weight is cooked flesh: buy about 3 times this in shells), cover and cook for 5-6 minutes until they open. Throw away any that stay closed.
4. Stir through the drained wholemeal pasta and the baby spinach.

Make this fresh each day it is on the plan. Per serve: protein 42.2 g, carbohydrate 87.1 g, fat 11.2 g, fibre 16 g.

Recipes

Amounts are per serve. Cook once means: multiply every amount by the number of serves.

10 **DINNER | RECIPE 10 OF 13**

Chickpea, spinach and sweet potato curry with brown rice

Day 7 | 40 min | 2,895 kJ a serve
Contains: milk

180 g	Chickpeas, canned (drained), about 1 cup
120 g	Sweet potato (peeled), about ¾ cup
160 g	Canned tomatoes, no added salt, about ¾ cup
50 g	Baby spinach, about 1¼ cups
40 g	Brown onion (peeled), about ½ medium
1 clove	Garlic
1½ tsp	Olive oil
75 g	Brown rice (uncooked), about ¼ cup
35 g	Natural yoghurt, about ¼ cup

1. Cook the brown rice in boiling water for 25-30 minutes until tender, then drain.
2. Heat the olive oil in a pot. Cook the chopped onion and garlic for 5 minutes, then stir in 1-2 teaspoons of curry powder.
3. Add the cubed sweet potato, canned tomatoes, drained chickpeas and half a cup of water per 2 serves. Simmer for 20 minutes until the sweet potato is soft.
4. Stir through the baby spinach and serve over the rice.
5. Add a spoonful of yoghurt on top.

Per serve: protein 24.2 g, carbohydrate 101 g, fat 15.1 g, fibre 20.7 g.

11 **SNACK | RECIPE 11 OF 13**

Apple and almonds

Day 1, 3, 5 and 7 | 1 min | 1,008 kJ a serve
Contains: tree nuts

170 g	Apple, about 1 medium
25 g	Almonds, unsalted, about ¼ cup

1. Eat the apple with a small handful of almonds.

Make this fresh each day it is on the plan. Per serve: protein 5.3 g, carbohydrate 22.3 g, fat 12.6 g, fibre 7.9 g.

12 **SNACK | RECIPE 12 OF 13**

Rice cakes with peanut butter and banana

Day 2, 4 and 6 | 3 min | 988 kJ a serve
Contains: peanut

2 rice cakes	Brown rice cakes
16 g	Peanut butter, no added salt or sugar
70 g	Banana (peeled), about ½ medium

1. Spread the rice cakes with the peanut butter and top with the sliced banana.

Make this fresh each day it is on the plan. Per serve: protein 6.5 g, carbohydrate 29.2 g, fat 9.5 g, fibre 3.2 g.

13 **EVERY DAY | RECIPE 13 OF 13**

Milk for the day

every day | 489 kJ a serve
Contains: milk

270 ml	Reduced-fat milk, about 1 cup

1. Have the milk through the day: in tea or coffee, on cereal, or as a drink.

Per serve: protein 8.9 g, carbohydrate 13 g, fat 3.2 g, fibre 0 g.

Shopping list

Covers all 7 days. Amounts are rounded up. Each food appears once.

FRUIT AND VEGETABLES

- [ ] **750 g** Tomato
- [ ] **700 g** Apple
- [ ] **600 g** Baby spinach
- [ ] **400 g** Red capsicum
- [ ] **300 g** Frozen blueberries
- [ ] **300 g** Brown onion
- [ ] **250 g** Edamame (frozen soybeans), shelled
- [ ] **250 g** Lebanese cucumber
- [ ] **250 g** Carrot
- [ ] **250 g** Banana
- [ ] **150 g** Corn kernels (frozen)
- [ ] **130 g** Avocado
- [ ] **130 g** Cauliflower
- [ ] **120 g** Sweet potato
- [ ] **70 g** Cos lettuce
- [ ] **50 g** Snow peas
- [ ] **40 g** Red cabbage
- [ ] **7 cloves** Garlic

MEAT, FISH AND EGGS

- [ ] **8 eggs** Eggs
- [ ] **300 g** Mussels (blue)
- [ ] **300 g** Lean beef mince

DAIRY, FRIDGE AND ALTERNATIVES

- [ ] **1.9 L** Reduced-fat milk
- [ ] **650 g** Natural yoghurt
- [ ] **130 g** Firm tofu
- [ ] **40 g** Reduced-fat cheddar cheese

BREAD, CEREALS AND GRAINS

- [ ] **650 g** Brown rice
- [ ] **12 slices** Mixed grain bread
- [ ] **250 g** Wholemeal pasta
- [ ] **180 g** Rolled oats
- [ ] **3 slices** Wholemeal bread
- [ ] **70 g** Soba noodles (wheat and buckwheat)
- [ ] **6 rice cakes** Brown rice cakes

PANTRY

- [ ] **1.1 kg** Canned tomatoes, no added salt
- [ ] **550 g** Red kidney beans, canned
- [ ] **300 g** Black beans, cooked or canned (rinsed)
- [ ] **250 g** Tuna in springwater or brine, canned
- [ ] **200 g** Pink salmon, canned
- [ ] **190 g** Red lentils
- [ ] **180 g** Chickpeas, canned
- [ ] **100 g** Almonds, unsalted
- [ ] **90 g** Olive oil
- [ ] **60 g** Pumpkin seeds (pepitas)
- [ ] **50 g** Peanut butter, no added salt or sugar
- [ ] **40 g** Chia seeds
- [ ] **20 ml** Salt-reduced soy sauce

About this plan

Sam Rivers (Greenleaf Nutrition (sample practice)) prepared this plan for you and is responsible for it. It was built with planning software from the Australian and New Zealand Nutrient Reference Values (NHMRC), the Australian Food Composition Database and AUSNUT food measures (FSANZ), then checked automatically and reviewed by your practitioner. Food values are averages and real foods vary. Talk to your practitioner before changing the plan, and see your doctor if you are unwell, have a medical condition or take medicines. Nothing in this notice excludes any right or remedy under the Australian Consumer Law.

Nutrient summary (for the practitioner)

Client SAMPLE-01: 34 y, female, 166 cm, 63 kg, sitting work with some walking and standing (PAL 1.6). Diet: omnivore. Budget moderate, cooking skill intermediate.

Energy: BMR 5,592 kJ (Mifflin-St Jeor) x PAL 1.6 = 8,947 kJ/day (2,138 kcal). Targets: NHMRC NRVs (2006, sodium 2017) for female 31-50 y. Food data human-foods-2026-11-11-v2; generator planner-2026-11-12.1.

Automated checks: 7 days checked. 26 nutrients met on every day, 1 close, 0 flagged.

Nutrient requirements

Passed: every hard requirement is met.

Every day, and every choice of options, must meet the NHMRC RDI or AI for protein, fibre and each assessed vitamin and mineral, and stay under every upper limit the food data can check. Long-chain omega-3 is judged on the plan average. Vitamin D is reported only because it depends on sun exposure.

Check these before approving

- Sodium: slightly above the limit on 1 of 7 days (highest 2,034 mg; target at most 2,000 mg).

Notes

- Vitamin K: no values in the food data, not assessed.
- Choline: no values in the food data, not assessed.
- Total water (food + fluids): no values in the food data, not assessed.

Day by day

Green: met. Amber: close (between EAR and RDI, or just outside a range). Red: below the EAR or outside a range or limit. Unshaded: reported only.

NUTRIENT	TARGET	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	AVERAGE
Energy (kJ)	8,947 (±5%)	9,029	9,099	8,960	9,030	8,941	9,011	8,961	9,004
Protein (g)	79-132	122	120	116	114	123	121	101	117
Fat (g)	48-85 (20-35% energy)	63.2	62.5	62.1	61.4	65.2	64.4	69.8	64.1
Carbohydrate (g)	237-342 (45-65% energy)	242	250	243	251	237	246	246	245
Saturated fat (g)	at most 24 (10% energy)	12.8	15.8	15	18	12	15	12.6	14.5
Free sugars (g)	at most 53 (10% energy)	1.2	1.2	1.5	1.5	0.07	0.07	0.07	0.8
Fibre (g)	25 (AI), aim 28 g	53.6	53.3	54.1	53.7	45.1	44.7	49.9	50.6
Sodium (mg)	at most 2,000	2,034	1,451	1,521	938	1,998	1,415	1,983	1,620
Vitamin D (µg)	5 (AI)	8	2.26	8.01	2.26	27.1	21.3	6	10.7
Long-chain omega-3 (EPA + DHA) (...	90 (AI)	864	805	65.1	5.98	2,471	2,412	60.9	955

Met their RDI or AI on every day: Calcium, Iron, Zinc, Magnesium, Phosphorus, Potassium, Iodine, Selenium, Vitamin A (retinol equivalents), Thiamin (B1), Riboflavin (B2), Niacin (niacin equivalents), Vitamin B6, Vitamin B12, Folate (DFE), Vitamin C, Vitamin E.

Magnesium: UL applies to supplements only. Vitamin A (retinol equivalents): UL is checked against preformed vitamin A (retinol) only. Niacin (niacin equivalents): UL applies to nicotinic acid from fortified foods and supplements, not checked. Folate (DFE): UL is for folic acid; the food data does not separate folic acid, so it is not checked. Vitamin D: Reported only: NHMRC notes food alone rarely meets the vitamin D AI; sun exposure and supplements are a practitioner decision. Long-chain omega-3 (EPA + DHA): Judged on the plan's daily average. DPA is not in the food data, so totals slightly understate intake.