

# Catherine Saxelby's seven-day food diary

As featured in Sunday Life magazine, 16 March 2008

## DAY 1

### Breakfast

Bowl of muesli with thick Greek yoghurt and low-fat milk

### Lunch

*(at café after bushwalk)*

Risotto with chicken and mushroom

Rocket, pear and walnut salad

Pink grapefruit drink with water

Skim cappuccino

### Afternoon snack

Slice of panetonne

Tea with low-fat milk

### Dinner

Chicken tikka cooked by my husband Dave (his signature dish)

Pattack's paste, chicken, tomatoes, natural yoghurt, coriander

Basmati rice

Pappadams

Water

Fresh peach, few grapes

Sleepytime caffeine-free tea

## DAY 2

### Breakfast

Toasted walnut bread (more like a bread, not a sweet cake)

Scrape butter

Low-fat cheddar cheese

Tea with low-fat milk

### Morning snack

4 Vita-Weat crispbread with low-fat cheddar cheese

Tea with milk

### Lunch

Salad of mixed leaves, cucumber, avocado and vinaigrette dressing

Curried lamb meatballs (cold leftovers)

Tomato chutney

Toasted walnut bread

Water

### Dinner

Grilled steak with caramelised onion

Mash

Green beans, broccoli

Glass of Pinot Noir

Few spoons of Greek rice pudding (bought at local chicken shop)

Sleepytime caffeine-free tea

## DAY 3

### Breakfast

Half a paw-Paw  
Carton of passionfruit yoghurt

### Morning snack

4 Vita-Weets crispbread with low-fat cheddar cheese  
Tea with milk

### Lunch

Sumo Salad salad box at shopping mall:  
Chicken salad with avocado, fetta, sun-dried tomatoes, cos lettuce and shredded carrot  
Bottle of water

### Afternoon snack

Be Natural Nut bar (*"I always carry these with me. They're like eating a 50-gram serving of nuts and more filling than traditional muesli bars."*)  
Low-fat cappuccino

### Dinner

Atlantic salmon fillet with dill and lemon  
Potato wedges (home-made)  
Broccoli  
Green beans  
Wholemeal sourdough bread  
Glass of Sauvignon-Blanc

## DAY 4

### Breakfast

Muesli with canned pears, low-fat milk  
Tea with milk

### Morning snack

Fresh fruit platter  
Metamucil smoothie samples – around 1 cup in total  
(*at fibre supplement product launch*)

### Lunch

Be Natural Nut Bar

### Mid-afternoon snack

2 small wedges Brie plus 1 cracker  
Fresh fruit pieces  
Tea with milk  
Samples of Curios breakfast snacks (*at dietitians meeting*)

### Dinner

Shared Indian dinner  
Little bits of 5 curries + plain rice + pappadam + herbed yoghurt dip  
Reisling 1 glass  
Water

## DAY 5

### Breakfast

Muesli with low-fat milk  
Tea with milk

### Morning snack

4 Vita-Weat crispbread and peanut butter

### Lunch

*(at café)*

Salad of spinach, roasted kumera, beetroot and goats cheese ("Yum")  
Sparkling mineral water

### Afternoon snack

No-added-sugar chocolate bar  
*(a sample from the US – "it was revolting")*

### Dinner

Macaroni Bolognaise  
Tossed leaf salad with dressing

## DAY 6

### Breakfast

Muesli with half a banana and low-fat milk  
Tea with milk

### Morning snack

4 Vita Weats with light Cheddar cheese

### Lunch

Wholemeal sandwich with tuna, cucumber, lettuce and avocado  
250ml bottle Nudie orange, mango and pineapple crushie

### Dinner

Home-made burgers with tomato, onion, lettuce and beetroot  
Glass Pinot-Noir

Ice cream with sliced mango

## DAY 7

### Early morning snack

Rockmelon and blueberries  
Half a banana

### Breakfast

*(At café)*

Poached egg with grilled tomato and spinach  
Grain toast  
English breakfast tea with milk

### Late lunch

Banana bread, toasted with a little spread  
Skim capucinno

### Dinner

*(Dinner out at restaurant)*

Seared scallops  
Crusty white bread  
Grilled beam fillets with parsnip puree, artichoke hearts and rocket  
Green salad and dressing  
Glasses of Sauvignon-Blanc

Catherine's seven-day food diary appeared in the Sunday Life magazine published in the Sun-Herald and The Age on 16 March 2008. Article written by Alex May. Reproduced with permission.

If you want to improve your eating habits and learn how cook for health, Catherine's two books are a good starting point:

*Nutrition for Life* gives you the facts on healthy eating and how to put together a balanced diet. It covers those headline topics such as good fats, sugar, caffeine, fast food, dining out and food labels.

*Zest: Recipes for Health & Vitality* (co-authored with food editor Jennene Plummer) offers you delicious easy recipes for busy people. You can follow the Summer or Winter Menu plans to get you going.

You can order both online at Catherine's website at [www.foodwatch.com.au](http://www.foodwatch.com.au)

