

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 capuccino

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 Bolognese
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 capucino

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

