

Barbeque Suggestions

It's important to promote healthy eating habits/choices around a great Australian icon – the “Aussie Barbeque” whilst simultaneously meeting the nutritional needs of the riders.

Lean Protein options

- Steak lean – 150g portions
- Chicken breast or kebabs – lean, fat removed
- Lamb/chicken or tofu and vegetable kebabs
- Rissoles – chicken or beef (lean mince)
- Fish – more extravagant, but certainly a healthy option – whole wrapped in foil

"Healthy" Burgers

- Rolls served with lean steak, grilled chicken breasts or homemade hamburgers (lean mince)
- Salad - sliced tomato, lettuce, grated carrot, beetroot, capsicum

Side dishes

- Fried Onions
- Sautéed mushrooms and rocket
- Sautéed field mushrooms
- Grilled Tomato

* Oil used should be Olive or Canola Oil

Salad and bread bar

Best to offer a range of mixed salads for those wanting to have a meat and salad dinner, along with plain salad items for those creating their own healthy burger.

- Carbohydrate rich salads include: mixed bean salad, potato salad (using low-fat dressing), rice salad or pasta salad
- Mixed salads such as a “Greek salad” should be served with dressing as a side order
- Plain salad items, sliced for assembly in sandwiches: tomato, lettuce, grated carrot, sprouts, beetroot, coleslaw, cucumber, pineapple.
- Baskets of breads and/or rolls with a changing variety of specialty breads such as multi-grain rolls, pita breads, french sticks, turkish bread or focaccia.
- Spreads such as avocado, hommus, fruit chutney along with margarine are low-fat mayonnaise
- Tomato, sweet chilli and barbeque sauce

Snack ideas to accompany barbeque

- Cartons of low-fat fruit yogurt
- Fresh fruit basket or platter - highlight fruits in season
- Fresh fruit salad served with low-fat ice-cream

Drinks

- Tea/coffee/cordial/juice/water
- Low-fat milk, soy milk and sugar