










Meal	Low GI diet	High GI diet
Breakfast	Buckwheat & Oatmeal Pancakes with Honeydew Melon 	White Rice Porridge with Pork and edamame 
Snack 1	Sweet Potato, carrot and zucchini Noodles with Kale, Spinach and mushroom 	Whole wheat blueberry banana bread 
Lunch	Buckwheat and broccoli Salad with Chicken Breast 	Mixed veggies rice noodles with pork 
Snack 2	Vanilla Panna Cotta with Strawberries 	Vanilla rice pudding 
Dinner	Veggie Spaghetti with Tiger Prawns 	Tomato, fish, and white rice 