

# MEETING DAIRY RECOMMENDATIONS: A 7-DAY PLAN

This infographic shows how you can incorporate dairy into your meals across the week.



	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST	Strawberry chia pudding	Milk & cereal	Mango smoothie 	Porridge	Yogurt, granola & berries 	Overnight oats	Pancakes with yogurt 
LUNCH	Cheesy chicken quesadilla	Baked sweet potato with herbed yogurt	Snack: Cheese & crackers	Pitta bread pizza	Grilled chicken salad with grated cheddar	Snack: Latte 	Ham and cheese toastie
DINNER	Creamy garlic pasta 	Ham & cheddar quiche	Lasagne	Tikka masala with coriander yogurt	Creamy Cheese Seafood Pie	Cheese, tomato & spinach pasta shells	Yogurt-marinated salmon

Getting your three daily servings of dairy is easier than it seems, especially when considering ingredients within dishes.



**Creamy Garlic Pasta**  
Pasta sauce (~150ml milk + cheese topping = 1 serving)



**Pancakes**  
(50ml milk within + 75g yogurt topping = 1 serving)



**Latte/Cappuccino**  
(200ml milk = 1 serving)

**Dairy servings**

-  200ml milk
-  125g yogurt
-  25g cheese