

HEALTHY BBQ IDEAS

Menu options

- *Corn on the cob* - flavour with herbs or lemon juice
- *Kebab/skewers* - use lean cuts of meat and add veggies
- *Veggie skewers* - use a variety of colours like red onion, capsicum, mushroom and tomatoes.
- *Steak sandwich* - use lean steak (such as minute) served on wholegrain bread, topped with plenty of salad and vegetables
- *Burgers* - lean meat or vegetable patty served with plenty of veggies such as tomato, lettuce, carrot, onion and beetroot. Add barbecued pineapple rings for extra flavour.
- *Souvlaki* - lean sliced meat served in pita bread with salad and low fat hommus or tzatziki.
- *Falafels* - served in a wrap with salad and low fat hommus or tzatziki
- *BBQ toasties/ jaffles* - add reduced fat cheese, tomato, pineapple or lean meat.
- Provide a variety of fresh salads to go with BBQ items like greek or garden salads with lean BBQ meats.



Tips

- Combine healthy BBQ options with a bottle of water for a meal deal
- Add grated vegetables to meat patties
- Always choose lean meat options
- Choose wholegrain or multigrain breads instead of white

