

Low GI Daily Menu: Family-Friendly Spring Favourites

Saturday 24 October 2026 | Family-friendly | Recipes & method (serves 2)

Saturday calls for meals the whole family will enjoy, and this spring menu delivers comfort without the blood glucose rollercoaster. From fluffy oat pikelets to a veggie-loaded bolognese, every dish is built on low GI carbs, lean protein and plenty of fibre.

Daily total per person (approx.): 112 g carbs | 29 g fibre | 79 g protein | 1140 kcal

BREAKFAST

LOW GI

Oat and Apple Pikelets with Yoghurt and Berries

Soft wholegrain pikelets studded with grated apple and cinnamon, topped with creamy yoghurt and fresh berries.

Prep 10 min | Cook 15 min | Serves 2

Per serve: 38 g carbs | 8 g fibre | 17 g protein | 10 g fat | 330 kcal

Ingredients

- 1 cup (90 g) traditional rolled oats
- 1/2 cup (75 g) wholemeal self-raising flour
- 1 egg
- 3/4 cup (180 ml) unsweetened milk
- 1 small (130 g) apple, grated
- 1 tsp ground cinnamon
- 200 g natural unsweetened Greek yoghurt
- 150 g mixed berries, fresh or frozen
- 1 spray olive oil spray, for cooking

Method

1. Combine oats, flour and cinnamon in a bowl.
2. Whisk egg and milk together, then stir through grated apple.
3. Mix wet into dry ingredients to form a thick batter.
4. Heat a non-stick pan with olive oil spray over medium heat, cook spoonfuls of batter for 2-3 minutes each side until golden.
5. Serve warm topped with yoghurt and berries.

Why it's low GI: Traditional rolled oats and wholemeal flour give these pikelets a low GI base, while unsweetened yoghurt and whole apple add fibre without added sugar.

Tip: Make a double batch of pikelets and freeze extras between baking paper for quick school-morning breakfasts.

Drink: Unsweetened milk or herbal tea

Chicken, Hummus and Garden Salad Wraps

Wholegrain wraps packed with shredded chicken, creamy hummus and crunchy spring vegetables.

Prep 15 min | Cook 0 min | Serves 2

Per serve: 32 g carbs | 9 g fibre | 30 g protein | 12 g fat | 380 kcal

Ingredients

- 2 wholegrain wraps
- 250 g cooked chicken breast, shredded
- 80 g (4 tbsp) hummus
- 1 Lebanese cucumber, sliced
- 60 g baby spinach
- 1 carrot, grated
- 1/2 red capsicum, sliced
- 1 lemon, cut into wedges

Method

1. Shred the cooked chicken breast.
2. Spread hummus evenly over each wrap.
3. Layer spinach, cucumber, carrot, capsicum and chicken on top.
4. Squeeze over lemon juice and season with pepper.
5. Roll tightly and slice in half to serve.

Why it's low GI: Wholegrain wraps and chickpea-based hummus provide slow-release low GI carbs, while lean chicken and plenty of raw veg keep this lunch balanced and filling.

Tip: Use leftover roast or poached chicken to make this a 10-minute lunch.

Drink: Sparkling water with lemon slices

Family Beef and Lentil Bolognese with Wholemeal Spaghetti

A hearty veggie-packed bolognese made with lean beef and brown lentils, served over al dente wholemeal spaghetti.

Prep 15 min | Cook 25 min | Serves 2

Per serve: 42 g carbs | 12 g fibre | 32 g protein | 14 g fat | 430 kcal

Ingredients

- 150 g lean beef mince
- 200 g (drained) tinned brown lentils
- 400 g tin crushed tomatoes
- 1 onion, diced

- 2 cloves garlic, crushed
- 1 carrot, grated
- 1 zucchini, grated
- 2 tbsp tomato paste
- 100 g wholemeal spaghetti, dry
- 20 g parmesan, grated
- a handful fresh basil leaves

Method

1. Heat olive oil in a large pan and sauté onion, garlic, carrot and zucchini until softened, about 5 minutes.
2. Add beef mince and cook until browned, breaking up with a spoon.
3. Stir in drained lentils, crushed tomatoes and tomato paste, then simmer for 15 minutes.
4. Meanwhile, cook spaghetti in boiling water until al dente, then drain.
5. Serve bolognese over spaghetti, topped with parmesan and basil.

Why it's low GI: Al dente wholemeal spaghetti and brown lentils both have a low GI, and combining lentils with lean mince boosts fibre and protein while keeping saturated fat low.

Tip: This bolognese freezes well, so double the sauce and freeze half for a quick midweek dinner.

Drink: Sparkling water with fresh mint

Why this menu helps

Each meal pairs a slow-release low GI carbohydrate, like wholegrain wraps, rolled oats or al dente wholemeal pasta, with lean protein and fibre-rich vegetables or legumes. This combination slows digestion and helps prevent sharp blood glucose spikes after eating. Keeping carb portions moderate and consistent across the day also supports steadier energy levels for the whole family, including growing kids.

Nutrition values are estimates per serve and will vary with brands and portion sizes. Everyone's needs are different; talk to your GP, accredited practising dietitian or credentialled diabetes educator about the right amount of carbohydrate for you, and check your blood glucose as advised.