Low GI Daily Menu: Aussie BBQ Spring Feast

Wednesday 4 November 2026 | Aussie BBQ | Recipes & method (serves 2)

Fire up the barbecue the low GI way with today's spring menu, built around legumes, grainy bread and colourful vegetables instead of sugary sauces and white bread. From smoky morning beans to a chargrilled lamb dinner, every plate keeps carbs moderate and fibre high.

Daily total per person (approx.): 100 g carbs | 32 g fibre | 97 g protein | 1300 kcal

BREAKFAST — LOW GI

Smoky BBQ Baked Beans with Poached Eggs on Sourdough

Brown lentils simmered in a smoky tomato sauce, topped with a poached egg and creamy avocado on grainy sourdough toast.

Prep 10 min | Cook 15 min | Serves 2
Per serve: 34 g carbs | 11 g fibre | 24 g protein | 16 g fat | 410 kcal

Ingredients

- 1 tbsp olive oil
- 1 brown onion, finely chopped
- 2 cloves garlic, crushed
- 1 tsp smoked paprika
- 400 g tin brown lentils, drained and rinsed
- 400 g tin diced tomatoes
- 1 tbsp balsamic vinegar
- 4 eggs
- 2 slices grainy sourdough bread
- 1 small avocado, sliced
- handful baby spinach leaves
- to garnish fresh chives, chopped

Method

1. Heat olive oil in a saucepan and sauté onion and garlic until soft.
2. Stir in smoked paprika, lentils, tomatoes and vinegar; simmer 10 minutes until thickened.
3. Toast sourdough slices.
4. Poach eggs in gently simmering water for 3 minutes.
5. Top toast with spinach, smoky beans, a poached egg and avocado slices, then scatter with chives.

> Why it's low GI: Brown lentils and grainy sourdough are both low GI, digesting slowly to keep morning blood glucose steady, while the egg and avocado add staying power.

Tip: Make a double batch of the smoky beans and keep in the fridge for 3 days for a quick weekday breakfast.

Drink: Long black coffee or herbal tea

LUNCH **LOW GI**

BBQ Chicken, Charred Corn and Lentil Salad

Grilled chicken breast served over a hearty lentil, charred corn and avocado salad with a zesty lime dressing.

Prep 15 min | Cook 15 min | Serves 2
Per serve: 32 g carbs | 12 g fibre | 35 g protein | 16 g fat | 430 kcal

Ingredients

- 2 chicken breast fillets (about 300 g)
- 1 corn cob, husked
- 400 g tin brown lentils, drained
- 150 g cherry tomatoes, halved
- 1 red capsicum, diced
- 1/2 red onion, thinly sliced
- 60 g baby spinach or rocket
- 1 avocado, sliced
- 1 lime, juiced
- 1 tbsp olive oil
- small bunch coriander, chopped

Method

1. Preheat a barbecue or chargrill pan to medium-high.
2. Season chicken and grill 6-7 minutes each side until cooked through; rest, then slice.
3. Grill the corn cob, turning occasionally, until charred; cool slightly and slice off kernels.
4. Combine lentils, tomatoes, capsicum, onion, spinach and corn in a large bowl.
5. Whisk lime juice and olive oil, season, then toss through the salad.
6. Top with sliced chicken, avocado and coriander.

> Why it's low GI: Brown lentils form the carbohydrate base of this salad, offering a low GI, high-fibre alternative to rice or potato salad, while corn is used in a small, controlled portion.

Tip: Pack this salad into lunchboxes the night before; keep the dressing separate and toss just before eating.

Drink: Sparkling water with lime and mint

Chargrilled Lamb Backstrap with Sweet Potato Mash and Salsa Verde

Juicy grilled lamb backstrap served with smooth sweet potato mash, charred zucchini and corn, and a fresh herb salsa verde.

Prep 15 min | Cook 20 min | Serves 2
Per serve: 34 g carbs | 9 g fibre | 38 g protein | 18 g fat | 460 kcal

Ingredients

- 2 lamb backstraps (about 300 g total)
- 2 tbsp olive oil, divided
- 1 clove garlic, crushed
- 1 tsp dried rosemary
- 400 g sweet potato, peeled and chopped
- 1 corn cob, halved
- 2 zucchini, sliced lengthways
- 1 bunch parsley, chopped
- 1 tbsp capers, chopped
- 1 tbsp lemon juice

Method

1. Boil sweet potato until tender, then mash with 1 tablespoon olive oil and season well.
2. Rub lamb with garlic, rosemary and a little olive oil; rest 10 minutes.
3. Grill lamb on a hot barbecue or chargrill pan, 3-4 minutes each side, then rest before slicing.
4. Grill corn and zucchini until lightly charred.
5. Combine parsley, capers, lemon juice and remaining olive oil for the salsa verde.
6. Plate sliced lamb with sweet potato mash and grilled vegetables, drizzled with salsa verde.

> Why it's low GI: A moderate portion of sweet potato provides a low GI carbohydrate source, while the lean lamb, olive oil and plenty of grilled vegetables slow glucose release further.

Tip: Swap lamb for lean beef steak if you prefer, keeping the portion to about 150 g raw weight per person.

Drink: Sparkling mineral water with a lemon wedge

Why this menu helps

Each meal pairs a low GI carbohydrate, such as lentils, grainy sourdough or sweet potato, with lean protein, healthy fats and generous vegetables, which together slow the absorption of glucose into the bloodstream. Keeping carbohydrate portions moderate and consistent across breakfast, lunch and dinner helps avoid sharp blood glucose spikes. High fibre from legumes and vegetables supports steadier energy levels and digestion, while zero-sugar drinks keep the focus on whole, unprocessed foods typical of a classic Aussie BBQ, reimagined for better blood glucose management.

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.