

menu plan for FAMILIES

Our family menu is based on Mum (M), Dad (D), a 16-year-old boy (B) and a 14-year-old girl (G).

Dietitian Bobbie Crothers says, "In a family like this one, the growing and active teenage boy usually eats larger serves than everyone else. Mum probably has the smallest serves, sometimes even less than the teenage daughter. NOTE: If your kids are younger, you won't need as much food (and you'll spend less).

monday	tuesday	wednesday	thursday	friday
BREAKFAST <ul style="list-style-type: none"> 2 Weet-Bix with skim milk, 1 piece seasonal fruit, 200g low-fat yoghurt 1 slice wholegrain toast, 1 tablespoon peanut butter 1/2 cup fruit juice (D, B, G) SNACK <ul style="list-style-type: none"> 1 slice fruit bread, 1 tablespoon low-fat cottage cheese (D, B, G) tea with skim milk (D, M) SNACK <ul style="list-style-type: none"> 30g raw mixed nuts LUNCH <ul style="list-style-type: none"> 2 cups brown rice salad, brown rice, baby spinach, tomatoes, cucumber, onion, egg, dressing 1 slice wholegrain bread with 2 slices low-fat cheese (D, B) 1 banana (M, G) DINNER <ul style="list-style-type: none"> Chickpea ratatouille (p15) No-bake almond and coconut slice (p70) Salsa jacket potato (p17) 1 cup skim milk with 2 teaspoons Milo 	BREAKFAST <ul style="list-style-type: none"> 1 cup porridge made with skim milk and sliced banana 1 slice wholegrain toast, 1 tablespoon peanut butter 1/2 cup fruit juice (D, B, G) SNACK <ul style="list-style-type: none"> 1 slice fruit bread, 1 tablespoon low-fat cottage cheese (D, B) 1 muesli bar (D, B) LUNCH <ul style="list-style-type: none"> Bread salad: toasted bread chunks, egg, grated carrot, onion, dressing 2 small kiwifruits No-bake almond and coconut slice (p70) SNACK <ul style="list-style-type: none"> 1 banana 1 slice wholegrain bread, 1 tablespoon peanut butter (D, B, G) DINNER <ul style="list-style-type: none"> homemade (p6) Salsa jacket potato (p17) 1 cup skim milk with 2 teaspoons Milo 	BREAKFAST <ul style="list-style-type: none"> 1/2 cup baked beans on 2 slices wholegrain toast, 2 mandarins or other seasonal fruit 2 teaspoons Milo (or coffee) with 1 cup skim milk SNACK <ul style="list-style-type: none"> 1 slice fruit bread, 1 teaspoon reduced-fat spread, 1 tablespoon jam 200g low-fat yoghurt LUNCH <ul style="list-style-type: none"> Pasta salad: penne pasta, canned tuna, mixed veg (frozen), jar tomato pasta sauce No-bake almond and coconut slice (p70) SNACK <ul style="list-style-type: none"> 1 slice wholegrain toast, 1 tablespoon homemade (p6) (D, B, G) 1 banana DINNER <ul style="list-style-type: none"> Baby spinach and roast tomato risotto (p52) (double the recipe and refrigerate) 2 kiwifruits with ice-cream 	BREAKFAST <ul style="list-style-type: none"> 1 1/2 cups smoothie: banana, kiwifruit, rolled oats, skim milk, low-fat yoghurt 1 slice wholegrain toast, 1 tablespoon low-fat cottage cheese SNACK <ul style="list-style-type: none"> 2 multigrain rice cakes, 1 tablespoon homemade (p6) hummus (p6) LUNCH <ul style="list-style-type: none"> Baby spinach and roast tomato risotto (p52) (leftovers) No-bake almond and coconut slice (p70) 2 mandarins or other seasonal fruit SNACK <ul style="list-style-type: none"> 1 slice wholegrain bread, 1 tablespoon peanut butter DINNER <ul style="list-style-type: none"> Thai beef burgers (p45) 1 extra bread roll with lettuce and cheese (D, B) 2 scoops low-fat ice-cream (M, G) 	BREAKFAST <ul style="list-style-type: none"> 2 Weet-Bix with 1/2 cup skim milk 1 slice wholegrain toast, 1 tablespoon peanut butter 1/2 cup canned fruit yoghurt (M, G) 1/2 cup juice (D, B) tea with skim milk (D, M) SNACK <ul style="list-style-type: none"> 1 banana or other seasonal fruit (D, B) 1 muesli bar LUNCH <ul style="list-style-type: none"> wholemeal pita with boiled egg, tomato, spinach and 1 tablespoon reduced-fat mayonnaise 1 apple or other seasonal fruit SNACK <ul style="list-style-type: none"> 200g low-fat yoghurt 1 slice fruit bread, 1 slice fruit bread, 1 tablespoon low-fat cottage cheese DINNER <ul style="list-style-type: none"> Mediterranean lemon fish (p59) 1 cup salad: grated carrot and beetroot with olive oil and lemon juice 1 slice wholegrain toast with jam (D, B, G) 2 teaspoons Milo with 1 cup skim milk
TODAY'S TOTAL \$36.99	TODAY'S TOTAL \$35.66	TODAY'S TOTAL \$33.37	TODAY'S TOTAL \$34.48	TODAY'S TOTAL \$35.82

8 BONUS - BUDGET SPECIAL

Average healthy family cost (for all meals): \$370
our menu: \$265
SAVE \$105
\$105 per week for a year = \$5,460



WEEK SHOPPING LIST

- FRUIT & VEGIES**
 - apples x 12
 - baby spinach (3 bags)
 - bananas x 28
 - beetroot x 1
 - capsicum x 2
 - celery (1/2 bunch)
 - cabbage x 1/2
 - carrots (1 bag)
 - cherry tomatoes
 - cucumber x 1
 - eggplant x 1
 - fresh coriander
 - fresh parsley
 - green beans (250g)
 - peaches (2 cans)
 - red kidney beans (400g can)
 - lemons x 2
 - lettuce 2
 - mixed salad leaves (120g)
 - mandarins x 20
 - potatoes 1kg
 - spring onions (1 bunch)
 - sweet potato (700g)
 - tomatoes x 28
 - zucchini x 2
- DRY GOODS**
 - arborio rice
 - desiccated coconut
 - fruit bread (3 loaves)
 - almond meal
 - light multigrain bread (6 loaves)
 - Milk Arrowroot biscuits (1 pkt)
 - mixed nuts
 - muesli bars (2 pkt)
 - multigrain bread
 - rolls (6)
 - plain yoghurt, garlic (1 pkt)
 - quinoa flakes (1 pkt)
 - lean beef mince (400g)
- FRESH CHICKEN/FISH/MEAT**
 - chicken (1 small pkt)
 - chicken breasts (400g)
 - firm white fish fillets 4 x 150g
 - lean beef mince (400g)
- CANNED/BOTTLED**
 - baked beans 4 x 420g cans
 - mixed beans 2 x 400g cans
 - juice (2l)
 - Kalamata olives
 - peaches (2 cans)
 - red kidney beans (400g can)
 - tomato pasta sauce (600g jar)
 - tomato salsa
 - tuna (4 x 185g cans, 1 x 425g can)
- CHILLED/FROZEN**
 - cottage cheese low-fat (600g)
 - mixed vegies, frozen (600g)
 - corn, frozen (1 1/2 cups)
 - eggs (2 dozen)
 - ice cream, low-fat (2L)
 - plain yoghurt low-fat (6 x 1L, make your own sachets)
 - reduced-fat cheese (1 small block)
 - skim milk (6l)

Note: You'll need to make sure your pantry is well stocked with the basics (as listed on p7).

TODAY'S TOTAL \$39.37

TODAY'S TOTAL \$32.72

Unless specified, meal items are for all individuals.