

Menu plan for couples

Save \$50 per week for a year = \$2,600

menu plan for COUPLES

This menu is based on the nutrition needs of an average man (M) and average woman (W), aged 31–60 (see page 88 for details). A younger couple will need a little more, an older couple slightly less.

Dietitian Bobbie Crothers says, "Feel free to make substitutions in this menu, for example, change the type of cereal. And bake the slice at the weekend so you have economical sweet snacks for the week."

Average healthy couple cost (for all meals): \$213
our menu: \$163
SAVE \$50
\$50 per week for a year = \$2,600

WEEK SHOPPING LIST

- FRUIT & VEGES**
- 1 x 375ml can mixed beans
 - 1 x 400g can lemon juice (1 bottle)
 - 1 x 400g can tomato pasta sauce (1 jar)
 - 1 x 400g can tomato salsa (1 jar)
 - 1 x 400g can tuna 2 x 95g cans
 - 1 x 400g can vanilla extract (1 bottle)
 - 1 x 400g can reduced-salt tomato soup (1 can)
 - 1 x 400g can chopped tomatoes
 - 1 x 410g can
- CHILLED/FROZEN**
- eggs (dozen)
 - low-fat ice cream 2L tub
 - parmesan cheese (1 block)
 - reduced-fat grated mozzarella (500g)
 - skim milk (2L)
 - low-fat sour cream (1 tub)
 - low-fat yoghurt (3L)
 - frozen peas/carrots/corn mix (1kg)
 - fresh low-fat ricotta (1 tub)
- FRESH CHICKEN/ FISH/MEAT**
- bacon (300g)
 - chicken breasts (240g)
 - lean beef mince (600g)
 - firm white fish (480g)
- DRY GOODS**
- couscous (1 box)
 - dried cranberries (1 pkt)
 - dried prunes (1 pkt)
 - lasagne, pasta sheets (250g)
 - wholegrain bread
 - nut/muesli bars (1 pkt)
 - shredded coconut (1 bag)
 - alivered almonds (90g)
 - sesame seeds (50g)
 - sallanias (1 pkt)
 - Weet-Bix (1 smt box)
 - wholegrain rice
 - crackers (1 pkt)
 - arborio rice (1 pkt)
- CANNED/BOTTLED**
- apple sauce (1 jar)
 - baked beans 420g can
 - cannellini beans 1 x 400g can
 - light evaporated milk

TIP

If the fruit in this menu is out of season, or expensive in your area, substitute other fruit – whatever's on special! The same goes for vegies.

Note: You'll need to make sure your pantry is well stocked with the basics (as listed on p77).

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| monday | tuesday | wednesday | thursday | friday | saturday | sunday |
|---|---|--|--|--|---|---|
| <p>BREAKFAST</p> <ul style="list-style-type: none"> 1 cup porridge, 200g low-fat yoghurt, 1/2 cup skim milk 1 banana 2 slices wholegrain toast with Vegemite and tomatoes 1 coffee with skim milk <p>SNACK</p> <ul style="list-style-type: none"> 4 prunes with 200g low-fat yoghurt <p>High-energy slice (p70)</p> <p>LUNCH</p> <ul style="list-style-type: none"> 1 kiwifruit <p>Creamy spinach and bacon pasta (p60) (leftovers) </p> | <p>BREAKFAST</p> <ul style="list-style-type: none"> 1 cup porridge, 200g low-fat yoghurt, 1/2 cup skim milk 1 banana 2 slices wholegrain toast with Vegemite and tomatoes 1 coffee with skim milk <p>SNACK</p> <ul style="list-style-type: none"> 4 prunes with 200g low-fat yoghurt <p>High-energy slice (p70)</p> <p>LUNCH</p> <ul style="list-style-type: none"> 1 kiwifruit <p>Creamy spinach and bacon pasta (p60) (leftovers) </p> | <p>BREAKFAST</p> <ul style="list-style-type: none"> 1 poached egg, 2 slices wholegrain toast 200g low-fat yoghurt with 1/2 cup seasonal fruit 1 coffee with skim milk <p>SNACK</p> <ul style="list-style-type: none"> 1 kiwifruit <p>High-energy slice (p70) (M)</p> <p>LUNCH</p> <ul style="list-style-type: none"> 10 wholegrain rice crackers with 2 tablespoons Homemade hummous (p6) <p>Baked fish with cannellini beans (p60) (leftovers) </p> | <p>BREAKFAST</p> <ul style="list-style-type: none"> 1/2 cup baked beans on 1 slice wholegrain toast (M) 1 slice wholegrain toast, 1 tablespoon peanut butter 1 coffee with skim milk <p>SNACK</p> <ul style="list-style-type: none"> 1 banana 100g low-fat yoghurt (W) <p>High-energy slice (p70)</p> <p>LUNCH</p> <ul style="list-style-type: none"> High-energy slice (p70) <p>Tangy chicken and couscous salad (leftovers)</p> | <p>BREAKFAST</p> <ul style="list-style-type: none"> 2 Weet-Bix with 1/2 cup skim milk, 1 banana 2 slices wholegrain toast with 1 teaspoon reduced-fat spread, Vegemite and tomatoes 1 coffee with skim milk <p>SNACK</p> <ul style="list-style-type: none"> 1 nut/muesli bar 200g low-fat yoghurt <p>LUNCH</p> <ul style="list-style-type: none"> Baby spinach and roast tomato risotto (p70) <p>High-energy slice (p70)</p> <p>DINNER</p> <ul style="list-style-type: none"> 10 wholegrain rice with 1 cup skim milk 2 tablespoons cracker with 2 tablespoons Homemade hummous (p6) 200g low-fat yoghurt (M) <p>Baby spinach and roast tomato risotto (p52) (make full recipe and refrigerate leftovers)</p> | <p>BREAKFAST</p> <ul style="list-style-type: none"> 1 poached egg, 1 slice wholegrain toast with grilled tomato, onion and spinach 1 coffee with skim milk <p>SNACK</p> <ul style="list-style-type: none"> 1 apple or other seasonal fruit 1 banana <p>LUNCH</p> <ul style="list-style-type: none"> Super-basic beef lasagne (p46) <p>green salad with vinaigrette</p> <p>SNACK</p> <ul style="list-style-type: none"> High-energy slice (p70) <p>DINNER</p> <ul style="list-style-type: none"> Super-basic beef lasagne (p46) (make full recipe using regular pasta, not gluten-free, and refrigerate leftovers) | <p>BREAKFAST</p> <ul style="list-style-type: none"> 1 x 375ml can mixed beans 1 x 400g can lemon juice (1 bottle) 1 x 400g can tomato pasta sauce (1 jar) 1 x 400g can tomato salsa (1 jar) 1 x 400g can tuna 2 x 95g cans 1 x 400g can vanilla extract (1 bottle) 1 x 400g can reduced-salt tomato soup (1 can) 1 x 400g can chopped tomatoes 1 x 410g can <p>CHILLED/FROZEN</p> <ul style="list-style-type: none"> eggs (dozen) low-fat ice cream 2L tub parmesan cheese (1 block) reduced-fat grated mozzarella (500g) skim milk (2L) low-fat sour cream (1 tub) low-fat yoghurt (3L) frozen peas/carrots/corn mix (1kg) fresh low-fat ricotta (1 tub) <p>FRESH CHICKEN/ FISH/MEAT</p> <ul style="list-style-type: none"> bacon (300g) chicken breasts (240g) lean beef mince (600g) firm white fish (480g) <p>DRY GOODS</p> <ul style="list-style-type: none"> couscous (1 box) dried cranberries (1 pkt) dried prunes (1 pkt) lasagne, pasta sheets (250g) wholegrain bread nut/muesli bars (1 pkt) shredded coconut (1 bag) alivered almonds (90g) sesame seeds (50g) sallanias (1 pkt) Weet-Bix (1 smt box) wholegrain rice crackers (1 pkt) arborio rice (1 pkt) <p>CANNED/BOTTLED</p> <ul style="list-style-type: none"> apple sauce (1 jar) baked beans 420g can cannellini beans 1 x 400g can light evaporated milk |
| TODAY'S TOTAL \$27.80 | TODAY'S TOTAL \$24.16 | TODAY'S TOTAL \$26.60 | TODAY'S TOTAL \$18.96 | TODAY'S TOTAL \$21.44 | TODAY'S TOTAL \$21.54 | TODAY'S TOTAL \$22.56 |

Unless specified, meal items are for all individuals.

10 BONUS - BUDGET SPECIAL