

menu plan for SINGLES

This menu is based on the energy and nutritional needs of a woman in her 20s. For men, add some extra snacks and increase the portion sizes in the meals.

Dietitian Bobbie Crothers says, "Eating healthily when it's just you to cook for can sometimes seem like too much effort. But it's worth it when you consider that good nutrition is important to keep you fit and healthy, and can save you money. You can spread the snacks out however you like - even include them in meals if it suits."

Average healthy single cost (for all meals): **\$110**
our menu: \$78
SAVE \$32
\$32 per week for a year = \$1,664

WEEK SHOPPING LIST



- FRUIT & VEG**
- bananas x 6
 - asparagus (1 bunch)
 - carrots (1 bag)
 - salad greens/rocket/baby spinach
 - sweet potato x 1
 - apples x 2
 - onion (brown x 2, red x 1)
 - cherry tomatoes
 - tomatoes x 6
 - green onions (1 bunch)
 - tomatoes x 7
 - red capsicum x 1
 - button mushrooms
 - cucumber x 1
 - parsley (1 bunch)
 - green beans (280g)
 - apple x 1
 - pear x 1
 - kiwifruit x 1
 - sugar snap peas (1 cup)
 - 1 lemon
- CANNED/BOTTLED**
- apple sauce (1 jar)
 - apricot jam
 - baked beans (1 can)
 - red kidney beans (1 can)
 - canned fruit (2 cans)
 - maple syrup (1 bottle)
 - salsa (1 jar)
 - mixed beans (1 can)
 - lemon juice (1 bottle)
 - orange juice (1 bottle)
 - baby capers (1 jar)
 - Kalamata olives (1 jar)
 - chopped tomatoes, flavoured (1 can)
 - tuna (425g can)
 - flavoured tuna (2 x 85g cans)
- CHILLED/FROZEN**
- low-fat sour cream (1 tub)
 - low-fat cottage cheese (800g)
 - 1kg low-fat yoghurt (1 pkt)
 - reduced-fat feta cheese (1 pkt)
 - firm tofu (75g)
 - skim milk (1l)
 - 800g frozen corn (1 pkt)
 - 800g frozen stir-fry veg (1 pkt)
 - eggs (6)
- FRESH FISH/MEAT**
- 150g barramundi
 - rindless bacon (1 rasher)
 - pork steak (125g)
 - beef cutlet (140g)
 - chicken tenderloins (120g)
 - chicken breast (100g)

TIP
 Use bulk bins to buy as much cereal, dried fruit, nuts and legumes as you need. You'll save money, and space.

Note: You'll need to make sure your pantry is well stocked with the basics (as listed on p/7).

MAY 10 HEALTHY FOOD GUIDE 13

monday	tuesday	wednesday	thursday	friday	saturday	sunday
<p>BREAKFAST</p> <ul style="list-style-type: none"> 1 cup porridge made with skim milk, 1 piece fresh or ½ cup canned fruit, ½ 200g tub low-fat yoghurt 1 slice soy and lined bread with 1 teaspoon honey 1 coffee with skim milk <p>SNACK</p> <ul style="list-style-type: none"> 10 wholegrain rice crackers with 2 cottage cheese <p>Homemade slice (p68)</p> <p>LUNCH</p> <ul style="list-style-type: none"> potato salad (2 small potatoes) with 1 tomato, 1 chopped boiled egg, 2 cups salad greens and vinaigrette 1 banana <p>SNACK</p> <ul style="list-style-type: none"> 10 wholegrain rice crackers with fat cottage cheese 30g mixed raw nuts <p>DINNER</p> <ul style="list-style-type: none"> Spicy chicken and chickpeas (p18) 	<p>BREAKFAST</p> <ul style="list-style-type: none"> 1 cup porridge made with skim milk, 1 piece fresh or ½ cup canned fruit, ½ 200g tub low-fat yoghurt 1 slice soy and lined bread with 1 teaspoon honey 1 coffee with skim milk <p>SNACK</p> <ul style="list-style-type: none"> 10 wholegrain rice crackers with 2 cottage cheese <p>Homemade slice (p68)</p> <p>LUNCH</p> <ul style="list-style-type: none"> potato salad (2 small potatoes) with 1 tomato, 1 chopped boiled egg, 2 cups salad greens and vinaigrette 1 banana <p>SNACK</p> <ul style="list-style-type: none"> 10 wholegrain rice crackers with fat cottage cheese 30g mixed raw nuts <p>DINNER</p> <ul style="list-style-type: none"> Honey and ginger tofu (p17) 	<p>BREAKFAST</p> <ul style="list-style-type: none"> 1 cup porridge made with skim milk, 1 piece fresh or ½ cup canned fruit, ½ 200g tub low-fat yoghurt 1 slice soy and lined bread with 1 teaspoon peanut butter 1 coffee with skim milk <p>SNACK</p> <ul style="list-style-type: none"> 10 wholegrain rice crackers with 2 cottage cheese <p>Homemade slice (p68)</p> <p>LUNCH</p> <ul style="list-style-type: none"> 1 large wholemeal pita, 1 tablespoon crumbled low-fat feta, 1 hard-boiled egg, 2 cups salad greens, ½ tomato banana <p>SNACK</p> <ul style="list-style-type: none"> 10 wholegrain rice crackers with 2 cottage cheese <p>DINNER</p> <ul style="list-style-type: none"> Pork in apricot sauce with herby mash (p20) Chocolate apricot slice (p68) 	<p>BREAKFAST</p> <ul style="list-style-type: none"> 1 cup porridge made with skim milk, 1 piece fresh or ½ cup canned fruit, ½ 200g tub low-fat yoghurt 1 slice soy and lined bread with 1 tablespoon jam 1 coffee with skim milk <p>SNACK</p> <ul style="list-style-type: none"> 10 wholegrain rice crackers with 2 cottage cheese <p>Homemade slice (p68)</p> <p>LUNCH</p> <ul style="list-style-type: none"> brown rice, flavoured tuna, onion, tomato, salad greens and vinaigrette 1 banana <p>SNACK</p> <ul style="list-style-type: none"> 1 cup carrot sticks and 2 tablespoons hummus (p6) <p>DINNER</p> <ul style="list-style-type: none"> Mediterranean lemon fish (p59) Chocolate apricot slice (p68) 	<p>BREAKFAST</p> <ul style="list-style-type: none"> 2 slices soy and lined toast with ½ cup baked beans 1 poached egg 1 piece seasonal fruit 200g tub low-fat yoghurt 1 coffee with skim milk <p>SNACK</p> <ul style="list-style-type: none"> 30g mixed raw nuts 1 kiwifruit <p>LUNCH</p> <ul style="list-style-type: none"> ½ cup baked beans on 2 slices soy and lined toast 2 cups green salad with vinaigrette <p>Chocolate apricot slice (p68)</p> <p>SNACK</p> <ul style="list-style-type: none"> 1 banana <p>DINNER</p> <ul style="list-style-type: none"> Salsa jacket potato (p17) 2 teaspoons Milo with 1 cup skim milk 	<p>BREAKFAST</p> <ul style="list-style-type: none"> 2 slices soy and lined toast with ½ cup baked beans 200g tub low-fat yoghurt, 1 piece fresh fruit 1 coffee with skim milk <p>SNACK</p> <ul style="list-style-type: none"> Chocolate apricot slice (p68) <p>LUNCH</p> <ul style="list-style-type: none"> penne pasta, low-fat feta, tomato and rocket or spinach, dressed with 1 teaspoon olive oil and 1 tablespoon lemon juice 1 banana 2 teaspoons Milo with 1 cup skim milk <p>DINNER</p> <ul style="list-style-type: none"> Beef cutlets with caramelised onions (p45) 	<p>BREAKFAST</p> <ul style="list-style-type: none"> 1 poached egg on 2 slices soy and lined toast 1 banana, 200g tub low-fat yoghurt 1 coffee with skim milk <p>SNACK</p> <ul style="list-style-type: none"> 10 rice crackers with 2 tablespoons <p>Homemade slice (p68)</p> <p>LUNCH</p> <ul style="list-style-type: none"> Herbed chicken salad with feta (p61) <p>Chocolate apricot slice (p68)</p> <p>SNACK</p> <ul style="list-style-type: none"> 1 pear <p>DINNER</p> <ul style="list-style-type: none"> Healthy fish fingers (p52) Chocolate apricot slice (p68)
TODAY'S TOTAL \$11.17	TODAY'S TOTAL \$9.78	TODAY'S TOTAL \$11.35	TODAY'S TOTAL \$10.74	TODAY'S TOTAL \$9.97	TODAY'S TOTAL \$12.23	TODAY'S TOTAL \$12.79

12 BONUS - BUDGET SPECIAL