

MEAL PLAN 1: FEED A FAMILY OF THREE FOR LESS THAN \$140* PER WEEK

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Microwave Vegetable Omelette Served with wholegrain toast	Berry and oat smoothie bowl	Berry and oat smoothie bowl	Vegetarian Breakfast Wrap	Vegetarian Breakfast Wrap	Peanut butter and banana on toast	Quick Huevos Rancheros
Lunch	Easy as red lentil dahl Served with rice	Chicken and vegetable stir-fry	Beef and vegetable burgers	Chicken burrito*	Cheddar, spinach and broccoli toastie	Salmon and pasta salad	Cheddar, spinach and broccoli toastie
Dinner	Chicken and vegetable stir fry	Beef and vegetable burgers	Chicken burrito*	Beetroot and apple salad with lentils, brown rice and walnuts	Salmon and pasta salad	Quick Huevos Rancheros	Easy as red lentil dahl Served with rice

*This meal plan is designed for two adults – a male and female (planning pregnancy), and their 3-year-old toddler. Each meal has been adjusted to make 2 full serves for each adult, and 0.5 serves for the toddler. Most meals are eaten twice in the week, and can be made in larger quantities to save on cooking time. The shopping list includes ingredients to make the number of serves needed for all meals.

Prices are based on regional supermarket price, and seasonal availability therefore price may be varied with time of year. If you cannot find, or do not have some of the ingredients in each recipe, you can find common substitutes here, in our '[Simple Swaps](#)'.

This resource was developed by Hannah McCormick and Tsz Ting Yip as part requirement for the degree of Bachelor of Nutrition and Dietetics, University of Newcastle, under the supervision of L/Prof Clare Collins and Dr Vanessa Shrewsbury

MEETING YOUR NUTRITION NEEDS

This meal plan provides 7 days of meals, 3 meals per day. The energy and nutrient needs of you and your family members will be higher than what is provided in this meal plan. To meet the number of serves of each food group ([Australian Guide to Healthy Eating](#)) you will need to include 2-3 additional snacks throughout the day, or increase your portion sizes at each meal. We've selected some great [snack ideas](#) from the NMNT website that pack a punch when it comes to certain nutrients.

SNACKS HIGH IN CALCIUM: Reduced fat yogurt, Cheese (add crackers), reduced fat milk drink (add to smoothies or on their own), almonds, canned salmon (keep the bones).

[Honey & Cinnamon Hot Milk](#)

[Greek Tzatziki](#)

FRUIT BASED SNACKS: 1 medium piece of fruit, ½ cup grapes, dried fruit, Canned fruit in juice

[Banana, Blueberry & Chia Smoothie](#)

[Chocolate Coated Strawberries with Nuts](#)

SNACKS HIGH IN PROTEIN: Boiled eggs, roasted chickpeas, protein muesli bar, cheese, high protein yogurt

[Double Batch Healthy Hummus](#)

[Zucchini, Pea and Corn Frittata](#)

SNACKS HIGH IN FIBRE/WHOLEGRAINS Popcorn, wholegrain rice or corn crackers, wholemeal toast or raisin bread, oat based muesli bars.

[Quick & Easy Popcorn](#)

[Berry & Oat Smoothie Bowl](#)

SNACKS HIGH IN IODINE: Eggs, Dairy foods (see the good sources of calcium), Toast (not organic), small can of tuna.

[Cheddar, spinach and broccoli toastie](#)

[Tuna & Vegetable Fritters](#)

SNACKS HIGH IN IRON: Eggs, small bowl of iron fortified cereal, nut and seed mix, roasted chickpeas, dried fruit

[Egg & Lettuce Wrap](#)

[Apricot Bliss Balls](#)

SNACKS HIGH IN ZINC: nut and seed mix, canned tuna, roasted chickpeas, oat based muesli bar or cereal, a small tin of baked beans.

[Fruit and Nut Muesli](#)

[Black bean quesadilla with speedy guacamole](#)

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INGREDIENTS LIST FOR WEEKLY MEAL PLAN 1:

Fruits and Vegetables:

Brown Onion – 1 ¼
Potato – 1 ¼
Tomato – 6 ¼
Capsicum – 1.25
Red onion – 1 ¼
Baby Spinach – 6 ¼ cups
Banana – 10
Zucchini – 1 ¼
Garlic – 5 cloves
Carrot - 1 ¼
Lettuce – 1 large cob
Mushrooms – 470g
Beetroot – 5 small
Apple – 2 ½
Spring onion – 4
Rocket – 65g
Broccoli – 2 heads

Dairy/Dairy Alternatives:

Reduced Fat Milk – 1L
Cheese – 1 ¼ cup shredded cheese
Plain or Greek yogurt – 1 ½ cups
Reduced fat feta cheese – 125g

Meats/Meat Alternatives:

Eggs – 12
Chicken breast – 800g
Lean beef mince – 750g

Pantry/Canned Goods:

Canned tomatoes – 1 ½ (400g) cans
Canned 4 bean mix – 1 (425g) can
Dried lentils, red – 1 ¼ cup
Curry powder - 2 ¼ tsp
Natural Peanut butter – ¼ cup
Sesame seeds – 1 tsp
Soy sauce – 1/3 cup
Rolled oats – 2 ½ cups
Pumpkin seeds – 5 tsp
Desiccated coconut – 5 tsp
Canned pineapple – 6 slices
Canned beetroot – 6 slices
Canned lentils – 1 can
Walnuts – 1/3 cup
Canned salmon – 475g tin (or 5x95g)
Mustard
Honey
Tomato sauce
Burrito spice
Cumin

Freezer:

Frozen mixed vegetables – 1kg
Frozen mixed berries – 2 ½ cups
Frozen corn – 3 cup

Grains/Cereals:

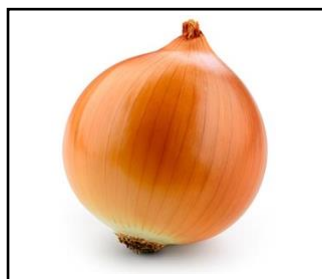
Wholemeal sliced bread – 1/2 loaf
Brown rice, uncooked – 2 cups
Wholemeal/grain bread rolls – 6
Wholemeal/ grain wraps – 10
Wholemeal pasta, dry – 500g

PICTORIAL* SHOPPING LIST FOR MEAL – PLAN 1

* Pictures are for reference only and do not represent actual quantities



Fruits and Vegetables:



Onion – 1 ¼



Potato – 1 ¼



Tomato – 6 ¼



Red onion – 1 ¼



Capsicums – 1 ¼



Baby spinach -
6 ¼ cups



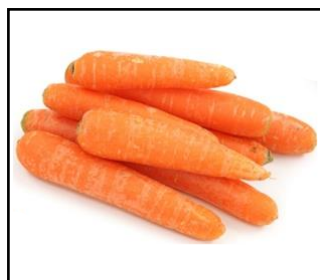
Banana – 10



Zucchini – 1 ¼



Lettuce – 1 cob



Carrots – 1.5



Broccoli – 2 heads



Whole beetroot - 5



Apples – 2 1/2



Spring onion - 4



Rocket – 65g



Garlic – 5 cloves



Mushrooms –
470g



Dairy:



Low fat Milk – 1L



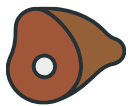
Reduced fat cheddar
cheese - 1 ¼ cups



Natural/Greek
yogurt – 1 ½ cups



Reduced fat feta
cheese – 125g block



Meat/Meat Alternatives:



Eggs – 12



Chicken breast
- 800g



Lean beef mince
– 750g



Pantry/Canned Goods:



Canned tomatoes
– 1 ½ x 400g cans



4 bean mix –
1 x 425g can



Dried lentils, red
– 1 ¼ cup



Curry powder
– 2 ¼ tsp



Natural peanut butter
– ¼ cup



Sesame seeds
- 1 tsp



Reduced salt soy
sauce – 1/3 cup



Rolled oats
- 2 ½ cups



Pumpkin seeds
– 5 tsp



Desiccated
coconut – 5 tsp



Canned pineapple
– 6 slices



Canned beetroot
– 6 slices



Walnuts
- 1/3 cup



Canned salmon
- 5 x 95g tin



Mustard



Honey



Tomato sauce



Burrito/Fajita spice
- 1 packet



Cumin



Frozen:



Frozen mixed
vegetables - 1 kg



Frozen mixed
berries – 2 ½ cups



Frozen corn
kernels - 3 cups



Grains and Cereals:



Wholemeal bread
(sliced) - 1/2 loaf



Brown rice,
uncooked – 2 cups



Wholemeal bread
rolls - 6 rolls



Wholemeal/grain
wraps -10



Wholemeal
pasta, dry - 500g