

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

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

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

## 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:

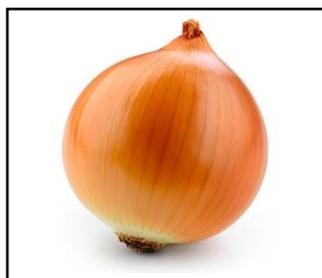
Wholemeal sliced bread – 1/2 loaf  
Brown rice, uncooked – 2 cups  
Wholemeal/grain bread rolls – 6  
Wholemeal/ grain wraps – 10  
Wholemeal pasta, dry – 500g

# PICTORIAL\* SHOPPING LIST FOR MEAL – PLAN 1

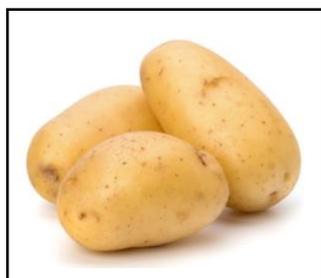
\* Pictures are for reference only and do not represent actual quantities



## Fruits and Vegetables:



Onion – 1 ¼



Potato – 1 ¼



Tomato – 6 ¼



Red onion – 1 ¼



Capsicums – 1 ¼



Baby spinach -  
6 ¼ cups



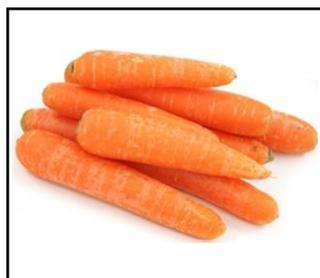
Banana – 10



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



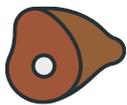
Reduced fat cheddar  
cheese - 1 ¼ cups



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