

MEAL PLAN 2: FEED A FAMILY OF THREE FOR LESS THAN \$140* WEEKLY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Rice Porridge	<u>Corn & Zucchini Fritters</u>	<u>Pumpkin Pancake</u>	<u>Corn & Zucchini Fritters</u>	Rice Porridge	<u>Corn & Zucchini Fritters</u>	<u>Pumpkin Pancake</u>
Lunch	<u>Tuna & Rice</u>	<u>Spinach and Lentil Nasi Goreng</u>	<u>Chicken & Vegetable Stir-Fry</u>	<u>Tuna & Rice</u>	<u>Leftover Fried Rice</u>	<u>Spinach and Lentil Nasi Goreng</u>	<u>Pork and ginger stir-fry noodles</u>
Dinner	<u>Chicken & Vegetable Stir-Fry</u>	<u>Make your own Kebabs</u> (White fish) with Flatbreads	<u>Lentil and Sweet Potato Curry</u>	<u>Pork and ginger stir-fry noodles</u>	<u>Chicken & Vegetable Stir-Fry</u>	<u>Make your own Kebabs</u> with Flatbreads	<u>Lentil and Sweet Potato Curry</u>

*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](#)'.

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](#)

INGREDIENTS LIST FOR MEAL PLAN 2

Vegetables:

Asian green – 2 large bunch
Broccoli – 2 head
Capsicum – 3
Carrots – 500g
Cauliflower – 1
Cloves garlic – 3
Cucumber – 2 large
Lettuce – 2 medium
Onion – 8 medium
Potatoes - 1kg
Pumpkin – 150g
Spinach – 3 x 280g
Stir fry frozen vegetables – 1kg
Sweet potato – 2 medium
Tomato – 7 medium
Zucchini – 2 medium
Cherry tomatoes – 1 punnet
Frozen mix vegetables – 500g
Frozen peas – 1 pack

Meat/Meat Alternatives:

Chicken breast – 750g
Boneless pork – 500g
Tuna – 500g
Eggs – 9
White fish (e.g., barramundi or flathead) - 300g

Diary:

Reduced fat cheddar cheese – 1 kg
Low fat milk – 500g
Natural yoghurt – 1 kg

Pantry/canned goods:

Lentils – 2 x 400g can
Sesame seeds – 2tbs
Reduced salt soy sauce - 1 cup
Honey - 3.5 tsp.
Fish sauce - 2 tbs
Curry powder - 2tsp
Vegetable stock - 2cup
Cumin - 1tsp
Dijon mustard – 1tsp
Mixed dried herbs – 1tsp
Worcestershire sauce – 2 tsbn
Vinegar – 2 tsbn
Extra virgin olive oil

Grains/Cereals:

Wholegrain bread – 1 loaf
Naan breads – 5
Brown Rice - 1 kg
Rice vermicelli noodles – 250g
Wholemeal self raising flour – 1kg

PICTORIAL* SHOPPING LIST FOR MEAL – PLAN 2

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



Fruits and Vegetables:



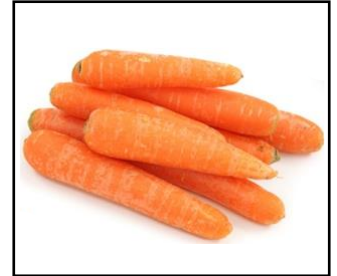
Asian green –
2 large bunch



Broccoli – 2 head



Capsicum – 3



Carrots –500g



Cauliflower – 1



Cloves garlic – 3



Cucumber –
2 large



Zucchini –
2 medium



Lettuce – 2 medium



Onion - 8 medium



Potatoes - 1kg



Pumpkin - 150g



Spinach – 600g



Cherry tomatoes
– 1 punnet



Sweet potato –
2 medium



Tomato –
7 medium



Dairy:



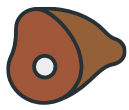
Reduced fat
cheddar cheese
– 1 kg



Low fat milk –
500ml



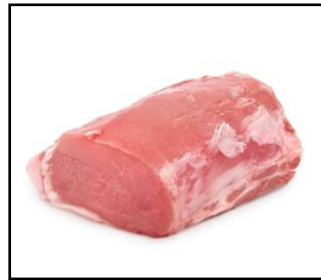
Natural yoghurt
– 1 kg



Meat/Meat Alternatives:



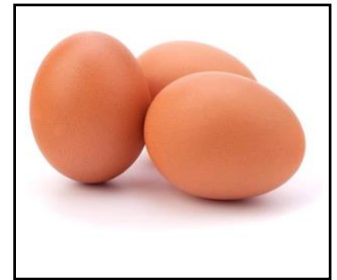
Chicken breast -
750g



Boneless pork –
500g



Canned Tuna -
500g



Eggs - 9



White fish (e.g., barramundi
or flathead) - 300g



Pantry/Canned Goods:



Sesame seeds
– 2 tbs



Reduced salt soy
sauce - 1 cup



Honey - 3.5 tsp



Fish sauce - 2 tbs



Curry powder –
2 tsp



Vegetable
stock– 2 cup



Cumin – 1 tsp



Dijon mustard –
1 tsp



Mixed dried
herbs – 1tsp



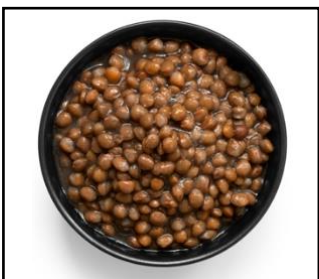
Worcestershire
sauce – 2 Tbsp



Vinegar – 2 Tbsp



Extra virgin olive oil



Lentils – 650g



Frozen:



Frozen mix vegetables – 500g



Stir fry frozen vegetables – 1kg



Frozen peas – 190g



Grains/Cereals:



Wholegrain bread – 1 loaf



Naan breads – 5



Brown Rice - 1 kg



Rice vermicelli noodles – 250g



Wholemeal self raising flour – 1kg