

# EAT FOR THE WEEK FOR \$60\*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	<a href="#">Fruit &amp; Nut Muesli</a>	<a href="#">Fruit &amp; Nut Muesli</a>	<a href="#">Microwave Poached Eggs</a>	<a href="#">Fruit &amp; Nut Muesli</a>	<a href="#">Fruit &amp; Nut Muesli</a>	<a href="#">Microwave Poached Eggs</a>	<a href="#">Fruit &amp; Nut Muesli</a>
Lunch	<a href="#">Tuna &amp; Salad Sandwich</a>	<a href="#">Egg &amp; Lettuce Wrap</a>	<a href="#">Tuna &amp; Salad Sandwich</a>	<a href="#">Egg &amp; Lettuce Wrap</a>	<a href="#">Tuna &amp; Salad Sandwich</a>	<a href="#">Chicken &amp; Veg Stir Fry</a>	<a href="#">2-minute noodle soup</a>
Dinner	<a href="#">Spinach &amp; Lentil Nasi Goreng</a>	<a href="#">Chicken &amp; Veg Stir-fry</a>	<a href="#">Basa fillet, veggies, roast potato</a>	<a href="#">Chicken &amp; Veg Stir fry</a>	<a href="#">2 minute Noodle Soup</a>	<a href="#">Spinach &amp; Lentil Nasi Goreng</a>	<a href="#">Basa fillet, veggies, roast potato</a>

\* Prices are based on a regional supermarket and prices may vary based on day and location. Please note that the meal plan is designed to be repeated for a second week. The initial grocery shop will cost more in the first week (\$76), however will decrease (\$45) the following week. The average cost over the two weeks, when the meal plan is repeated is \$60.50

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# SHOPPING LIST

## VEGETABLES

- 1 kg mixed frozen vegetables (\$2.5)
- 2 cups fresh spinach (\$1)
- 1 x 400g can creamed corn (\$1)
- Brown onion (\$0.5)
- 1 bag frozen spinach (\$1)
- 2 potatoes (\$1.5)
- 1 capsicum (\$2.5)
- 1 tomato (\$1)
- 1 carrot (\$0.5)
- 1 lettuce (\$4)
- 1 cucumber (\$2)
- 200g Mushrooms (\$3)
- 1 x 420g can corn kernels (\$1)
- 1 bunch shallots (\$3)\*
- Ginger (\$3)\*
- Garlic (\$1.5)\*

## GRAINS AND CEREALS

- Fruit and Nut muesli (\$3.5)\*
- 1 loaf multigrain bread (\$2)
- Wholegrain wraps (\$2)F\*
- 1 kg brown rice (\$3.5)\*
- Instant noodles (\$3)\*

## FRUIT

- 500g frozen berries (\$5.5)

## PROTEIN / ALTERNATIVES

- 1 dozen eggs (\$4.5)\*
- 3 x 90g canned tuna (\$4)
- 1 x 400g can brown lentils (\$1)
- 500g chicken breast (\$5)
- 2 x 125g Basa fish fillets (\$1.5)

## DAIRY

- 1kg natural/Greek yogurt (\$4)
- Reduced fat cheddar cheese (\$4.5)\*

## OTHER

- Sesame seeds (\$3)\*

## PANTRY STAPLES<sup>^</sup>

- Reduced salt soy sauce
- Reduced salt stock

## KEY

F = Freeze half for next week's meals

\* = Store remainder in the fridge or pantry for use the following week

<sup>^</sup> = We recommend keeping pantry items on hand as a quick way to add flavour and that are used in lots of different recipes, these items have not been included in the cost of the total meal plan



# A FEW NOTES ON THE MEAL PLANS...

- Recipes that make multiple serves of a meal have been used in this meal plan. Where possible, all serves that a recipe makes have been used throughout the week's meals, reducing the amount of cooking you will do over the week.
- After the first week you will have leftover ingredients such as the fruit and nut muesli, wholegrain wraps etc. It is intended that the same meal plan be used for the following week, which will use up most of the remaining ingredients, reduce waste and achieve the \$61 average cost per week.
- If you can't find an ingredient, or it is too expensive, we have created a 'Pantry Swaps' resource to help you substitute common ingredient without impacting the recipe or nutritional status. [Find it here.](#)

