

EAT FOR THE WEEK FOR \$55* (OMNIVORE)

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Breakfast

[Fruit & Nut Museli](#) [Fruit & Nut Museli](#) [Microwave Poached Eggs](#) [Fruit & Nut Museli](#) [Fruit & Nut Museli](#) [Microwave Poached Eggs](#) [Fruit & Nut Museli](#)

Lunch

[Tuna & Salad Sandwich](#) [Smashed egg & veggie wrap](#) [Tuna & Salad Sandwich](#) [Smashed egg & veggie wrap](#) [Tuna & Salad Sandwich](#) [Chicken & Veg. Stir Fry](#) [2 minute noodle soup](#)

Dinner

[Spinach & Lentil Nasi Goreng](#) [Chicken & Veg. Stir Fry](#) [Basa fillet, veggies, roast potato](#) [Chicken & Veg. Stir Fry](#) [2 minute noodle soup](#) [Spinach & Lentil Nasi Goreng](#) [Basa fillet, veggies, roast potato](#)

*Prices are based on a regional supermarket and prices may vary based on day and location. Please note that the initial weeks grocery shop may cost more, due to purchasing items in bulk (such as rolled oats, rice, and pantry staples such as spices) however this price will decrease in the following weeks. \$55 is average cost based on repeating this meal plan over two weeks. The initial week is \$65 for ingredients but using the leftovers for following week will result in a cost of ~\$45 in the second week.



SHOPPING LIST

Vegetables

- 2kg mixed frozen vegetables (\$6)
- 2 cups fresh spinach (\$2)
- 1 can creamed corn (\$0.95)
- Brown onion (\$0.45)
- 1 bag frozen spinach (\$1.50)
- 2 potatoes (\$0.50)
- Capsicum (\$2)
- Tomato (\$0.76)
- Carrot (\$0.37)
- Lettuce (\$2)
- Cucumber (\$1.50)
- Mushrooms (\$2)
- Canned corn kernels (\$1)
- Creamed corn (\$1)
- Shallots (\$0.65)
- Ginger (\$1)
- Garlic (\$1)

Fruit

- 500g frozen berries (\$4)

Dairy

- 2L milk (\$2.40)
- 250g natural / greek yoghurt (\$2.30)
- Cheese (\$3.70)

Grains & Cereals

- Fruit and Nut Museli (\$3.5)
- 1 loaf multigrain bread (\$1.60)
- Wholegrain wraps (\$2)
- 1kg brown rice (\$1.40)
- Instant noodles (\$2)

Protein / Alternatives

- 1 dozen eggs (\$3.70)
- 3 x 90g tuna cans (\$2.70)
- 1 can brown lentils (\$0.80)
- 500g chicken breast (\$4.50)
- 2 Basa fish fillets (\$4)

Other

- Stock (\$1)
- Sesame seeds (\$1)
- Tamari Soy sauce (\$1.50)



A FEW NOTES ON THE MEAL PLANS...

IG: @nomoneynotime

T: @NMNTEatWell

- Some recipes provided on the meal plans make multiple serves, and therefore do not need to be purchased or prepared every week, such as muesli, and stir fries using soy or oyster sauce.
- It is always important to practise good food safety and hygiene. For more information on how to safely handle, prepare, and cook food, see our information sheet.
- If you do not like any of the foods, or do not have the ingredients on hand, we have created a 'Pantry Swaps' resource to help you substitute common ingredients without impacting the recipe or nutritional status. Find it [here](#).
- Whilst we do our best to provide all information on allergies and intolerances on the No Money No Time recipes, products may vary and it is important to always read the food label if you have particular dietary requirements.



HEALTHY SNACKS

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It is important to note that additional food needs to be consumed throughout the day as these meal plans WILL NOT meeting all your nutritional targets. Additional snacks need to be strategically planned throughout the day. It is recommended to consume approximately 2-3 snacks at approximately 600-650kj per snack in addition to the 3 meals mentioned.

For the omnivore plan

Increase carbohydrate intake with any additional snacks, example can include:

- Fruit (~\$1/serve)
- Vitaweats/ricethins (~\$2.50/packet)
- Muesli bar (~\$4/pack of 6)
- The Happy Snack Company Roasted chickpeas (\$4.20/pk 6)
- Dried fruit mix (\$5.50/kg)

This will allow your carbohydrate intake to fit with the recommended range of carbohydrates of 45-65% of carbohydrates contribution to your total energy for the day.

Increase dairy foods. The total calcium intake in this diet plan only reaches approximately 50% of your recommended intake. Dairy foods can be added into your diet as snacks or consumed in addition to the meal. For example, adding an extra slice of cheese with the tuna and salad sandwich, adding milk to your muesli, as well as the yoghurt or having a glass of milk with breakfast.

Dairy snacks can include:

- Yoghurt (\$1.40/serve)
- Cheese on crackers (\$4/pk4)
- Milo and milk tetra pack (\$3/pk3)
- Cottage cheese (\$4/500g)
- DIY smoothies (milk, yoghurt, fruit, honey ~\$1/serve)

For the plant-based plan

Following a plant-based diet requires you to focus on sources of Vitamin B12, iron, protein, omega 3s and calcium. This meal plan is not guaranteed to meet these requirements for you.



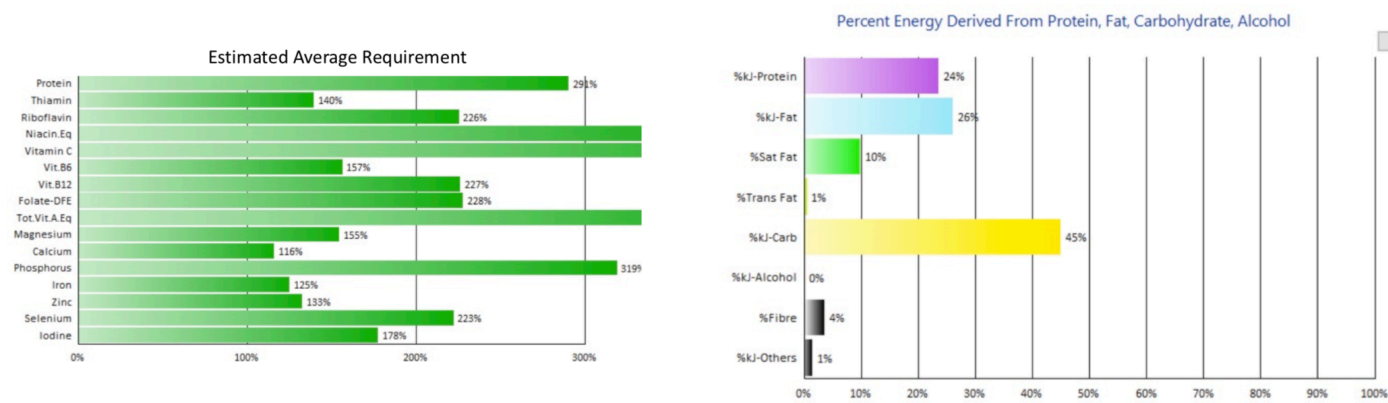
Examples of foods for the following are:

- Vitamin B12: eggs, nutritional yeast, fortified breakfast cereals and dairy products. If you follow a strict vegan diet this can be difficult. Consult with your GP to discuss supplement recommendations
- Iron: lentils, chickpeas, tofu, nuts, green leafy vegetables, dried apricots, fortified breakfast cereals
- Protein: legumes, tofu, nuts, peanut butter, edamame beans, tempeh, soy milk, quinoa
- Omega 3s: chia seeds, walnuts, seaweed/algae, hemp seeds, flaxseeds
- Calcium: tofu, green leafy vegetables, sesame seeds and tahini, fortified plant based dairy

Some great snack options can also be found on the 'No Money, No Time' website, with all the nutritional information and pricing include. Click the snack to see the recipe.

- [1-2 Carrot Cake Bliss Balls](#)
- [Pumpkin Pikelets](#)
- [Dragonfruit Smoothie](#)
- [Corn thins with pear and ricotta](#)
- ['Blunana' Smoothie](#)
- [Cacao and Goji Museli and Yoghurt](#)
- [Blueberry and Kiwi Cooler](#)
- [Popcorn](#)
- Veggie sticks with hummus / tzatziki / guacamole
- [Rice cakes with avocado and cream cheese](#)
- [Fritters](#)
- [Banana and Carrot Muffins](#)

Nutrient analysis* of omnivore meal plan



* Based on the 7 breakfasts, 7 lunches and 7 dinners in the omnivore meal plan plus the following snacks: 1 yoghurt everyday, 2 pieces of fruit everyday, 1 cheese and crackers everyday

EAT FOR THE WEEK FOR \$55* (PLANT-BASED)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	<u>Fruit & Nut Museli</u>	<u>Fruit & Nut Museli</u>	<u>Peanut butter & banana on toast</u>	<u>Fruit & Nut Museli</u>	<u>Fruit & Nut Museli</u>	<u>Peanut butter & banana on toast</u>	<u>Fruit & Nut Museli</u>
Lunch	<u>Chilli beans on toast</u>	<u>Chilli beans on toast</u>	<u>Tofu noodle stir fry</u>	<u>Spinach & Lentil Nasi Goreng</u>	<u>Chilli beans on toast</u>	<u>Chilli beans on toast</u>	<u>Quinoa & Lentil Salad</u>
Dinner	<u>Spinach & Lentil Nasi Goreng</u>	<u>Tofu noodle stir fry</u>	<u>Spinach & Lentil Nasi Goreng</u>	<u>Mediterranean Salad</u>	<u>Tofu noodle stir fry</u>	<u>Quinoa & Lentil Salad</u>	<u>Mediterranean Salad</u>

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SHOPPING LIST

Vegetables

- 1kg mixed frozen vegetables (\$3)
- 2 cans chopped tomatoes (\$1.20)
- Garlic (\$1)
- 2 red onions (\$1)
- 1 brown onion (\$0.45)
- 1 bag frozen spinach (\$1)
- Canned corn kernels (\$1)
- Capsicum (\$2)
- Lemon (\$1.65)
- Tomatoes (\$1.65)
- Cucumber (\$1.50)

Fruit

- 500g frozen berries (\$4)
- 5 bananas (\$1.20)

Protein / Alternatives

- 2 can brown lentils (\$1.60)
- 2 cans 4 bean mix (\$1.60)
- 3 cans cannellini beans (\$2.40)
- 1 large packet firm tofu (\$3.50)
- 1 dozen eggs (\$3.70)
- 1 can chickpeas (\$0.80)

Grains & Cereals

- 1kg brown rice (\$1.40)
- Vermicelli noodles (\$1.40)
- 1 loaf multigrain bread (\$1.60)
- Fruit and nut museli (\$3.50)
- Microwavable Quinoa packets (\$2.80)

Dairy

- 2L milk (\$2.40)
- Low fat feta cheese (\$3)
- Greek yoghurt (\$3.90)

Other

- Tamari soy sauce (\$1.50)
- Olives (\$2)
- Oyster sauce (\$2)
- Cumin (\$1.60)
- Paprika (\$1.60)
- Peanut butter (\$2.45)



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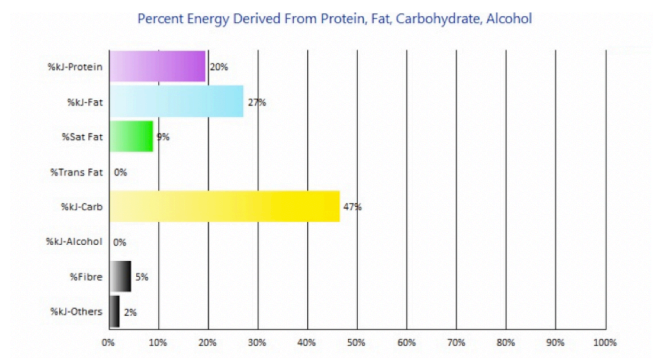
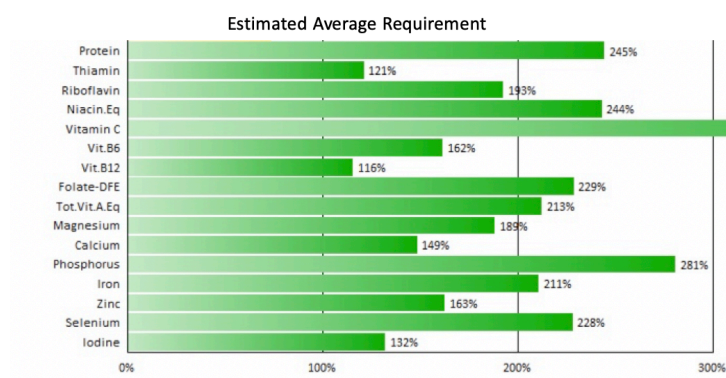
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Nutrient analysis* of plant-based meal plan



* Based on the 7 breakfasts, 7 lunches and 7 dinners in the plant-based meal plan plus the following snacks: 2 boiled eggs every second day, 2 Brazil nuts every day, 1 yoghurt everyday, 2 pieces of fruit everyday, 1 cheese and crackers everyday