

Breakfast options		Lunch		Dinner		Snack and dessert optional (once or twice a week)						
	Female	Male		Female	Male		Female	Male		Female	Male	
Sun	<b>Fruit</b> plus one of the options below:	1 pc	1 pc	Nicoise salad <i>Tip: make this salad easier by using canned tuna in springwater</i>	1 med bowl	1 large bowl	<b>Roasted vegetable lasagne</b> [Recipe on taste.com.au] <i>Tip: reduce the saturated fats by choosing low-fat milk, cheese and margarine instead of butter</i>	1 serve <sup>1</sup>	1 serve <sup>1</sup>	<b>Two pieces of fruit</b> <i>If you're still hungry choose 1–3 options from the list below depending on your activity levels</i> Small handful of nuts Low-fat hummus with high fibre crackers and/or vegetable sticks	10–20 pc	10–20 pc
	<b>Cereal &amp; milk</b> Fruit and flake style cereals/untoasted muesli/bran cereals or wheat biscuits	1 cup	2 cups	Vegetable lasagne leftovers	¼ dinner plate	¼ dinner plate	Warm beef salad with grilled lean beef, onion and capsicum strips on a bed or rocket with sauce of your choosing served with a warm bread roll	100g beef & caps strips 1 roll	100g beef u/l onion & caps strips 1–2 rolls		High fibre crackers with reduced fat cheese	½ cup u/l veg
Mon	Low-fat or skim milk	1 cup	2 cups	Fruit	1 pc	1 pc				Low-fat fruit biscuits	4	4
	<b>OR</b> <b>Grain toast with spread</b> (eg margarine, avocado, vegemite or 100% spreadable fruit)	2 slice thin spread	2 slice thin spread							Cold milo made with low-fat milk	2 thin sl	2 thin sl
Tues	<b>OR</b> <b>Hot breakfast</b> Grain toast baked beans (reduced salt) grilled tomato	1 slice 110g tin u/l tom	2 slice 220g tin u/l tom	Pita wrap lean beef (leftover) salad <i>Tip: use avocado not margarine as spread</i>	1 wrap 4 strips lean beef u/l salad ¼ avo	1 wrap 4 strips lean beef u/l salad ¼ avo	<b>Fish with cous cous, spinach and salsa</b> [Recipe on betterhealth.vic.gov.au]	1 serve <sup>1</sup>	1 serve <sup>1</sup>	Toast with spread (eg fruit toast with margarine or grain toast with avocado)	1 cup 1 tbs milo	1 cup 1 tbs milo
	<b>OR</b> <b>On the run</b> <b>Options:</b> Fruit smoothie or Fruit salad and Low-fat yoghurt	300ml 300g 250ml	300ml 300g 250ml	Low-fat yoghurt tub	200ml	200ml				Low-fat yoghurt tub	200ml	200ml
Wed	<b>OR</b> <b>Optional</b> Coffee/tea with skim milk	Small	Small	Bread/Pita wrap with salad and avocado	1 pita u/l salad ½ avo	1 pita u/l salad ½ avo	<b>Pesto pasta with vegetable salsa</b> [Recipe on taste.com.au]	1 serve <sup>1</sup>	1 serve <sup>1</sup>	<b>Dessert (enjoy dessert occasionally and try to include fruit as a healthy sweet addition):</b> <b>Peach and raspberry smoothie</b>	1 cup fruit 2 tbs yog	1 cup fruit 3 tbs yog
	<b>Weekends</b> Finally, a chance to relax! Try eggs-	1–2 eggs, u/l vegies	2–3 eggs, u/l vegies	Fruit	1 pc	1 pc				Fruit salad with low-fat natural yoghurt (add a drizzle of honey and a dash of lime or orange juice for extra zing!)	300ml	300ml
Thurs							<b>Chicken with spicy vegetables</b> [Recipe on betterhealth.vic.gov.au]	1 serve <sup>1</sup>	1 serve <sup>1</sup>	Fresh seasonal fruit with low-fat ice cream	1 cup fruit 2 sc	1 cup fruit 3 sc
Fri							<b>Spaghetti with tuna, spinach and tomato</b> [Recipe on betterhealth.vic.gov.au]	1 serve <sup>1</sup>	1 serve <sup>1</sup>			
Sat							<b>Eat out!</b> Choose a stir-fry dish with plenty of vegetables and steamed rice, or give your side of hot chips a miss and have salad with dressing on the side					

### Stay hydrated! Remember water is the best thirst quencher!

Most commercial drinks have extra kilojoules you don't need. For example, one 600ml bottle of flavoured mineral water has nearly the same amount of kilojoules as 3 slices of bread. Other drinks that also contain kilojoules include juices, cordials, sports drinks, energy drinks, and soft drinks. Give these hidden kilojoules a miss and choose plain water instead!

Have your own water bottle that you can refill from the tap throughout the day to be more environmentally friendly and remind you to stay hydrated.

If you want bubbles try plain soda water or mineral water. If you want some colour and extra zing, add some cubes of frozen orange juice or cranberry juice and a slice of lemon or lime.

Alcohol also contains kilojoules. Manage your alcohol intake and follow the Australian Alcohol Guidelines which recommend no more than two standard drinks on any one day for a healthy adult.

#### Notes and abbreviations

1 Wherever you see the portion size listed as a 'serve' please refer to the recipe for details.

tsp = teaspoon, pc = piece, sl = slice, tom = tomato, ml = millilitres, g = grams, avo = avocado, u/l = unlimited, med = medium, tbs = tablespoon, yog = yoghurt, sc = scoops, cr = crackers

Drink water regularly throughout the day and combine this menu plan with daily exercise

Use this shopping list to help check the ingredients you need each week. Check the recipe to determine the quantity you will need, and plan your shopping list before you leave home.

## Staples to have in the house each week

(Note those you will use this week are in bold)

Flour (**plain**, wholemeal, self-raising)

Sugar (**brown**, white, **caster**)

**Oil** (choose an oil like olive oil or canola oil)

Spices (**pepper**, **curry powder**, **paprika**, ground coriander, cumin, chilli, sumac, dried mint, dried dill, **dry mustard**, turmeric, cayenne pepper, all spice, ground ginger, cardamom, rosemary, Moroccan)

### Iodised salt

Dried bread crumbs

Bicarbonate of soda

Cornflour

### Brown onion

### Garlic

Frozen peas

### Reduced-fat cheese

### Low-fat yoghurt tubs (200ml tubs)

### Margarine

### Eggs

### Grain bread (or wholemeal)

### Cous cous

Pasta (have different types, eg **spaghetti**, **spirals**, penne, lasagne sheets)

Rice

Vinegar (**balsamic**, **red wine**, white wine)

Canned beans (lentils, chickpeas, **four bean mix**, kidney beans, **reduced-salt baked beans**, cannellini)

### Canned diced tomatoes and/or tomato passata

Canned sweetcorn kernels

### Canned tuna in springwater

Sauces (sweet chilli, fish, **reduced-salt soy**, chutney, low-fat mayonnaise)

Honey

### Fresh seasonal fruit

## What you will need for week 1 menu plan

### From the green grocer:

Green and Red capsicum      Tomato/cherry tomatoes

Avocado      Cucumber

Baby spinach      Green beans

Baby potatoes (or regular potatoes and chop them)

Red onion      Lemons

Basil      Carrot

Zucchini      Celery

Coriander      Parsley

Sweet potato      Eggplant

### From the deli:

Semi dried tomatoes      Black olives

### From the butcher/fish monger:

Chicken      Lean beef strips

Fish fillets

### From the fridge:

Parmesan cheese      Low-fat milk or skim milk

### Other:

Dijon mustard      Pine nuts

Pita bread      Bread rolls

## Optional for week 1 menu plan

### From breakfast options:

Cereal (choose fruit and flake style cereals/untoasted muesli/bran cereals or wheat biscuits)

Low-fat or skim milk

Spreads (vegemite, no added sugar jam)

### From dessert suggestions:

Low-fat ice-cream

Low-fat natural yoghurt

Low-fat vanilla yoghurt

Fresh or canned peach slices

Fresh, frozen or canned raspberries

Apple or peach juice

### From snack options:

Mixed nuts and dried fruit

Hummus

High fibre crackers

Low-fat fruit biscuits

Milo

Fruit toast

### Other recipes:

Chilli

Where to find the recipes

#### Roasted vegetable lasagne

<http://www.taste.com.au/recipes/24945/roasted+vegetable+lasagne>

#### Fish with couscous, spinach and salsa

<http://www.betterhealth.vic.gov.au/bhcv2/bhcrecipes.nsf/pages/Fishfilletswithcouscousspinachandsalsa?open>

#### Pesto pasta with vegetable salsa

<http://www.taste.com.au/recipes/5374/pesto+pasta+with+vegetable+salsa>

#### Chicken with spicy vegetables

<http://www.betterhealth.vic.gov.au/bhcv2/bhcrecipes.nsf/Pages/Chickenwithspicyvegetables>

#### Spaghetti with tuna, spinach and tomato

<http://www.betterhealth.vic.gov.au/bhcv2/bhcrecipes.nsf/Pages/Spaghettiwithtuna,spinachandtomato>

#### Peach and raspberry smoothie

<http://www.taste.com.au/recipes/6539/peach+raspberry+smoothie>