

Healthy eating plan: Week 4 – menu plan

	Breakfast options			Lunch			Dinner			Snack and dessert options		
		Female	Male		Female	Male		Female	Male		Female	Male
Sun	Fruit plus one of the options below: Cereal & milk Fruit and flake style	1 pc 1 cup	1 pc 2 cups	Keep lunch light today – you have a big barbecue in the afternoon! Try a fruit salad with low-fat yoghurt, or a garden salad with dressing on the side (dressing optional)	1 cup fruit 2 tbs yog u/l salad 1 tbs dressing	1 cup fruit 3 tbs yog u/l salad 1 tbs dressing	BBQ at a friend's place! Take along a potato salad [Recipe on betterhealth.vic.gov.au]	n/a	n/a	Two pieces of fruit If you're still hungry choose 1–3 options from the list below depending on your activity levels Small handful of unsalted nuts/dried fruit	10–20 pc	10–20 pc
Mon	cereals/untoasted muesli/bran cereals or wheat biscuits			Buy out! Try a roast vegie wrap	½–1 wrap	1 wrap	Moroccan lamb pizza [Recipe on taste.com.au]	1 serve ¹	1½ serves¹	Guacamole with high fibre crackers and/or vegetable sticks	½ cup 4 cr u/l veg	½ cup 5 cr u/l veg
	Low-fat or skim milk OR	1 cup	2 cups	Fruit Lamb pizza leftovers!	1 pc 2 sl	2 pc 2 sl	Cannellini beans with	1 serve ¹	11/2	High fibre crackers with reduced fat cheese	4 2 thin sl	4 2 thin sl
Lnes	Grain toast with spread (eg margarine, avocado, vegemite or 100% spreadable fruit)	2 slice thin spread	2 slice thin spread	Low-fat yoghurt tub Fruit	200g 1 pc	200g 1 pc	tuna, cherry tomatoes and baby spinach [Recipe on betterhealth.vic.gov.au]		serves ¹	Low-fat yoghurt tub Try making your own banana chips [Recipe on betterhealth.vic.gov.au] Dessert (enjoy dessert occasionally and try	200g 1 serve¹	200g 1½ serves¹
Wed	OR Hot breakfast Grain toast with sautéed mushroom OR	2 sl	2 sl	Cannellini bean salad leftovers Low-fat yoghurt tub Fruit	1 large bowl 200g 1 pc	1 large bowl 200g 1–2 pc	Tofu omelette [Recipe on betterhealth.vic.gov.au] Tip: Try coriander instead of parsley in this recipe to make the most of your grocery list	1 serve ¹	1½ serves¹	to include fruit as a healthy sweet addition): Coconut fruit skewers [Recipe on taste.com.au] Fruit salad with low-fat natural yoghurt (add a dash of lime or orange juice for	1 serve¹ 1 cup fruit 2 tbs yog	1½ serves¹ 1 cup fruit 3 tbs yog
	On the run Options:						Stir fried bok choy, carrot, beans and mushrooms	u/l	u/l	extra zing!) Fresh seasonal fruit with low-fat ice cream	1 cup fruit 1 sc	1 cup fruit
hurs	Fruit smoothie or Fruit salad and Low-fat yoghurt	300ml 1 cup 200g	300ml 1 cup 200g	Grain/Wholemeal sandwich with reduced-fat cheese, avocado and salad	2 sl 1 slice 1/4 avo u/l salad	2 sl 1 slice 1/4 avo u/l salad	Fried rice [Recipe on betterhealth.vic.gov.au]	1 serve ¹	1½ serves¹	Eat well when you eat out!		
_	Optional Coffee/tea with skim milk	Small	Small	Fruit	1 pc	1 pc				Did you know the average Australian eats out four prepared out of the home are often higher in kilojo	oules, fat and salt than	
Ξï	delicious Banana pancakes	1 serve ¹	1 serve ¹	Fried rice leftovers Fruit	1 med bowl 1 pc	1 med bowl 1 pc	Eat out! The ol' burger and fries can be healthier if you choose a lean meat burger with lots of salad vegies, including beetroot. Be a real star and skip the hot chips.	1 burger u/l salad	1 burger u/l salad	meals prepared in the home. If you want to maintain a healthy lifesty are lots of ways you can still eat well and enjoy eating out. Some sir tips are: Pay attention to portion size. Try to eat until you're satisfied, rather the overfull. An entrée size can often be all you need for your main (and save you money too!). Choose wisely: a tomato-based pasta with lots of vegetables will have kilojoules and saturated fat than a creamy pasta; a tomato-based vertice.		
Sat	[Recipe on taste.com.au]			Low-fat potato wedges [Recipe on taste.com.au] Tip: switch the fresh rosemary for some of the dried herbs already in your pantry Serve with low-fat natural yoghurt and sweet chilli sauce	1 serve ¹	1½ serves¹	Thai beef salad [Recipe on betterhealth.vic.gov.au]	1 serve ¹	1½ serves¹	kilojoules and saturated fat than a creamy pasta; a curry is a healthier option than a coconut-based m salad; and fried rice for steamed. Limit drinks other than water to avoid unneeded ki responsibly. Notes and abbreviations 1 Wherever you see the portion size listed as a 's recipe for details. tsp = teaspoon, pc = piece, sl = slice, ml = millilitre.	meat curry; swap fries for kilojoules and drink alcohol 'serve' please refer to the	

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



yog = yoghurt, sc = scoops, cr = crackers, n/a = not applicable



Healthy eating plan: Week 4 – shopping list

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)						
lodised salt						
Dried bread crumbs						
Bicarbonate of soda						
Cornflour						
Brown onion						
Garlic						
Frozen peas						
Reduced-fat cheese						
Low-fat yoghurt tubs (200g 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						

From the green grocer:							
Lemon	Fresh mint	Red chilli					
Red onion	Cherry tomatoes	Fresh coriander					
Avocado	Spring onion	Lebanese cucumbers					
aby spinach (tip: buying "loose leaf" is usually cheaper than pre-packaged!)							
Celery	Carrot	Mushrooms					
Capsicum	Bok choy	Potato					
Parsley Beanshoots or bamboo shoots							
Rocket or mixed lettuce leaves (tip: buying "loose leaf" is usually cheaper than pre-packaged!)							
	From the butcher/fish monger:						
From the butcher/fish r	nonger:						
	nonger: ork or chicken or seafood						
	ork or chicken or seafood	ackstrap					
Lean bacon or ham or po	ork or chicken or seafood	ackstrap					
Lean bacon or ham or po Rump steak	ork or chicken or seafood	ackstrap Low-fat natural yoghurt					
Lean bacon or ham or por Rump steak From the fridge:	ork or chicken or seafood Lamb b	·					

Optional for week 4 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)						
Light coconut milk						
Banana (also listed in snacks this week)						
From dessert suggestions:						
Shredded coconut						
Low-fat ice cream						
From snack options:						
Mixed unsalted nuts and dried fruit						
Low-fat guacamole						
High fibre crackers						
Other recipes:						
Wholegrain mustard and French mustard (use the Dijon from week 1 instead)						

Where to find the recipes

Banana pancakes

http://www.taste.com.au/recipes/2962/banana+pancakes

Low-fat potato wedges

http://www.taste.com.au/recipes/10696/ low+fat+potato+wedges

Potato salad

http://www.betterhealth.vic.gov.au/bhcv2/bhcrecipes.nsf/pages/Potatosalad

Moroccan lamb pizza

http://www.taste.com.au/recipes/21628/ moroccan+lamb+pizza

Cannellini beans with tuna, cherry tomatoes and baby spinach

http://www.betterhealth.vic.gov. au/bhcv2/bhcrecipes.nsf/pages/ Beanscannelliniwithtunacherry tomatoesandbabyspinach

Tofu omelette

http://www.betterhealth.vic.gov.au/bhcv2/bhcrecipes.nsf/pages/Tofuomelettes

Fried rice

http://www.betterhealth.vic.gov.au/bhcv2/bhcrecipes.nsf/pages/Friedrice

Thai beef salad

http://www.betterhealth.vic.gov.au/bhcv2/bhcrecipes.nsf/Pages/Thaibeefsalad

Coconut fruit skewers

http://www.taste.com.au/recipes/19066/coconut+fruit+skewers

Banana chips

http://www.betterhealth.vic.gov.au/bhcv2/bhcrecipes.nsf/Pages/Bananachips

