

menu plan for families

Our family menu is based on Mum (M), Dad (D), a 16-year-old boy (B) and a 14-year-old girl (G).

Nutritionist **Rose Carr** says, "In this family, our ravenous teenage boy eats bigger serves than all the others and Mum has the smallest serves, even less than the growing teenage daughter. although it's not generally stated, our plan includes tea and coffee with trim milk, and, of course, water throughout the day."

NOTE: If your kids are younger, you won't need as much food (and you'll spend less).

Average family cost: \$340
our menu: \$265
SAVE \$75
\$75 per week for a year
= \$3900
= family holiday!

monday	tuesday	wednesday	thursday	friday	saturday	sunday
BREAKFAST <ul style="list-style-type: none"> • Weet-Bix with trim milk, seasonal fruit and low-fat yoghurt • light multigrain bread, toasted, with peanut butter (D, B, G) • juice (D, B, G) • tea with trim milk (D, M) SNACK <ul style="list-style-type: none"> • mixed nuts LUNCH <ul style="list-style-type: none"> • brown rice salad: rice (cooked), spinach, tomatoes, cucumber, onion, egg, dressing SNACK <ul style="list-style-type: none"> • 1 slice multigrain bread with cheddar cheese (D, B) • banana (M, G) DINNER <ul style="list-style-type: none"> • Chicken fried rice (see page 58) • Almond, coconut and lemon slice (page 74) • Milo with trim milk 	BREAKFAST <ul style="list-style-type: none"> • porridge with trim milk and sliced banana • light multigrain bread, toasted, with peanut butter • fruit juice SNACK <ul style="list-style-type: none"> • fruit bread with cottage cheese • muesli bar (D, B) LUNCH <ul style="list-style-type: none"> • bread salad: toasted bread chunks, egg, grated carrot, onion, dressing • kiwifruit • Almond, coconut and lemon slice SNACK <ul style="list-style-type: none"> • banana • light multigrain bread with homemade hummus DINNER: <ul style="list-style-type: none"> • Crispy bacon and rosemary potato pizza (page 59) served with salad: lettuce, tomatoes and vinaigrette 	BREAKFAST <ul style="list-style-type: none"> • baked beans on light multigrain toast • plums or other seasonal fruit • Milo (and coffee, D) with trim milk SNACK <ul style="list-style-type: none"> • fruit bread with reduced-fat spread and jam • low-fat yoghurt LUNCH <ul style="list-style-type: none"> • pasta salad: cooked penne pasta, canned tuna, mixed veges (frozen), pesto • Almond, coconut and lemon slice SNACK <ul style="list-style-type: none"> • light multigrain toast with homemade hummus (D,B,G) • banana DINNER <ul style="list-style-type: none"> • Tasty vege curry (page 62), double recipe and refrigerator half • kiwifruit with low-fat ice cream 	BREAKFAST <ul style="list-style-type: none"> • smoothie: banana kiwifruit, rolled oats, trim milk, low-fat yoghurt • light multigrain bread, toasted, with cottage cheese SNACK <ul style="list-style-type: none"> • multigrain crackers with homemade hummus LUNCH <ul style="list-style-type: none"> • Tasty vege curry Wednesday leftovers • Almond, coconut and lemon slice • plums or other seasonal fruit SNACK <ul style="list-style-type: none"> • light multigrain bread with peanut butter DINNER <ul style="list-style-type: none"> • Beef 'n' bean burger (page 60) • extra bread roll with lettuce and cheese (D, B) • low-fat ice cream (M, G) 	BREAKFAST: <ul style="list-style-type: none"> • Weet-Bix with trim milk • light multigrain bread, toasted, with peanut butter • canned fruit and low-fat yoghurt (M, G) • juice (D, B) • tea with trim milk (D, M) SNACK <ul style="list-style-type: none"> • banana • nectarine or other seasonal fruit (D, B) • muesli bar LUNCH <ul style="list-style-type: none"> • wholemeal pita filled with mashed egg, tomatoes, spinach and reduced-fat mayonnaise • nectarine or other seasonal fruit SNACK <ul style="list-style-type: none"> • pottle low-fat yoghurt • fruit bread with cottage cheese DINNER <ul style="list-style-type: none"> • Cashew-coated lamb with sautéed potatoes (page 53) with green beans, steamed • salad: grated carrot and beetroot with olive oil and lemon juice • Milo with trim milk 	BREAKFAST <ul style="list-style-type: none"> • baked beans on light multigrain toast • nectarine or other seasonal fruit • Milo (and coffee D, M) with trim milk SNACK <ul style="list-style-type: none"> • fruit bread with cottage cheese • nut or muesli bar (D, B, G) LUNCH <ul style="list-style-type: none"> • Spiced pumpkin soup with roasted pumpkin seeds (page 63) • multigrain bread • Almond, coconut and lemon slice SNACK <ul style="list-style-type: none"> • rice crackers with homemade hummus (D, M, G) • multigrain bread and peanut butter (B) DINNER <ul style="list-style-type: none"> • Chicken and tomato fettucine (page 57) • banana 	BREAKFAST <ul style="list-style-type: none"> • poached or scrambled eggs on multigrain toast • banana (B, G) • Milo with trim milk SNACK <ul style="list-style-type: none"> • nectarine or other seasonal fruit • Chocolate Wheaten biscuit (D&B: 2) (M&G: 1) LUNCH <ul style="list-style-type: none"> • wrap: tortillas, Mexican-style beans, lettuce, onion, avocado and reduced-fat sour cream SNACK <ul style="list-style-type: none"> • Fruit bread with cottage cheese • Plums or other seasonal fruit (M, G) DINNER <ul style="list-style-type: none"> • Tuna macaroni bake 🍴 served with coleslaw: cabbage, carrot, onion, low-fat plain yoghurt, garlic • low-fat ice cream (M, B, G)
TODAY'S TOTAL \$34	TODAY'S TOTAL \$33	TODAY'S TOTAL \$40	TODAY'S TOTAL \$44	TODAY'S TOTAL \$43	TODAY'S TOTAL \$31	TODAY'S TOTAL \$40

find this recipe online at www.healthyfood.co.nz

AVERAGE DAILY KILOJOULES

Dad: 11300kJ Boy: 11800kJ Mum: 8700kJ Girl: 9200kJ

KEY • Unless specified, meal items are for all individuals.
• Note individual kilojoule count and adjust serving sizes accordingly.