

# menu plan for singles

This menu is based on the energy and nutritional needs of a woman in her 20s. For men, add some extra snacks and increase the portion sizes in the meals.

Nutritionist **Rose Carr** says, "Eating healthily when there's just one of you to cook for can seem like too much bother. But it's worth it when you consider you're getting all the nutrition you need for a whole week, and saving money as well. You can spread the snacks out however you like – include them in meals if it suits you better."

Average single cost: \$88  
**our menu: \$70**  
**SAVE \$18**  
**\$18 per week for a year**  
**= \$936**  
**= long weekend in Oz!**

monday	tuesday	wednesday	thursday	friday	saturday	sunday
<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>• porridge with fresh or canned fruit, trim milk and low-fat yoghurt</li> <li>• soy and linseed bread with reduced-fat spread and honey</li> <li>• coffee with trim milk</li> </ul> <b>SNACK</b> <ul style="list-style-type: none"> <li>• nectarine</li> <li>• <b>Chocolate and apricot slice</b> (page 72)</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>• rice salad: brown rice, flavoured tuna, onion, tomato, salad greens and vinaigrette</li> <li>• banana</li> </ul> <b>SNACK</b> <ul style="list-style-type: none"> <li>• whole grain crackers with cottage cheese</li> <li>• 3 Brazil nuts</li> </ul> <b>DINNER</b> <ul style="list-style-type: none"> <li>• <b>Country chicken soup</b> (page 67)</li> </ul>	<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>• porridge with fresh or canned fruit, trim milk and low-fat yoghurt</li> <li>• soy and linseed bread with reduced-fat spread and honey</li> <li>• coffee with trim milk</li> </ul> <b>SNACK</b> <ul style="list-style-type: none"> <li>• whole grain crackers with cottage cheese</li> <li>• 3 Brazil nuts</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>• potato salad (2 small potatoes) with tomato, chopped egg, salad greens and reduced-fat mayonnaise</li> <li>• <b>Chocolate and apricot slice</b></li> </ul> <b>SNACK</b> <ul style="list-style-type: none"> <li>• banana</li> <li>• carrot sticks with homemade hummus</li> </ul> <b>DINNER</b> <ul style="list-style-type: none"> <li>• <b>Spanish egg</b> (page 65) served with coleslaw: carrot, cabbage, onion, low-fat plain yoghurt, garlic</li> </ul>	<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>• porridge with fresh or canned fruit, trim milk and low-fat yoghurt</li> <li>• soy and linseed bread with reduced-fat spread and peanut butter</li> <li>• coffee with trim milk</li> </ul> <b>SNACK</b> <ul style="list-style-type: none"> <li>• whole grain crackers with homemade hummus</li> <li>• nectarine</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>• large wholemeal pita with feta cheese, hard-boiled egg, salad greens, tomato</li> <li>• banana</li> </ul> <b>SNACK</b> <ul style="list-style-type: none"> <li>• whole grain crackers with cottage cheese</li> </ul> <b>DINNER</b> <ul style="list-style-type: none"> <li>• <b>Pork in apricot sauce with herby mash</b> (page 68)</li> <li>• <b>Chocolate and apricot slice</b></li> </ul>	<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>• porridge with fresh or canned fruit, trim milk and low-fat yoghurt</li> <li>• soy and linseed bread with reduced-fat spread and jam</li> <li>• coffee with trim milk</li> </ul> <b>SNACK</b> <ul style="list-style-type: none"> <li>• whole grain crackers with cottage cheese</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>• rice salad: brown rice, flavoured tuna, onion, tomato, salad greens and vinaigrette</li> <li>• banana</li> </ul> <b>SNACK</b> <ul style="list-style-type: none"> <li>• carrot sticks and homemade hummus</li> </ul> <b>DINNER</b> <ul style="list-style-type: none"> <li>• <b>Easy tomato tortilla</b>  served with coleslaw: carrot, cabbage, onion, low-fat plain yoghurt, garlic</li> <li>• <b>Chocolate and apricot slice</b></li> </ul>	<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>• whole grain toast with poached egg</li> <li>• seasonal fruit with low-fat yoghurt</li> </ul> <b>SNACK</b> <ul style="list-style-type: none"> <li>• 3 Brazil nuts</li> <li>• nectarine</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>• baked beans on soy and linseed toast</li> <li>• green salad with vinaigrette</li> <li>• <b>Chocolate and apricot slice</b></li> </ul> <b>SNACK</b> <ul style="list-style-type: none"> <li>• banana</li> </ul> <b>DINNER</b> <ul style="list-style-type: none"> <li>• <b>Sardine quesadilla</b> (page 66)</li> <li>• Milo with trim milk</li> </ul>	<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>• soy and linseed toast with baked beans</li> <li>• low-fat yoghurt and fresh or canned fruit</li> <li>• coffee with trim milk</li> </ul> <b>SNACK</b> <ul style="list-style-type: none"> <li>• <b>Chocolate and apricot slice</b></li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>• pasta salad: macaroni, feta cheese, tomato and rocket or spinach, dressed with olive oil and lemon juice</li> <li>• banana</li> <li>• Milo with trim milk</li> </ul> <b>DINNER</b> <ul style="list-style-type: none"> <li>• sirloin steak served with jacket potato and 2 tablespoons grated cheese, and a green salad with vinaigrette</li> </ul>	<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>• poached eggs on soy and linseed toast</li> <li>• banana with low-fat yoghurt</li> <li>• coffee with trim milk</li> </ul> <b>SNACK</b> <ul style="list-style-type: none"> <li>• rice crackers with hummus</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>• <b>Bean nicoise salad</b>  halve recipe and refrigerate half for Monday's lunch</li> <li>• <b>Chocolate and apricot slice</b></li> </ul> <b>SNACK</b> <ul style="list-style-type: none"> <li>• nectarine</li> </ul> <b>DINNER</b> <ul style="list-style-type: none"> <li>• spaghetti with steamed mussels, tomato, garlic and olive oil</li> <li>• <b>Chocolate and apricot slice</b></li> </ul>
<b>TODAY'S TOTAL \$10</b>	<b>TODAY'S TOTAL \$11</b>	<b>TODAY'S TOTAL \$11</b>	<b>TODAY'S TOTAL \$11</b>	<b>TODAY'S TOTAL \$9</b>	<b>TODAY'S TOTAL \$10</b>	<b>TODAY'S TOTAL \$8</b>

Find this recipe online at [www.healthyfood.co.nz](http://www.healthyfood.co.nz)

**AVERAGE DAILY KILOJOULES**  
**Woman: 8700kJ**

**KEY** • Unless specified, meal items are for all individuals.  
 • Note individual kilojoule count and adjust serving sizes accordingly.  
 • Assumes tea, coffee and water drunk throughout the day.