

week menu planner

HFG takes the guesswork out of eating a balanced diet with our menu for a week. Just click the images and bold text below

Monday



BREAKFAST

- ½ can baked beans on 2 slices grainy toast
- Fresh fruit salad and low-fat yoghurt

SNACK

- Trim flat white
- Peach

LUNCH

- Brown rice salad with vegetables and smoked salmon

SNACK

- Crackers with cottage cheese and tomato

DINNER

- **Fish tikka masala** served with rice, green beans and carrots

DAY TOTAL: 8500kJ

Tuesday



BREAKFAST

- Poached eggs on grainy toast with chargrilled courgettes
- Glass of juice

SNACK

- Pottle low-fat yoghurt
- Strawberries

LUNCH

- Leftover **Fish tikka masala** with rice and a green salad

SNACK

- Hummus with carrot and celery sticks
- 3 Brazil nuts

DINNER

- **Thai chicken and vegetable red curry** served with rice
- Low-fat ice-cream with sliced nectarine

DAY TOTAL: 8600kJ

Wednesday



BREAKFAST

- Natural muesli with stewed apricots, trim milk and low-fat yoghurt

SNACK

- Trim latté
- **Cinnamon shortbread**

LUNCH

- **Rice and vege frittata**
- Peach
- Nectarine

SNACK

- Handful of almonds
- 3 Brazil nuts

DINNER

- **Moroccan beef with golden kumara rice** served with steamed broccoli

DAY TOTAL: 8700kJ

Thursday



BREAKFAST

- Bagel with reduced-fat cream cheese and avocado served with **Roasted peach chutney**
- Glass of juice

SNACK

- Pottle low-fat yoghurt
- Nectarine

LUNCH

- Leftover **Moroccan beef with golden kumara rice**
- Small bunch of grapes

SNACK

- Crackers with reduced-fat cheddar cheese

DINNER

- **Fish with tomato and garlic crumbs** served with steamed broccoli and a baked potato with a dollop of reduced-fat sour cream.

DAY TOTAL: 8600kJ

Friday



BREAKFAST

- **Super smoothie**
- Slice grainy toast with cottage cheese and sliced tomato

SNACK

- Trim latté
- **Cinnamon shortbread**

LUNCH

- Wholemeal pita bread filled with sliced roasted beef, rocket, cucumber and **Tomato chutney**
- Peach

SNACK

- Pottle low-fat yoghurt
- Handful of almonds

DINNER

- **Chunky spring vege pasta with chives** served with a green salad

DAY TOTAL: 8750kJ

Saturday



BREAKFAST

- Scrambled eggs with grainy toast and oven-roasted tomatoes

SNACK

- Trim latté
- 3 Brazil nuts

LUNCH

- **Tasty mince balls** with a green salad, wholemeal pita bread and **Tomato chutney**

SNACK

- Pottle low-fat yoghurt
- 2 apricots

DINNER

- **Fish tacos** served with steamed broccoli
- Glass of wine
- Couple of squares of dark chocolate

DAY TOTAL: 8650kJ

Sunday



BREAKFAST

- Pancakes with strawberries, reduced-fat ricotta cheese and maple syrup

SNACK

- **Oaty fruity cookie**
- Handful of almonds and handful of sunflower seeds

LUNCH

- Vegetable pesto pasta salad with eggplant, courgette, beans, capsicums and grated Parmesan cheese

SNACK

- Pottle low-fat yoghurt
- 2 apricots

DINNER

- **Eggplant chicken meatballs with tzatziki** served with a green salad
- **Chocolate profiteroles**
- Glass of wine

DAY TOTAL: 8700kJ

shopping list for highlighted dinner recipes

- | | |
|---|--|
| VEGES/FRUIT | DRIED GOODS |
| <input type="checkbox"/> avocado | <input type="checkbox"/> coriander seeds |
| <input type="checkbox"/> baby spinach | <input type="checkbox"/> cumin seeds |
| <input type="checkbox"/> cherry tomatoes | <input type="checkbox"/> dark chocolate |
| <input type="checkbox"/> chives | <input type="checkbox"/> dried mint |
| <input type="checkbox"/> coriander | <input type="checkbox"/> fenugreek seeds |
| <input type="checkbox"/> corn cob | <input type="checkbox"/> flour |
| <input type="checkbox"/> courgettes | <input type="checkbox"/> fresh sourdough breadcrumbs |
| <input type="checkbox"/> cucumber | <input type="checkbox"/> garam masala |
| <input type="checkbox"/> eggplant | <input type="checkbox"/> microwavable brown basmati rice |
| <input type="checkbox"/> flat-leaf parsley | <input type="checkbox"/> reduced-fat tortillas |
| <input type="checkbox"/> garlic | <input type="checkbox"/> spiral pasta |
| <input type="checkbox"/> ginger | |
| <input type="checkbox"/> green beans | |
| <input type="checkbox"/> kumara | |
| <input type="checkbox"/> lemon | |
| <input type="checkbox"/> lime | |
| <input type="checkbox"/> mint | |
| <input type="checkbox"/> pumpkin | CHILLED/FROZEN |
| <input type="checkbox"/> red onion | <input type="checkbox"/> 98% fat-free vanilla Frûche |
| <input type="checkbox"/> spring onion | <input type="checkbox"/> eggs |
| <input type="checkbox"/> tomatoes | <input type="checkbox"/> low-fat plain yoghurt |
| | <input type="checkbox"/> reduced-fat ricotta cheese |
| | <input type="checkbox"/> reduced-fat spread |
| BOTTLED/CANNED | MEAT |
| <input type="checkbox"/> butter beans | <input type="checkbox"/> lean chicken mince |
| <input type="checkbox"/> canned whole tomatoes | <input type="checkbox"/> lean rump steak |
| <input type="checkbox"/> chickpeas | <input type="checkbox"/> skinless, lean chicken breast |
| <input type="checkbox"/> eggplant dip | <input type="checkbox"/> white fish fillets |
| <input type="checkbox"/> evaporated milk | |
| <input type="checkbox"/> hot chilli sauce | |
| <input type="checkbox"/> liquid honey | |
| <input type="checkbox"/> Moroccan seasoning | |
| <input type="checkbox"/> oil spray | |
| <input type="checkbox"/> olive oil | |
| <input type="checkbox"/> red curry paste | |
| <input type="checkbox"/> reduced-fat coconut milk | |
| <input type="checkbox"/> salt-reduced vegetable stock | |
| <input type="checkbox"/> tomato passata | |
| <input type="checkbox"/> tomato paste | |
| <input type="checkbox"/> water | |
| <input type="checkbox"/> chestnuts | |