



















Menu plan for couples

This menu plan is based on the energy and nutritional needs of a man (M) and woman (W), aged 31-50. A younger couple will need a little more, an older couple slightly less.

Nutritionist **Rose Carr** says, "Feel free to make substitutions in this menu, for example, change the type of cereal. And bake the slice at the weekend so you have economical sweet snacks for the week."

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST <ul style="list-style-type: none"> • Weet-Bix with trim milk and banana • multigrain toast with Marmite and tomatoes • coffee with trim milk SNACK <ul style="list-style-type: none"> • 2 fruit digestive biscuits • kiwifruit LUNCH <ul style="list-style-type: none"> • rice salad: brown rice, tuna, tomatoes, spinach, capsicum • kiwifruit • nectarine SNACK <ul style="list-style-type: none"> • High-energy slice  DINNER <ul style="list-style-type: none"> • Red lentil bolognese  make full recipe, served with spaghetti (refrigerate half) • fresh fruit salad • low-fat ice cream 	BREAKFAST <ul style="list-style-type: none"> • porridge with low-fat fruit yoghurt and trim milk • multigrain toast with reduced-fat spread and honey • coffee with trim milk SNACK <ul style="list-style-type: none"> • High-energy slice  • kiwifruit LUNCH <ul style="list-style-type: none"> • Red lentil bolognese  with spaghetti leftovers • banana SNACK <ul style="list-style-type: none"> • 2 pieces multigrain bread with peanut butter (M) • Kiwifruit and ¼ cup mixed nuts (W) DINNER <ul style="list-style-type: none"> • Greek shepherd's pie  make full recipe, served with coleslaw: cabbage, carrot, onion, low-fat plain yoghurt, garlic (refrigerate half) 	BREAKFAST <ul style="list-style-type: none"> • poached eggs on multigrain toast • low-fat yoghurt with seasonal fruit • coffee with trim milk SNACK <ul style="list-style-type: none"> • low-fat yoghurt • High-energy slice  (M) • wholegrain rice crackers (6) with hummus (W) LUNCH <ul style="list-style-type: none"> • Greek shepherd's pie  and coleslaw Tuesday leftovers • banana SNACK <ul style="list-style-type: none"> • nectarine • nut bar DINNER <ul style="list-style-type: none"> • Chicken fried rice  make full recipe, refrigerate half • low-fat ice cream 	BREAKFAST <ul style="list-style-type: none"> • baked beans on multigrain toast (M) • multigrain toast with peanut butter • coffee with trim milk • banana SNACK <ul style="list-style-type: none"> • High-energy slice  LUNCH <ul style="list-style-type: none"> • Chicken fried rice  Wednesday leftovers • Milo with trim milk SNACK <ul style="list-style-type: none"> • wholegrain rice crackers with hummus • low-fat yoghurt (M) DINNER <ul style="list-style-type: none"> • Tuna and chickpea pasta  make full recipe (refrigerate half) served with mixed vegetables 	BREAKFAST <ul style="list-style-type: none"> • Weet-Bix with trim milk and banana • multigrain toast with reduced-fat spread, Marmite and tomatoes • coffee with trim milk SNACK <ul style="list-style-type: none"> • nut bar • low-fat yoghurt (W) LUNCH <ul style="list-style-type: none"> • Tuna and chickpea pasta  Thursday leftovers with a green salad and vinaigrette SNACK <ul style="list-style-type: none"> • High-energy slice  DINNER <ul style="list-style-type: none"> • Tasty vege curry  make full recipe, (refrigerate half) • nectarine or other seasonal fruit • low-fat ice cream 	BREAKFAST <ul style="list-style-type: none"> • porridge with fruit yoghurt and trim milk • wholegrain toast, avocado and tomato • coffee with trim milk SNACK <ul style="list-style-type: none"> • 2 chocolate wheaten biscuits • nectarine or other seasonal fruit LUNCH <ul style="list-style-type: none"> • Tasty vege curry  Friday leftovers • kiwifruit SNACK <ul style="list-style-type: none"> • Multigrain bread with avocado DINNER <ul style="list-style-type: none"> • Lemon chicken  make full recipe and (refrigerate half) served with green beans 	BREAKFAST: <ul style="list-style-type: none"> • poached eggs on multigrain toast with grilled tomatoes, onion, spinach • coffee with trim milk SNACK: <ul style="list-style-type: none"> • low-fat yoghurt (W) • banana LUNCH <ul style="list-style-type: none"> • Lemon chicken  Saturday leftovers served with leafy salad and vinaigrette SNACK <ul style="list-style-type: none"> • High-energy slice  DINNER <ul style="list-style-type: none"> • Homemade pizza: topped with onion, mushrooms, Mexican-style beans, capsicum and cheese

KEY

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

AVERAGE DAILY KILOJOULES
Man: 11300kJ
Woman: 8700kJ

 **CLICK TO GO TO RECIPE**