

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** (or use bought)
- 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** (or use bought)
- 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** (or use bought)

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

- ☐ avocado
- ☐ baby spinach
- ☐ cherry tomatoes
- ☐ chives
- ☐ coriander
- ☐ corn cob
- ☐ courgettes
- ☐ cucumber
- ☐ eggplant
- ☐ flat-leaf parsley
- ☐ garlic
- ☐ ginger
- ☐ green beans
- ☐ kumara
- ☐ lemon
- ☐ lime
- ☐ mint
- ☐ pumpkin
- ☐ red onion
- ☐ spring onion
- ☐ tomatoes

DRIED GOODS

- ☐ coriander seeds
- ☐ cumin seeds
- ☐ dark chocolate
- ☐ dried mint
- ☐ fenugreek seeds
- ☐ flour
- ☐ fresh sourdough breadcrumbs
- ☐ garam masala
- ☐ microwaveable brown basmati rice
- ☐ reduced-fat tortillas
- ☐ spiral pasta

CHILLED/ FROZEN

- ☐ 98% fat-free vanilla Frûche
- ☐ eggs
- ☐ low-fat plain yoghurt
- ☐ reduced-fat ricotta cheese
- ☐ reduced-fat spread

BOTTLED/ CANNED

- ☐ butter beans
- ☐ canned whole tomatoes
- ☐ chickpeas
- ☐ eggplant dip
- ☐ evaporated milk
- ☐ hot chilli sauce
- ☐ liquid honey
- ☐ Moroccan seasoning
- ☐ oil spray
- ☐ olive oil
- ☐ red curry paste
- ☐ reduced-fat coconut milk
- ☐ salt-reduced vegetable stock
- ☐ tomato passata
- ☐ tomato paste
- ☐ water
- ☐ chestnuts

MEAT

- ☐ lean chicken mince
- ☐ lean rump steak
- ☐ skinless, lean chicken breast
- ☐ white fish fillets