

Breakfast options		Lunch		Dinner		Snack options and dessert options			
	Female	Male		Female	Male		Female	Male	
Sun	<b>Fruit</b> plus one of the options below:	1 pc	1 pc	<b>Seafood skewers</b> [Recipe on taste.com.au]	2	3	<b>Minestrone</b> [Recipe on taste.com.au]	2.5 cups	3 cups
	<b>Cereal &amp; milk</b> Fruit and flake style cereals/untoasted muesli/bran cereals or wheat biscuits	1 cup	2 cups	Mixed salad with dressing on the side (dressing optional)	u/l salad 1 tbs dressing	u/l salad 1 tbs dressing	Plain ciabatta bread	2 thin sl	2 thin sl
Mon			Minestrone leftovers	2.5 cups	3 cups	<b>Warm roasted vegetable salad</b> [Recipe on taste.com.au]	2 serve <sup>1</sup>	2 serve <sup>1</sup>	
Tues	Low-fat or skim milk	1 cup	2 cups	Toasted sandwich with reduced-fat cheese, tomato and spinach	2 sl 30g u/l veg	2 sl 30g u/l veg	Grilled fish	1 fillet	1 large fillet
	<b>OR</b> <b>Grain toast with spread</b> (eg margarine, avocado, vegemite or 100% spreadable fruit)	2 slice thin spread	2 slice thin spread	Fruit	1 pc	1 pc	Stir fried carrot, broccoli, bok choy, using reduced-salt soy sauce	u/l	u/l
Wed	<b>OR</b> <b>Hot breakfast</b> Boiled egg with grain toast	1 egg 1 sl	1 egg 2 sl	Grain bread sandwich with tuna, avocado and rocket	2 sl 90g tin ¼ avo u/l veg	2 sl 90g tin ¼ avo u/l veg	<b>Chicken with spiced vegetable couscous</b> [Recipe on betterhealth.vic.gov.au]	1 serve <sup>1</sup>	1 serve <sup>1</sup>
	<b>OR</b> <b>On the run</b> <b>Options:</b> Fruit smoothie or Fruit salad and Low-fat yoghurt	300ml 300g 250ml	300ml 300g 250ml	Low-fat yoghurt tub	200ml	200ml	<b>Chickpea fattoush</b> [Recipe on taste.com.au]	2 serve <sup>1</sup>	2 serve <sup>1</sup>
Fri	<b>Optional</b> Coffee/tea with skim milk	Small	Small	Chicken and vegetable cous cous leftovers	1 med bowl	1 large bowl	Grilled lean pork steak	1 steak	1 large steak
	<b>Weekends</b> Finally, a chance to relax! Try <b>bubble and squeak with reduced-fat cheesy toast</b> [Recipe on taste.com.au]	1 serve <sup>1</sup>	1 serve <sup>1</sup>	<b>Buy out!</b> Choose a fresh Greek salad instead of salad with lots of mayonnaise or oily dressings. Have with grilled fish or warm lentil patties. Low-fat yoghurt tub	Small–med serve 200ml	Small–med serve 200ml	Stir fried greens (bok choy, spinach, broccoli)	u/l	u/l
Sat			<b>Tomato and rocket bruschetta</b> [Recipe on taste.com.au]	1 serve <sup>1</sup>	1 serve <sup>1</sup>	<b>Dinner out!</b> If heading out for Italian, choose extra vegetable toppings, or tomato based pasta instead of creamy pasta and fill up on a side salad rather than garlic bread! (Remember to check portion sizes – an entrée sized pasta may be all you need!)	2–3 sl med pizza <b>OR</b> 1 bowl pasta	3–4 sl med pizza <b>OR</b> 1 bowl pasta	

**Two pieces of fruit**  
If you're still hungry choose 1–3 options from the list below depending on your activity levels

Small handful of nuts

**Tzatziki** with high fibre crackers and/or vegetable sticks  
[Recipe on taste.com.au]

*Tip: switch the dill with fresh or dried herbs you already have (e.g. mint) and use low-fat yoghurt*

Low-fat fruit biscuits

Low-fat yoghurt tub

Toast with spread (eg fruit toast with margarine, grain toast with avocado, or reduced-fat cheese and vegemite)

**Dessert** (enjoy dessert occasionally and try to include fruit as a healthy sweet inclusion):

**Lemon cupcakes**  
[Recipe on betterhealth.vic.gov.au]

Fruit salad with low-fat natural yoghurt (add a dash of honey and lime or orange juice for extra zing!)

Fresh seasonal fruit with low-fat ice cream

**Eat in season!**

There are many delicious fresh fruits and vegetables in season over summer. Take advantage of this and use seasonal produce such as berries and cherries, bananas, grapes, nectarines, peaches and plums, watermelon, tomato, broccoli, cabbage, capsicum, mushrooms, carrot, celery, eggplant and zucchini. [For a full list click here.](#)

Remember for a healthier and more energetic life you need to eat at least 2 serves of fruit and at least 5 serves of vegetables every day.

You could start the day with a freshly made berry smoothie, or have some fresh watermelon straight out of the fridge on a hot day as a snack. If you're wondering what you can take along to a barbecue, make up some colourful seasonal vegetable skewers to throw straight onto the hot grill.

**Notes and abbreviations**

1 Wherever you see the portion size listed as a 'serve' please refer to the recipe for details.

tsp = teaspoon, pc = piece, sl = slice, tom = tomato, ml = millilitres, g = grams, avo = avocado, u/l = unlimited, med = medium, tbs = tablespoon, yog = yoghurt, sc = scoops, cr = crackers

Drink water regularly throughout the day and combine this menu plan with daily exercise

Use this shopping list to help check the ingredients you need each week. Check the recipe to determine the quantity you will need, and plan your shopping list before you leave home.

## Staples to have in the house each week

(Note those you will use this week are in bold)

Flour (plain, wholemeal, **self-raising**)

Sugar (**brown**, white, **caster**)

**Oil** (choose an oil like olive oil or canola oil)

Spices (pepper, curry powder, paprika, **ground coriander**, **cumin**, **chilli**, **sumac**, dried mint, dried dill, dry mustard, turmeric, cayenne pepper, all spice, ground ginger, cardamom, rosemary, Moroccan)

**Iodised salt**

**Dried bread crumbs**

**Bicarbonate of soda**

**Cornflour**

Brown onion

**Garlic**

Frozen peas

**Reduced-fat cheese**

**Low-fat yoghurt tubs (200ml tubs)**

**Margarine**

**Eggs**

**Grain bread (or wholemeal)**

**Cous cous**

Pasta (have different types, eg spaghetti, spirals, penne, lasagne sheets)

Rice

Vinegar (**balsamic**, red wine, white wine)

Canned beans (lentils, **chickpeas**, four bean mix, kidney beans, reduced-salt baked beans, cannellini)

Canned diced tomatoes and/or tomato passata

Canned sweetcorn kernels

**Canned tuna in springwater**

Sauces (**sweet chilli**, **fish**, **reduced-salt soy**, chutney, low-fat mayonnaise)

**Honey**

**Fresh seasonal fruit**

## What you will need for week 2 menu plan

(Note some are the same as last week!)

### From the green grocer:

Baby potatoes      Rocket      Bok Choy

Broccoli      Fresh oregano      Eggplant

Zucchini      Parsnip      Leek

Flat-leaf parsley      Fresh basil      Shallots

Lebanese cucumbers      Spinach      Fresh mint

Red capsicum      Red onion      Sweet potato

Lemon      Lime      Celery

Carrot      Avocado

Cherry tomatoes/Tomatoes

### From the butcher/fish monger:

Seafood – fish, prawns, and scallops (optional)

Skinless chicken thighs      Lean pork steak

### From the fridge:

Parmesan cheese

### Other:

Wholemeal Lebanese bread

Ciabatta or other crusty style bread

Pine nuts

## Optional for week 2 menu plan

### From breakfast options:

Cereal (choose fruit and flake style cereals/untoasted muesli/bran cereals or wheat biscuits)

Low-fat or skim milk

Spreads (vegemite, no added sugar jam)

### From dessert suggestions:

Low-fat ice-cream

Low-fat vanilla yoghurt

Low-fat natural yoghurt

### From snack options:

Mixed nuts and dried fruit

Tzatziki

High fibre crackers

Low-fat fruit biscuits

### Other recipes:

Wholegrain mustard (can use Dijon from week 1 instead)

Coriander (can use other herbs instead)

Where to find the recipes

### Bubble and squeak with cheesy toast

<http://www.taste.com.au/recipes/18295/bubble+and+squeak+with+cheesy+toast>

### Seafood skewers

<http://www.taste.com.au/recipes/7426/seafood+skewers>

### Tomato and rocket bruschetta

<http://www.taste.com.au/recipes/19526/tomato+rocket+bruschetta>

### Minestrone

<http://www.taste.com.au/recipes/17110/minestrone>

### Warm roasted vegetable salad

<http://www.taste.com.au/recipes/18743/warm+roasted+vegetable+salad>

### Chicken with spiced vegetable couscous

<http://www.betterhealth.vic.gov.au/bhcv2/bhcrecipes.nsf/pages/Chickenwithspicedvegetablecouscous?open>

### Chickpea fattoush

<http://www.taste.com.au/recipes/18713/chickpea+fattoush>

### Lemon cupcakes

<http://www.betterhealth.vic.gov.au/bhcv2/bhcrecipes.nsf/pages/Lemoncupcakes?open>

### Tzatziki

<http://www.taste.com.au/recipes/22899/tzatziki>