

	Breakfast options		Lunch		Dinner		Snack and dessert options					
	Female	Male	Female	Male	Female	Male	Female	Male				
Sun	Fruit plus one of the options below: Cereal & milk Fruit and flake style cereals/untoasted muesli/bran cereals or wheat biscuits	1 pc	1 pc	Zucchini salad <i>[Recipe on taste.com.au]</i> <i>Tip: Make this salad more filling by adding some beans (e.g. chickpeas or cannellini beans)</i>	1 large bowl	1 large bowl	Lamb koftas with tzatziki <i>[Recipe on betterhealth.vic.gov.au]</i> Garden salad with dressing on the side (dressing optional)	1 serve ¹	1½ serves ¹	Two pieces of fruit <i>If you're still hungry choose 1–3 options from the list below depending on your activity levels</i> Small handful of unsalted nuts/dried fruit Low-fat hummus with high fibre crackers and/or vegetable sticks	10–20 pc	10–20 pc
Mon	Low-fat or skim milk OR Grain toast with spread (eg margarine, avocado, vegemite or 100% spreadable fruit)	1 cup	2 cups	Grain bread sandwich with low-fat hummus and salad Fruit	2 sl 2 tbs hummus u/l salad	2 sl 2 tbs hummus u/l salad	Chicken tacos with guacamole and salsa <i>[Recipe on taste.com.au]</i> <i>Tip: use reduced-fat cheese and low-fat natural yoghurt instead of sour cream</i>	1 serve ¹	1½ serves ¹	Popcorn (make your own or buy air popped) Low-fat yoghurt tub Cheesy cucumber and tomato snack stack <i>[Recipe on taste.com.au]</i>	1–2 cup	1–2 cup
Tues	Hot breakfast Porridge topped with fruit/honey and low-fat milk	½ cup cooked	½–1 cup cooked	Grain bread sandwich with chicken, lettuce, cucumber and low-fat mayonnaise Low-fat yoghurt tub	2 sl 4 strips chicken u/l salad 1 tbs	2 sl 4 strips chicken u/l salad 1 tbs	Spaghetti bolognaise <i>[Recipe on taste.com.au]</i> Garden salad with dressing on the side (dressing optional)	1 serve ¹	1½ serves ¹	<i>Tip: change this recipe to suit the vegies leftover in your fridge</i> Dessert (enjoy dessert occasionally and try to include fruit as a healthy sweet addition): Mango lassi <i>[Recipe on taste.com.au]</i>	300 ml	300 ml
Wed	On the run Options: Fruit smoothie or Fruit salad and Low-fat yoghurt	300ml 1 cup 200g	300ml 1 cup 200g	Spaghetti bolognaise leftovers	1 med bowl	1 med bowl	Warm potato and salmon salad <i>[Recipe on betterhealth.vic.gov.au]</i>	1 serve ¹	1½ serves ¹	<i>Tip: use low-fat natural yoghurt and add honey instead of buying honey yoghurt</i> Fruit salad with low-fat natural yoghurt (add a dash of lime or orange juice for extra zing!) Fresh seasonal fruit with low-fat ice cream	1 cup fruit 2 tbs yog	1 cup fruit 3 tbs yog
Thurs	Optional Coffee/tea with skim milk Weekends Finally, a chance to relax! Try omelette with asparagus, spinach and fetta <i>[Recipe on betterhealth.vic.gov.au]</i>	Small	Small	Buy out! For something light and fresh, try Vietnamese rice paper rolls Fruit	3	3	Frittata with potato, asparagus, and pepper <i>[Recipe on betterhealth.vic.gov.au]</i> Garden salad with dressing on the side (dressing optional)	1 serve ¹	1½ serves ¹	Food labels help you find healthier options It's not easy navigating the hundreds of products available at the supermarket, and clever marketing can be misleading. For example, some snack bars advertised as "healthy" have more kilojoules and fat than a chocolate bar! Reading food labels is an easier way to select the healthier choice. <ul style="list-style-type: none"> • Use the 'per 100g' column of the nutrition information panel to compare and choose the healthier option of two similar foods. • Check the ingredient list. All ingredients are listed in descending order by weight, which means the first ingredient is present in the largest amount, and the last ingredient is present in the least amount. • Choose foods that are low in fat (especially saturated fat), sugar and sodium. If you'd like to know more about food labels, see the Better Health Channel website's 'Food Labels Explained' page. And remember, fresh fruit and vegetables are always the first snack to go for! They are full of good nutrition and are low in kilojoules. 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, pl=plate, ml = millilitres, g = grams, avo = avocado, u/l = unlimited, med = medium, tbs = tablespoon, yog = yoghurt, sc = scoops, cr = crackers	1 cup fruit 1 sc	1 cup fruit 2 sc
Fri				Frittata leftovers with salad Fruit	¼ pl u/l	½ pl u/l	Eat out! Feel like fish and chips? Give the traditional fare a health boost and choose grilled fish, with a small serve of chips and big serve of salad! Undressed or dressing on the side	1 fillet Small chips u/l salad	1 large fillet Small chips u/l salad			
Sat				Bean burritos <i>[Recipe on betterhealth.vic.gov.au]</i>	1 wrap or 2 taco shells	1–2 wraps or 3 taco shells	Spiced orange roast chicken <i>[Recipe on taste.com.au]</i> with cous cous and steamed vegies	1 serve ¹	1½ serves ¹			
								½ cup cooked u/l vegies	½ cup cooked u/l vegies			

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 (200g 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 3 menu plan

(Note some are the same as last week!)

From the green grocer:			
Lettuce	Avocado	Tomato	Carrot
Red onion	Fresh red chilli	Celery	Baby spinach
Fresh lime (or can buy lime juice in a bottle)		Potato	Red capsicum
Zucchini	Baby potatoes	Spring onions	Chives
Baby corn (either whole canned or fresh)		Asparagus spears	Cos lettuce
Lemon (or lemon juice in a bottle)		Parsley	Orange
From the deli:			
Black olives (these will be in your fridge from week 1!)			
Semi-dried tomatoes	Low-fat hummus		
From the butcher/fish monger:			
Salmon fillets	Chicken thigh fillets (skinless or remove the skin at home)		
Lamb mince	Lean beef mince		
From the fridge:			
Low-fat natural yoghurt	Parmesan cheese (may be in your fridge from week 2!)		
Fresh orange juice (can purchase juice or squeeze from orange)			
Low-fat sour cream (try swapping this with natural yoghurt instead)			
Other:			
Taco shells	Barbecued chicken	Salsa (or search recipes to make this yourself!)	

Optional for week 3 menu plan

From breakfast options:

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

Low-fat or skim milk Porridge Low-fat fetta

Spreads (vegemite, no added sugar jam)

From dessert suggestions:

Low-fat ice-cream Mango Low-fat milk

Low-fat honey yoghurt (or use low-fat natural yoghurt and add honey)

From snack options:

Mixed unsalted nuts and dried fruit

High fibre crackers

Popcorn (popped yourself or choose low-fat or air-popped)

Cherry tomatoes

Lebanese cucumber

Other recipes:

Burrito wraps (can use leftover taco shells instead)

Coriander

Where to find the recipes

Omelette with asparagus, spinach and feta

<http://www.betterhealth.vic.gov.au/bhcv2/bhcrecipes.nsf/pages/Omelettewithasparagusspinachandfeta>

Zucchini salad

<http://www.taste.com.au/recipes/22042/zucchini+salad>

Bean burritos

<http://www.betterhealth.vic.gov.au/bhcv2/bhcrecipes.nsf/Pages/Burritoswithbeans>

Lamb koftas with tzatziki

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

Chicken tacos with guacamole and salsa

<http://www.taste.com.au/recipes/332/chicken+tacos>

Spaghetti bolognese

<http://www.taste.com.au/recipes/19203/spaghetti+bolognese>

Warm potato and salmon salad

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

Frittata with potato, asparagus, and pepper

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

Spiced orange roast chicken

<http://www.taste.com.au/recipes/8284/spiced+orange+roast+chicken>

Mango lassi

<http://www.taste.com.au/recipes/18106/mango+lassi>

Cheesy cucumber and tomato snack stack

<http://www.taste.com.au/recipes/20437/cheesy+cucumber+tomato+snack+stacks>