



WEEKLY MEAL PLANNER

WEEK BEGINNING: 17 August 2020

I AM FEEDING: My family of four

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Bircher muesli with rolled oats, milk, yoghurt and fruit	Bircher muesli with rolled oats, milk, yoghurt and fruit	Scrambled eggs and wholemeal toast	Porridge with milk, banana and cinnamon	Baked beans and wholemeal toast	Porridge with milk, banana and cinnamon	Boiled eggs, cooked mushrooms and tomatoes with wholemeal toast
LUNCH	Chicken salad rolls	Tuna salad	Leftovers: Basil pesto wholemeal pasta	Leftovers: Fried rice with added chicken	Egg and lettuce sandwiches	Tuna salad	Leftovers: beef lasagna
DINNER	Basil pesto wholemeal pasta with roasted vegetables	Vegetable and barley soup Side: toast	Fried rice	Leftovers: Vegetable and barley soup Side: toast	Tofu and vegetable stir fry with brown rice	Beef lasagna	Baked fish with lemon, rosemary and steamed green vegetables
SNACKS	Fruit Unsalted nuts Vegetable sticks with hummus	Fruit Wholemeal crackers with avocado	Fruit Unsalted nuts Vegetable sticks with hummus	Fruit Unsalted nuts	Fruit Vegetable sticks	Fruit Wholemeal crackers with butter and vegemite	Fruit Wholemeal crackers with avocado

SHOPPING LIST

VEGETABLES, LEGUMES & BEANS	4 flat mushrooms, 7 tomatoes, 3 cucumbers, 1 broccoli, 2 bags of carrots, 1 bunch celery, 1 iceberg lettuce, 2 bunches silverbeet, 1 bunch bok choy, 3 capsicums, 10 potatoes, 1 pumpkin, 1 red onion, 1 bag brown onions, 2 bulbs garlic, 1 fresh ginger, 2 lemons, 2 bunches basil, 1 bunch parsley, rosemary, 2 cans chickpeas, 2 cans red kidney beans, 2 cans diced tomatoes, 2 cans baked beans, 2 bags frozen vegetables, hummus dip
FRUITS	4 avocados, 10 bananas, 10 apples, 10 pears, 10 oranges, 10 kiwis, 1 bag/box frozen berries
DAIRY FOODS & ALTERNATIVES	4L milk, 1kg tub natural yoghurt, parmesan cheese, 1 block feta cheese
GRAIN & CEREAL FOODS	2 loaves wholemeal bread, 4 bread rolls, 1 large packet rolled oats, 1 large packet brown rice, 1 large packet wholemeal pasta, 1 packet lasagna sheets, 1 packet wholemeal crackers, wholemeal flour
LEAN MEAT, POULTRY, FISH, EGGS, TOFU, NUTS & SEEDS	1kg lean beef mince, 4 fish fillets, 4 chicken breasts, 2x 425g cans tuna, 4 rashers bacon, 1 large packet unsalted mixed nuts, 1 small packet walnuts, 1 block tofu, 2 dozen eggs
OTHER ITEMS SUCH AS TEA, OIL, SAUCES & SPICES	Teabags, extra virgin olive oil, salt, pepper, salt-reduced vegetable stock, sesame oil, salt reduced soy sauce, ground cinnamon, low fat mayonnaise, tomato pasta sauce, butter, vegemite