



Meal planning and preparation for healthy eating at home

Thinking ahead and menu planning for you or your family can help you to choose healthier options, manage your weight and ease the daily stress of planning meals.

Planning is the secret to successful weight loss. By thinking ahead about your meals and snacks, you can help to avoid unplanned eating of extra serves, reduce waste and save money.

Creating a Menu

- Create a menu plan for a few days, a week or even a month in advance.
- When planning your meals and snacks aim to choose items from the 5 food groups:
 - o Vegetables; a variety of colours
 - o Fruit; a variety of colours
 - o Grain (cereal) foods; choose wholegrain and/or high fibre varieties.
 - o Lean meats; poultry, fish, eggs, tofu, nuts and seeds and legumes/beans.
 - o Milk, yoghurt, cheese and/or alternatives; choose reduced fat options

- Once you have decided on your meals and snacks write a list of all the items that you need to buy.
- Save time by cooking meals in advance and freezing individual portions that can be reheated when you are short on time.
- Use supermarket catalogues to guide menu planning to help you save money.

Recipe Ideas

Websites:

- <http://www.eatforhealth.gov.au/>
- <http://healthier.qld.gov.au/>
- <http://www.daa.asn.au>
- <http://www.heartfoundation.org.au>
- <http://www.diabetesqld.org.au/>

Books & Magazines

- Australian Healthy Food Guide
- 'Simply Too Good To Be True'
- Women's Weekly 'Good Food Fast'
- CSIRO 'Total Wellbeing Diet'

Shopping Tips

- Stick to your list; only buy the items that you need to reduce temptation at home.
- Avoid shopping when you are hungry; this often leads to buying extra foods.
- Keeping staples with a long shelf life can help to reduce waste, save money and are great for last minute convenient meals e.g. frozen or canned vegetables (low salt) and dried/canned beans/legumes (low salt). Refer to 'handy pantry staples' list.
- Markets or fruit and vegetables shops often have cheaper and fresher produce.
- Buy in bulk & freeze to save money and have supplies available.

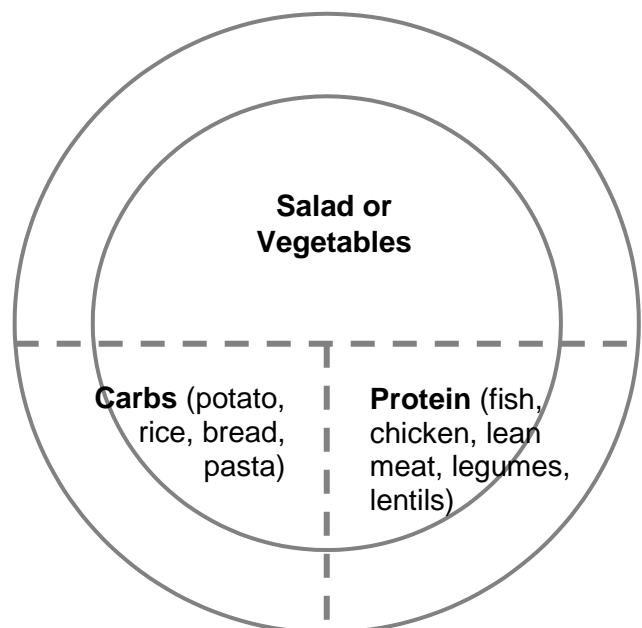
Cooking Tips

- Steam, microwave, poach, grill or dry roast to reduce added fats.
- Switch to a spray oil for when you do need to fry items.
- If using oil, choose unsaturated oils like olive/canola/rice bran/sunflower
- When cooking extras for leftovers, serve the meal then store or freeze the rest to avoid going back for seconds.

- Flavour meals using herbs, spices, chilli, lemon or garlic to flavour meals instead of using salt and sauces.
- Add legumes (e.g. beans and lentils) or grated vegetables (e.g. carrot and zucchini) to your meat recipes to lower the cost and bulk up the meal. Legumes and vegetables are also a great source of fibre, important for bowel health and help you to feel full.

Healthy Plate Guide

The healthy plate guide is an easy way to guide the amount of different foods served at main meals. Aim to fill $\frac{1}{2}$ your plate with vegetables, $\frac{1}{4}$ with lean protein (meat, chicken, fish, eggs, legumes) and $\frac{1}{4}$ with carbohydrates (rice, pasta, noodle, potato).



Quick meal ideas using kitchen staples

Kitchen staples	Simple meal ideas
Canned beans	<ul style="list-style-type: none"> • Bean chilli tortillas - add chilli, onion, garlic and tomato. • Bean burgers - mash and add herbs/spices and grated/chopped vegetables. • All day breakfast - baked beans with grilled tomato and mushrooms.
Canned lentils	<ul style="list-style-type: none"> • Lentil curry - add curry, spices, vegetables and natural yoghurt. • Soup - fry onion and garlic, add canned tomato, low salt stock and frozen vegetables.
Tinned tuna/salmon	<ul style="list-style-type: none"> • Tuna and vegetable pasta bake - cook pasta, stir-through tuna, pasta sauce and vegetables (fresh/tinned/frozen). • Tuna patties - combine with lemon, egg and breadcrumbs, serve on a wholemeal burger bun or with a salad. • Tuna cous cous - stir through cooked cous cous, add cooked vegetables (fresh/frozen), flavour with lemon, herbs and spices.
Tinned tomato	<ul style="list-style-type: none"> • Tomato and vegetable pasta sauce - (use fresh/tinned/frozen vegetables), add beans or cheese or cold meat or leftover meat. Flavour with herbs & garlic. • Homemade pizza sauce - (use fresh/tinned tomato) cook in pot or blend in a mixer and spread onto pizza base.
Tortillas/bread (Choose grainy options)	<ul style="list-style-type: none"> • Salad sandwich or wrap. • Pizza - use homemade tomato sauce as base and top with available vegetables, sprinkle with cheese, mixed herbs and grill.
Frozen vegetables	<ul style="list-style-type: none"> • Stir-fry - with onion, garlic, reduced salt soy sauce, serve with brown rice or noodles.
Evaporated milk (Choose low fat options)	<ul style="list-style-type: none"> • Curry - flavour evaporated milk with coconut essence and add to fresh/tinned/frozen vegetables and meat/beans with curry paste. • Creamy vegetable pasta - fry onion, garlic with chilli, add vegetables (fresh/tinned/frozen) and evaporated milk. Thicken sauce using a flour paste.
Eggs	<ul style="list-style-type: none"> • Quiche - grate in vegetables/ add canned vegetables and grated cheese/cold meat. • Omelette - add chopped tomato/mushrooms/sun dried tomatoes/spinach/frozen vegetables.
Sweet potato/pumpkin	<ul style="list-style-type: none"> • Soup - boil with onion and garlic, blend. • Salad - roast cubes, add to salad leaves, drizzle with vinegar.



7 Day Menu Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							



Shopping List

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This is a consensus document from Dietitian/ Nutritionists from the Nutrition Education Materials Online, "NEMO", team.
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Handy kitchen staples

<p><u>Breads & cereals</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Rice <input type="checkbox"/> Pasta <input type="checkbox"/> Wraps/tortillas <input type="checkbox"/> Wholegrain/ wholemeal bread 	<p><u>Freezer</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Mixed vegetables / stir-fry vegetables 	<p><u>Canned food</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Vegetables <input type="checkbox"/> Kidney/mixed beans <input type="checkbox"/> Baked beans <input type="checkbox"/> Lentils <input type="checkbox"/> Tuna/salmon <input type="checkbox"/> Evaporated milk 	<p><u>Fresh food</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Pumpkin <input type="checkbox"/> Sweet potato <input type="checkbox"/> Onion <input type="checkbox"/> Garlic <input type="checkbox"/> Lemons <input type="checkbox"/> Eggs <input type="checkbox"/> Lean meat for freezing
<p><u>Sauces</u> (choose low salt varieties)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Soy sauce <input type="checkbox"/> Vinegar <input type="checkbox"/> Tomato paste <input type="checkbox"/> Meal base sauces <i>(look for low salt & low fat options)</i> 	<p><u>Oils</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Spray canola/olive oil <input type="checkbox"/> Olive/canola/rice bran oil 	<p><u>Herbs & spices</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Dried mixed herbs & spices <input type="checkbox"/> Curry powder <input type="checkbox"/> Chilli <input type="checkbox"/> Dried mixed herbs and spices 	

Things I can do to improve my health:

1.

2.

3.

For further information contact your Dietitian or Nutritionist: _____