

# menu plan for couples

This menu is based on the nutrition needs of an average man (M) and average woman (W), aged 31-50. A younger couple will need a little more, an older couple slightly less.

Average couple cost: \$160  
**our menu: \$124**  
**SAVE \$36**  
 \$36 per week for a year  
 = \$1872  
**= 18 restaurant dinners!**

Nutritionist **Rose Carr** says, "Feel free to make substitutions in this menu, for example, change the type of cereal. And bake the slice at the weekend so you have economical sweet snacks for the week."

monday	tuesday	wednesday	thursday	friday	saturday	sunday
<p><b>BREAKFAST</b></p> <ul style="list-style-type: none"> <li>Weet-Bix with trim milk and banana</li> <li>multigrain toast with Marmite and tomatoes</li> <li>coffee with trim milk</li> </ul> <p><b>SNACK</b></p> <ul style="list-style-type: none"> <li>2 fruit digestive biscuits</li> <li>kiwifruit</li> </ul> <p><b>LUNCH</b></p> <ul style="list-style-type: none"> <li>rice salad: brown rice, tuna, tomatoes, spinach, capsicum</li> <li>kiwifruit</li> <li>nectarine</li> </ul> <p><b>SNACK</b></p> <ul style="list-style-type: none"> <li>High-energy slice (page 74)</li> </ul> <p><b>DINNER</b></p> <ul style="list-style-type: none"> <li>Red lentil bolognese  make full recipe, served with spaghetti (refrigerate half)</li> <li>fresh fruit salad</li> <li>low-fat ice cream</li> </ul>	<p><b>BREAKFAST</b></p> <ul style="list-style-type: none"> <li>porridge with low-fat fruit yoghurt and trim milk</li> <li>multigrain toast with reduced-fat spread and honey</li> <li>coffee with trim milk</li> </ul> <p><b>SNACK</b></p> <ul style="list-style-type: none"> <li>High-energy slice</li> </ul> <p><b>LUNCH</b></p> <ul style="list-style-type: none"> <li>Red lentil bolognese with spaghetti leftovers</li> <li>banana</li> </ul> <p><b>SNACK</b></p> <ul style="list-style-type: none"> <li>2 pieces multigrain bread with peanut butter (M)</li> <li>Kiwifruit and ¼ cup mixed nuts (W)</li> </ul> <p><b>DINNER</b></p> <ul style="list-style-type: none"> <li>Greek shepherd's pie  make full recipe, served with coleslaw: cabbage, carrot, onion, low-fat plain yoghurt, garlic (refrigerate half)</li> </ul>	<p><b>BREAKFAST</b></p> <ul style="list-style-type: none"> <li>poached eggs with multigrain toast</li> <li>low-fat yoghurt with seasonal fruit</li> <li>coffee with trim milk</li> </ul> <p><b>SNACK</b></p> <ul style="list-style-type: none"> <li>low-fat yoghurt</li> <li>High-energy slice (M)</li> </ul> <ul style="list-style-type: none"> <li>wholegrain rice crackers (6) with hummus (W)</li> </ul> <p><b>LUNCH</b></p> <ul style="list-style-type: none"> <li>Greek shepherd's pie and coleslaw Tuesday leftovers</li> <li>banana</li> </ul> <p><b>SNACK</b></p> <ul style="list-style-type: none"> <li>nectarine</li> <li>nut bar</li> </ul> <p><b>DINNER</b></p> <ul style="list-style-type: none"> <li>Chicken fried rice (page 58) make full recipe, refrigerate half</li> <li>low-fat ice cream</li> </ul>	<p><b>BREAKFAST</b></p> <ul style="list-style-type: none"> <li>baked beans on multigrain toast (M)</li> <li>toast with peanut butter</li> <li>coffee with trim milk</li> <li>banana</li> </ul> <p><b>SNACK</b></p> <ul style="list-style-type: none"> <li>High-energy slice</li> </ul> <p><b>LUNCH</b></p> <ul style="list-style-type: none"> <li>Chicken fried rice Wednesday leftovers</li> <li>Milo with trim milk</li> </ul> <p><b>SNACK</b></p> <ul style="list-style-type: none"> <li>whole grain rice crackers with hummus</li> <li>low fat yoghurt (M)</li> </ul> <p><b>DINNER</b></p> <ul style="list-style-type: none"> <li>Tuna and chickpea pasta  make full recipe, refrigerate half, served with mixed vegetables</li> </ul>	<p><b>BREAKFAST</b></p> <ul style="list-style-type: none"> <li>Weet-Bix with trim milk and banana</li> <li>multigrain toast with reduced-fat spread, Marmite and tomatoes</li> <li>coffee with trim milk</li> </ul> <p><b>SNACK</b></p> <ul style="list-style-type: none"> <li>nut bar</li> <li>low-fat yoghurt (W)</li> </ul> <p><b>LUNCH</b></p> <ul style="list-style-type: none"> <li>Tuna and chickpea pasta Thursday leftovers with a green salad and vinaigrette</li> </ul> <p><b>SNACK</b></p> <ul style="list-style-type: none"> <li>High-energy slice</li> </ul> <p><b>DINNER</b></p> <ul style="list-style-type: none"> <li>Tasty vege curry (page 62), make full recipe, refrigerate half</li> <li>nectarine or other seasonal fruit</li> <li>low-fat ice cream</li> </ul>	<p><b>BREAKFAST</b></p> <ul style="list-style-type: none"> <li>porridge with fruit yoghurt and trim milk</li> <li>whole grain toast, avocado and tomato</li> <li>coffee with trim milk</li> </ul> <p><b>SNACK</b></p> <ul style="list-style-type: none"> <li>Chocolate wheaten biscuits (2)</li> <li>nectarine or other seasonal fruit</li> </ul> <p><b>LUNCH</b></p> <ul style="list-style-type: none"> <li>Tasty vege curry, Friday leftovers</li> <li>kiwifruit</li> </ul> <p><b>SNACK</b></p> <ul style="list-style-type: none"> <li>Multigrain bread with avocado</li> </ul> <p><b>DINNER</b></p> <ul style="list-style-type: none"> <li>Lemon chicken (Oct 09 / ) make full recipe and refrigerate half, served with green beans</li> </ul>	<p><b>BREAKFAST</b></p> <ul style="list-style-type: none"> <li>poached eggs with, multigrain toast, grilled tomatoes, onion and spinach</li> <li>coffee with trim milk</li> </ul> <p><b>SNACK</b></p> <ul style="list-style-type: none"> <li>low-fat yoghurt (W)</li> <li>banana</li> </ul> <p><b>LUNCH</b></p> <ul style="list-style-type: none"> <li>Lemon chicken Saturday leftovers served with leafy salad and vinaigrette</li> </ul> <p><b>SNACK</b></p> <ul style="list-style-type: none"> <li>High-energy slice</li> </ul> <p><b>DINNER</b></p> <ul style="list-style-type: none"> <li>Homemade pizza: topped with onion, mushrooms, Mexican-style beans, capsicum and cheese</li> </ul>
<b>TODAY'S TOTAL \$18</b>	<b>TODAY'S TOTAL \$14</b>	<b>TODAY'S TOTAL \$18</b>	<b>TODAY'S TOTAL \$18</b>	<b>TODAY'S TOTAL \$16</b>	<b>TODAY'S TOTAL \$18</b>	<b>TODAY'S TOTAL \$22</b>

 find this recipe online at [www.healthyfood.co.nz](http://www.healthyfood.co.nz)

**AVERAGE DAILY KILOJouLES**  
 Man: 11300kJ Woman: 8700kJ

**KEY** • Unless specified, meal items are for all individuals.  
 • Note individual kilojoule count and adjust serving sizes accordingly.  
 • Assumes tea, coffee and water drunk throughout the day.