

Menu Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST			Breakfast options Toast with marmite/jam/low fat cheese Cereal with low fat milk/yoghurt Fruit salad (2 pieces fruit chopped up) with yoghurt			Breakfast options Scrambled eggs on toast Porridge with sultanas & apple Baked beans on toast	
	MORNING TEA – 1 snack and unlimited fruit						
LUNCH	Lunch options for parents, adult children or children at home						
	Cold meat salad, low fat yoghurt	Egg and salad sandwiches, fruit	Sweetcorn toasted sandwiches, yoghurt	Smoked chicken salad	Cold meat and salad sandwiches, yoghurt		
	Lunch options for children attending school						
	Pita bread with ham and salad, boiled egg, fruit	Sandwich with ham and salad, low fat muesli bar, fruit	Egg sandwich, bag of chopped vegetables, fruit	Stuffed pita bread with meat and salad, yoghurt, fruit	Cheese salad sandwich, low fat muesli bar, fruit		Tuna* and salad naan wraps
AFTERNOON TEA – 1 snack and unlimited fruit							
DINNER	SNACKS – Fruit, snack drawer or refrigerated snack						
	Beef and vegetable stir-fry with rice	Chicken, baked potatoes, steamed broccoli and carrots Fruit crumble	Fish cakes with rice and coleslaw	Mexican bean burritos with carrot and beetroot salad	Homemade burgers with salad and wedges Fruit and marshmallow kebabs	Roast Lamb Dinner, roast pumpkin, kumara, carrots and broccoli	Vegetable pasta bake with spinach leaves Fruit salad with yoghurt

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Shopping List

Fruit and veges

- Bananas 2 large bunches
- Apples 2 bags
- Mandarins 1 kg
- Kiwifruit ½ kg
- Red onion 1
- Pears 1 bag
- Grapes med bunch
- Strawberries 2 chips
- Onion 4
- Garlic 2
- Cherry tomatoes 1 punnet
- Cucumber 1
- Potatoes 8-10
- Kumara 1
- Spinach 1 pkt
- Carrots 13-15
- Tomatoes 6
- Yellow capsicum 1
- Broccoli 2
- Lettuce 1
- Mixed lettuce 2 pkts
- Courgettes 3
- Pumpkin ½
- Spring onion 2 bunches
- Red chilli 1
- Alfalfa sprouts 1 punnet
- Parsley 1 bunch
- Mushrooms 1 handful
- Dry coleslaw mix 1 pkt

Dairy

- Milk (yellow top) 4 x 2l
- Low-fat fruit yoghurt 2 x 6 pack
- Reduced fat feta cheese 2 pkts
- Edam cheese 1kg
- Lite margarine/spread 1 tub
- Lite cream cheese 1 sml tub
- Eggs 1.5 Doz

Meat and fish

- Smoked chicken breast (tegel) 2
- Chicken (whole) 1 large
- Premium beef mince 750g
- Beef (schnitzel cut) 500g
- Shaved ham 800g
- Whole lamb leg roast 1

Breads, cereals, pasta and rice

- Wholemeal pita bread 2 x 5 pack
- Naan bread 5
- Burritos 5
- Wholegrain bread (e.g. Burgen, Vogel's, or Signature Range) 3 loaves
- Bread rolls (wholemeal/wholegrain) 1 x 6 pack
- Weetbix or Sultana Bran 2 box
- Rolled oats 1 bag
- Rice cakes 3 pkts
- Dried penne pasta 1 pkt
- Long grain rice 1 x 1kg bag
- Brown rice 1 x 1kg bag

Other

- Oil spray 1 can
- Vegetable oil 1 bottle
- Baked beans 4 tins
- Cream style corn 2 tins
- White sugar 1 pkt
- Lite peanut butter (crunchy) 1 jar
- Marmite 1 jar
- Jam 1 jar
- Balsamic vinegar sml bottle
- Apple cider vinegar sml bottle
- Cornflour 1 pkt
- Wholemeal flour 1 500g bag
- Refried beans 250g

- Kidney beans 1 x 400g cans
- Tomato paste 1 x 130g can
- Black bean paste 1 jar
- Chicken stock cubes 1 pack
- Pasta sauce 1 jar
- Sweet chilli or satay sauce 1 bottle
- Raisins 1 x 12 pack
- Popcorn kernels 250g
- Rosemary, paprika, nutmeg, salt, pepper, cinnamon 1 shaker ea
- Ginger 1 sml pkt
- Chilli powder 1 sml pkt
- Ground cumin seeds 1 sml pkt
- Giant marshmallows 1 pkt
- Lemon juice 1
- Smoked tuna 185g tin
- Tuna 2 x 300g
- Breadcrumbs 1 pkt
- Low fat coleslaw dressing 1 jar
- Beetroot slices 2 tins
- Onion soup mix 1 pkt
- Lite tomato sauce 1 bottle
- Wooden skewers 1 pkt

Adjust quantities to suit your family size

Recipes

Smoked Chicken Salad

Mixed lettuce leaves 1 bag
Tegal smoked chicken 2 breasts
Slivered almonds 1 handful
Red onion 1 – sliced
Yellow capsicum 1 – sliced
Cherry tomatoes ½ pottle
Spring onion 1
Carrot 1 finely chopped
Mushrooms 1 handful
Feta cheese approx 150g, crumbled

- Wash all raw ingredients, slice as required and combine in a large bowl. Finish by crumbling feta cheese and sliced almonds over salad. Drizzle with dressing to taste.

Homemade Dressing

Olive oil 3 teaspoons
Apple cider vinegar 6 teaspoons
Balsamic vinegar 3 teaspoons
Lemon juice 1 'dash'
Crushed garlic 1-2 cloves

- Combine 3 teaspoons of olive oil, 6 teaspoons of apple cider vinegar, 3 teaspoons of balsamic vinegar, dash of lemon juice and crushed garlic (note – keep to these proportions for additional dressing required)

Smoked Chicken Salad



Tuna* and Salad Naan Wraps

Naan bread 1 pkt
Lite cream cheese ½ cup
Mixed lettuce leaves 2 cups
Carrot 2 – peeled and grated
Alfalfa sprouts 1 cup
Spring onion 2 sliced (optional)
Smoked tuna* 185g can, drained
Satay/sweet chilli sauce ½ cup
Parsley 2 tbsp chopped
4 sheets lunch wrap

- Place one piece naan bread on a board and spread with 2 Tbsp cream cheese. Scatter salad leaves over. Scatter even amounts of carrot, sprouts and spring onion. Flake 3 Tbsp of tuna across centre of wrap and spoon 2 Tbsp satay/sweet chilli sauce on top. Sprinkle with parsley and season to taste.

- To roll, take edge of naan closest to you and press together as you roll, compressing ingredients. As you reach the end, drizzle a little more sauce over if needed, to help stick roll together.

- If pre-preparing, place seam side of roll across the middle of a piece of lunch wrap set on a diagonal and close. Twist the ends together tightly like a Christmas cracker. To serve, cut quickly through the middle with a serrated edge knife.

This makes 4 long wraps.

*Tuna can be replaced with slices of cooked beef, lamb or chicken, or smoked salmon.



Beef and Green Bean Stir Fry with rice

Olive oil 1 teaspoon
Beef schnitzel 500g
Black bean paste 1.5 tablespoons
Garlic 2 cloves, chopped finely
Ginger
Red chilli finely chopped (optional)
Fresh green beans 500-600g
Onion 1 peeled and sliced finely
Chicken stock powder 1 tablespoon
Cornflour 1 tablespoon
Long grain white rice 1 cup
Brown rice 1 cup

- Thinly slice beef fillet. Marinate beef with black bean sauce, ginger, garlic and chili pepper. Marinate overnight or at least 3 hours.

- Cut up green beans into thirds. Slice onion or leek finely.

- Stir fry beef, remove from pan. Next stir fry beans and onion. Add 1/8 cup water to pan so veges don't burn. Make sauce using 1 cup chicken stock and 1 tablespoon corn flour. Pour into hot pan with veges. Add back the beef and simmer gently.

- Cook the rice in a pot of boiling water. Drain.

- Serve the stir fry over rice with fresh carrot sticks on the side.

Recipes

Chicken and Baked Potatoes with Vegetables

Chicken one large

Potatoes 5

Broccoli 1 small or half a larger head

Carrots 3

- Cook the chicken in the crock pot following the manufacturer's instructions.
- Wash the potatoes, wrap in foil and bake in the oven for about an hour.
- When the potatoes are almost ready, wash the broccoli and chop the carrots. Steam the vegetables in the microwave.

Fruit crumble

Fruit 4 cups, chopped (fresh, frozen or tinned e.g. rhubarb, apple, pear, peaches, apricots, berries etc)

Rolled oats 1 cup

Wholemeal flour 1 cup

Cinnamon 1 teaspoon

Ginger ½ teaspoon

Sugar ½ cup

Sunflower seeds 1 handful

Low-fat milk 6 tablespoons

- Preheat the oven to 180 degrees.
- In a bowl, mix together the rolled oats, cinnamon, ginger, flour, sugar and sunflower seeds. Stir in the milk so that mixture binds together when pressed but is not sticky or wet.
- Place the fruit in a baking dish, cover with the crumble topping and bake in the oven for approximately 20 minutes, or until the topping has browned and looks crisp.
- Serve the crumble with low-fat milk, yoghurt, or custard.



Mexican Bean Burrito

Fish Cakes with Rice and Coleslaw

Oil 1 teaspoon

Kumara 1 large, chopped

Potato 3 large, chopped

Tuna 300g, canned

Onion 1 finely chopped

Eggs 2

Water 1 tablespoon

Breadcrumbs 1.5 cup

Long grain white rice 2 cups.

Dry coleslaw mix 1 pkt

Low fat coleslaw dressing ¾ cup

Salt and pepper

Low-fat milk

- Cook the potatoes and kumara in a small pot of boiling water until tender. Mash with a small amount of milk.
- Flake the tuna into a bowl. Add the mashed potato, onion, salt and pepper and mix to combine. Divide the mixture into 14-16 even shaped cakes. Beat the egg and water together, then dip the fish cakes into the egg mixture and roll in the breadcrumbs.
- Spray a non-stick pan with oil and heat. Add the fish cakes and cook until golden. Remove from the pan and drain on paper towels.
- Meanwhile, cook the rice in a pot of boiling water. Drain.
- Mix dry coleslaw and coleslaw dressing in a bowl.
- Serve the fish cakes on rice with the coleslaw.

Mexican Bean Burritos with Carrot and Beetroot Salad

Oil 1 tablespoon

Onion 1 chopped

Garlic 1 clove, chopped or crushed

Ground cumin seeds 1 teaspoon

Paprika 1 teaspoon

Chilli powder ¼ teaspoon

Tomatoes 2, chopped finely

Tomato paste 2 tablespoons

Refried beans 1 cup (250g)

Kidney beans 1 x 400g can

Burritos 4

Lettuce 8 leaves, chopped

Carrot 1 grated

- Heat the oil in a medium-sized saucepan. Add the onion, garlic and spices and cook, stirring constantly, until the onion is soft.
- Stir in the tomato and tomato paste and simmer for 10 minutes.
- Add the refried and kidney beans and simmer for about 5 minutes or until hot.
- Heat the burritos for either 5 minutes in the oven (or until warm) or 10 – 20 seconds in the microwave. Fill the burritos with the lettuce, carrot, and the bean mixture and roll up.

Carrot and Beetroot Salad

Beetroot 1 can slices – drained

Carrots 2 large peeled and grated

Lemon juice 4 tablespoons

Raisins 1 cup

Brown sugar 2 tablespoons

- Put all ingredients in a bowl and mix well. Refrigerate for ½ hour before serving.

Recipes

Homemade Hamburgers with Baked Potato Wedges

Oil 1 tablespoon

Herbs and spices optional

Lean mince beef 600g

Maggi onion soup mix 1 packet

Edam cheese ½ cup, grated

Carrot 1, grated

Onion 1 finely diced

Egg 1

Breadcrumbs 1 cup

Tomato sauce ½ cup

Wholemeal buns 5

Tomato 2, sliced

Beetroot slices 1 tin

Lettuce 3 leaves

Salt and pepper

- In a large bowl, mix the lean minced beef, onion soup mix, cheese, carrot, onion, egg, breadcrumbs, tomato sauce, salt and pepper. Mould into even shaped patties and cook over a moderate heat on a greased BBQ or in a non-stick pan for 5-7 minutes each side until the burgers are golden.
- Toast the buns under the grill until warm. Serve the burgers on the buns, topped with lettuce, tomato and beetroot; with a side of wedges.

Baked Potato Wedges

Potatoes 4 large

Olive oil 1-2 teaspoons

Salt and pepper

- Pre-heat oven to 200C. Cut potatoes into wedges and spray with oil. Place on non-stick baking tray/tray lined with baking paper and place in oven.
- Add salt and pepper. After 15 minutes, check on them, and flip over. Sprinkle seasonings and bake for another 10-15 minutes.

Fruit Kebabs with Marshmallows

Apple 2

Pear 2

Marshmallows

Grapes

Strawberries

- Cut apple and pear into small squares. Get skewers and spike fruit and a limit of two marshmallows per kebab. Makes approximately 10 kebabs.

Roast Lamb Dinner with Roasted Pumpkin, Kumara, Carrots and Steamed Broccoli

Lamb roast whole leg

Pumpkin ½ pumpkin

Kumara 1 large

Broccoli ½ or whole small head

Carrots 2 large

Salt and pepper

Rosemary

- Sprinkle lamb with salt, pepper and rosemary. Place into roasting pan at pre-heated 180C oven. Cook for 1½ hours or until done.
- Cut pumpkin into big chunks. Peel kumara and cut into big chunks. Place on a non-stick cooking tray and place into oven on lower rack, after meat has been cooking for one hour. (Total cooking time for vegetables is 30 minutes.)
- Steam broccoli on stove and serve with roast dinner. Save left over meat for sandwiches.



Vegetable Pasta Bake

Pasta 2 cups

Spring onions 2 - chopped

Broccoli ½ cut into florets

Zucchini 1 - chopped

Carrot 1 - chopped

Pasta sauce 1 jar

Tuna 1 tin (optional)

Tomatoes 2 - sliced

Edam cheese ¾ cup, grated

Spinach leaves ½ packet

Salt

- Preheat the oven to 180 degrees.
- Fill a large pot with water. Add a teaspoon of salt. Bring the water to a boil, then add the pasta. Simmer for 12 minutes, or until tender. Drain.
- Cook the broccoli, zucchini and carrot together in the microwave until just tender. Mix together the vegetables, cooked pasta, pasta sauce, chopped spring onions, tuna and herbs. Spread into a lasagna-style dish and top with sliced tomatoes and grated cheese.
- Bake for 30 minutes and serve with a handful each of spinach leaves.

Fruit Salad with Yoghurt

Fruit 4 cups, chopped. Include any fresh or tinned fruit e.g. apples, oranges, banana, grapes, pears
Low-fat yoghurt 2 x 150g pottles

- Combine all ingredients in a bowl. Serve.

Recipes

Scrambled Eggs on Toast

Eggs 6

Milk 6 tablespoons

Salt 1 teaspoon

Parsley or chives 1 handful, chopped

Oil spray (not required if using the microwave)

Pepper

Toast 1-2 slices each

- In the microwave (preferred method)
Lightly beat the eggs, milk, salt and pepper in a microwave-proof bowl or jug. Cook on high for 1 minute 30 seconds. Stir the outside edges of the egg mixture into the centre and microwave for another 45 seconds. Stir gently and fold in the parsley or chives. Serve on toast.
- In a non-stick pan
In a bowl, lightly beat the egg with the milk, salt and pepper. Spray the pan with oil spray. Pour in the egg mixture and cook over a low heat. Using a spoon, gently push the mixture from the outside of the pan to the centre to allow it to cook evenly. Do not stir too vigorously as scrambled eggs should have lots of large clots of cooked egg. Stir in the parsley or chives and serve on the toast.



Scrambled Eggs on Toast

Porridge

Per person:

Rolled oats ½ cup

Milk or water 1 ¼ cups

Sultanas ¼ cup

Apple ½, chopped

- Stovetop:
Mix the oats and the milk or water together in a saucepan. Bring to the boil, stirring occasionally. Cook for about 3 minutes or until desired consistency is reached. Stir through sultanas and top with chopped apple.
- Microwave:
Mix the oats and milk or water together in a microwave-proof bowl or jug. Microwave on high for 1 minute 20 seconds. Stir gently then return to the microwave and cook for 1 minute. Stir through sultanas and top with chopped apple.

Popcorn

Per serve:

Vegetable oil 1 tablespoon

Popping corn ¼ cup

- Coat the bottom of a saucepan with the oil and heat over a medium to high heat.
- When the oil is hot, add the popping corn. Put a lid on the saucepan and shake to make sure all of the popcorn kernels are covered in oil.
- Let the kernels cook and shake the saucepan occasionally to stop the popcorn from burning. When the popping slows to 3 to 5 seconds between pops remove the saucepan from the element and turn off the heat. Pour the popcorn into a bowl.



Porridge