

FAMILY MEAL PLAN WEEK 2

Feed a family of four for a week for maximum nutrition & value for money.

MEAL PLAN

Monday

Bran flakes with milk and sliced banana



Pilchard fish cakes, coleslaw and peeled oranges



Beef stew with pap (stewing beef, sweet potato, stock, onion, carrots & canned tomato)

Tuesday

Wholewheat toast with boiled eggs and quartered oranges



Baked potatoes with baked beans and grated cheese with an apple



Chicken and butternut casserole with pasta and spinach (chicken pieces, onion, stock, butternut & spinach)

Wednesday

Maize porridge (plus bran flakes) with milk and a banana



Pasta salad (cooked pasta, cooked chicken, mayonnaise, frozen peas and corn, red peppers, tomato & onion) and peeled oranges



Lentil and potato curry with rice and sambals

Thursday

Oats porridge (with finely chopped apples) with milk



Wholewheat bread sandwiches with tuna mayonnaise, finely chopped onion, cucumber and tomato with a banana



Chilli con carne (beef mince with kidney beans), chopped tomatoes and boiled potatoes

Friday

Wholewheat toast with baked beans and peeled oranges



Chickpea and sweet potato cakes with coleslaw and quartered apples



Baked tomato chicken with sweet potato wedges and a cabbage and carrot salad

Saturday

Homemade bran muffins (made with bran flakes, eggs and banana) with grated cheese



Wholewheat toast topped with egg, mayonnaise, finely chopped onion with an orange



Samp with meatballs and chunky tomato-onion sauce with spinach

Sunday

Wholewheat toast with poached eggs and freshly squeezed oranges



Beef and potato curry (stewing beef, spices, canned tomato, potato & spinach) with rice, tomato and onion and sliced banana



Curried lentil, butternut and apple soup with wholewheat bread

TOP TIP
Reduce your salt intake for a healthy heart!

SHOPPING list

These quantities are based on an average family of four's intake for the accompanying meal plan. Note, we haven't included basic pantry items such as sugar, stock, garlic, chutney, Worcestershire sauce, salt, pepper, herbs and spices.

STARCHY FOODS

500g maize meal 250g oats porridge
3 loaves wholewheat bread 500g rice
250g samp 2.5kg sweet potatoes

VEGETABLES

1.5kg onions 2kg potatoes 1.5kg tomatoes
1kg carrots 1.5kg spinach
1kg cabbage 2 large green peppers
2kg butternut 8 cans tomatoes
1 cucumber

FRUIT

2.5kg oranges 2kg apples 2kg bananas

LEGUMES

1 can red kidney beans
1 can chickpeas 1kg dried lentils
4 cans baked beans

FISH, CHICKEN, MEAT & EGGS

24 eggs 2kg stewing beef
1 can pilchards 2.5kg chicken pieces
1kg beef mince 1 can tuna

DAIRY

4 litres low-fat milk 500g cheese

FAT & OIL

500g margarine
2 litres sunflower oil
1 jar peanut butter
1 jar mayonnaise

