

FAMILY MEAL PLAN WEEK 3

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



MEAL PLAN

Monday

Bran flakes with low-fat yoghurt and sliced banana



Tuna and sweetcorn in a jacket potato, plus carrot sticks and an apple



Frosted meatloaf with roasted pumpkin wedges and steamed green beans

Tuesday

Scrambled eggs with chopped tomatoes on wholewheat toast, plus a nectarine



Baked beans on wholewheat toast topped with melted cheese, plus an orange



Pilchard frikkadels on wholewheat spaghetti with grated carrot

Wednesday

Homemade, low-sugar banana bran muffins with grated cheese, plus slices of pineapple



Rice and chicken salad, plus a nectarine



Chickpea and vegetable curry with wholewheat rotis

Thursday

Oats porridge with low-fat milk, plus slices of pawpaw



Wholewheat sandwich with grated cheese, sliced tomato and finely chopped onion, plus a banana



Souped-up chicken served with mielie pap and steamed peas

Friday

Wholewheat Pronutro with low-fat milk and sliced banana



Corn and butter bean chowder with wholewheat bread, plus an apple



Beef and butternut hot-pot with cooked spinach and peanuts

Saturday

Fruit salad with low-fat yoghurt and bran flakes



Wholewheat sandwich with egg mayo and finely chopped onion, plus carrot sticks and slices of pineapple



Liver with pumpkin pap and curried cabbage

Sunday

Poached eggs with baked beans on wholewheat toast, plus cubed pawpaw



Braaied whole chicken with baked sweet potatoes and a cabbage and carrot salad, plus orange quarters



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 4 loaves wholewheat bread 250g brown rice 300g wholewheat Pronutro 1.5kg potatoes 250g wholewheat spaghetti 1.5kg sweet potatoes 500g bran flakes 1 packet 2-minute noodles 200g wholewheat flour 250g cake flour

VEGETABLES

1.8kg onions 1 cucumber 600g tomatoes 1.5kg carrots 2 bunches spinach 500g green beans 1 bunch celery 300g green pepper 1 cabbage 1kg butternut 1kg pumpkin 2 cans sweetcorn (creamy) 500g frozen peas 1 can tomato soup 1 can tomato and onion mix

FRUIT

1.2kg oranges 1kg apples 2 pineapples 1kg bananas 500g nectarines 2 pawpaws 1 can pineapple chunks (in juice, not syrup)

LEGUMES

2 cans butter beans 2 cans baked beans 1 can chickpeas 500g yellow split peas

FISH, CHICKEN, MEAT & EGGS

800g stewing beef 500g beef mince 1kg chicken pieces (skinless) 2 whole chickens 500g liver 24 eggs 1 can tuna 1 can pilchards in tomato sauce

DAIRY

3L low-fat milk 2L plain low-fat yoghurt 500g cheddar cheese

FAT & OIL

500g (tub) soft margarine 2L sunflower oil 100g peanut butter 200g peanuts 1 bottle low-oil mayonnaise

