

FAMILY MEAL PLAN WEEK 1

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

MEAL PLAN

Monday

Shredded bran cereal with plain yoghurt and sliced banana

Pilchard and chickpea burgers with chakalaka on wholewheat toast, plus an orange

Chicken biryani with chopped onion and tomato

Tuesday

Poached eggs on wholewheat toast, plus sliced pineapple

Tangy kidney bean, chickpea and pasta salad, plus an apple

Beef and veg stew (with carrots, cabbage, spinach and butter beans), served with mieliepap

Wednesday

Maize porridge (with 3 Tbsp oats added per cup of maize meal) with milk and raisins

Wholewheat sandwiches of egg mayo and finely chopped onion, plus sliced pineapple

Pan-fried hake fillets and sweet potato mash with cooked spinach and onion

Thursday

Oats porridge with milk, plus 1 Tbsp peanut butter and ½ sliced banana added per serving

Sweetcorn- and tuna-stuffed baked potato with raw carrot sticks, plus an orange

Mince and potato curry served with cooked butternut

Friday

Wholewheat toast with leftover curry mince, plus an orange

Curried lentil and butternut soup with wholewheat bread, plus an apple

Grilled chicken and baked sweet potato with shredded cabbage and carrot salad

Saturday

Scrambled eggs with baked beans, plus an apple

Wholewheat sandwiches of leftover chicken (from Friday), with mayo and grated carrot, plus an orange

Lentil bobotie with cooked butternut and tomato and onion salsa

Sunday

Frittata with grilled tomatoes, plus sliced pineapple

Braaied snoek with buttermilk samp and a cabbage, carrot, apple and mayo salad

Minestrone (vegetable) 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 250g samp
3 loaves wholewheat bread 1kg brown rice
3kg potatoes 500g wholewheat pasta shells
2,5kg sweet potatoes
1 box shredded bran cereal

VEGETABLES

1,8kg onions 1kg tomatoes + 3 cans
2kg carrots 1kg spinach 250g red peppers
1kg cabbage 1kg butternut
1 can chakalaka 1 can sweetcorn

FRUIT

2kg oranges 2kg apples 3 pineapples
750g bananas 1 small packet raisins
1 can apricot jam

LEGUMES

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

FISH, CHICKEN, MEAT & EGGS

24 eggs 1kg beef neck/stewing beef
1kg lean beef mince 200g sliced ham
2kg skinless chicken pieces
1kg snoek 1kg frozen hake fillets
1 can pilchards 1 can tuna
200g sliced ham or sausage

DAIRY

1L yoghurt (low-fat, plain)
3L low-fat milk 1L maas/buttermilk

FAT & OIL

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

