



7-day Meat Reducer meal plan

	Breakfast	Lunch	Dinner
Sunday	2 slices of wholegrain toast, served with 2 poached eggs, cooked mushrooms and half a grilled tomato. 125ml fruit juice.	Baked Potatoes filled with lentils, vegies and cashews* and a mango and passionfruit smoothie (1 cup of reduced fat milk).	Rice and Vegetable Quiche* served with a salad of rocket, baby spinach, tomato, cucumber, borlotti beans, sunflower seeds, pistachios, sprinkled with lemon juice and parsley.
Monday	2 Weet-Bix topped with 200ml reduced fat milk and chopped strawberries. Half a wholegrain English muffin toasted with a scrape of margarine and honey.	Red Lentil and Tomato Soup* served with a wholegrain bread roll.	Homemade Chicken# and Vegetable Pizza served with a salad of rocket, baby spinach, cherry tomatoes, cucumber, green beans and sprinkled with lemon juice and parsley.
Tuesday	2 slices of wholegrain toast served with ½ cup baked beans, a poached egg and 125ml of fruit juice.	Wholegrain sandwich with falafel, hummus, tabouli and salad. 1 cup fresh fruit salad.	Pasta Baked with Roasted Vegetables and Ricotta.*
Wednesday	¾ cup muesli topped with peaches and 150g low fat yoghurt.	Lentil patty stack* served with a wholegrain bread roll and an orange.	Stir-Fry Beef# and Vegetables in Oyster Sauce , served with 1 cup of brown rice.
Thursday	2 slices of wholegrain bread toasted, spread with peanut butter. Banana and honey smoothie (1 cup reduced fat milk).	Greek salad (rocket, baby spinach, cucumber, cherry tomatoes, capsicum, olives, feta cheese and four bean mix), sprinkled with parsley. Served with a rye bread roll.	Grilled Salmon# served with mashed potato, green beans, snow peas, carrots and topped with parsley and lemon juice.
Friday	2 Weet-Bix topped with 200ml reduced fat milk and served with fresh fruit salad.	Beetroot, Bean and Sweet Potato Wraps with baby spinach, hummus and tabouli.*	Honey Soy Chicken# and Vegetable Stir-Fry served with brown rice and sprinkled with sesame seeds, pine nuts and parsley.
Saturday	Porridge made with reduced fat milk, topped with banana and honey.	Mixed Bean Burgers* served with a wholegrain bread roll topped with hummus, rocket, beetroot and alfalfa sprouts.	Grilled White Fish# , served with baked potato and mixed steamed vegetables (bok choy, snow peas, broccoli, carrot) and sprinkled with lemon juice and parsley.

This sample menu provides Recommended Dietary Intakes for a female aged 31-50 years, and can be adjusted to suit the whole family. For more information please contact the Sanitarium Nutrition Service or an Accredited Practising Dietitian.

Cost for four adults: \$418.85 per week

Average Day: 8475 kilojoules (2026 calories). Protein 95g. Fat 67g. Saturated Fat 15g. Carbohydrate 240g. Total Sugars 92g. Fibre 45g. Sodium 2170mg. Potassium 4365mg. Calcium 1138mg. Iron 20.5mg. Zinc 13mg. Folate 564ug. Vitamin B12 2.8ug.

Environmental Footprint per person per week: Water: 12,968 litres, Cleared Land: 46 square metres; Greenhouse Gas Emissions: 29 kilograms

* See recipe for details. #Meat portions are 100g.

Snack Options

Select 1-2 snacks for morning and afternoon tea. Choose a variety of different snacks throughout the week.

Nuts and Seeds Snacks

Mixed nuts 20-40g (walnuts, cashews, almonds), sunflower and pumpkin seeds (20-40g).

Fruit Snacks

1 cup of fresh/canned fruit salad, 1 piece of fruit, 1.5 tbs sultanas, 4 dried apricot halves/apple rings.

Dairy Snacks

Banana and honey smoothies, 150g low fat yoghurt, 1 glass reduced fat milk with Milo.

Wholegrain Snacks

4-6 wholegrain crackers with reduced fat cheese/tomato, wholegrain English muffin with margarine and Marmite, 2 sliced fruit bread with margarine and honey.

Drinks Options

Aim for 6-8 glasses every day: Water, sparkling mineral water and tea.



Shopping List

Meat Reducer Meal Plan

Shopping list for 4 adults providing one complete week of food (all meals and snacks included)

Grocery Item	Quantity	Notes	Cost
Edgell four bean mix	4 small cans (125g cans)	91c each	\$3.64
Edgell four bean mix	1 large can (750g)		\$2.42
Pizza base, plain (e.g. Tip Top)	2 large bases	Quattros \$2.99 each	\$5.98
Sanitarium Weet-Bix	1 packet (16 biscuits required)	375g packet \$2.75	\$1.82
Arnott's Vita Wheat	1 packet (48 crackers required)	250g packet \$2.90	\$2.90
Almonds, unsalted	1 small packet (80g required)	Lucky 110g \$3.89	\$2.83
Baked Beans, reduced salt	1 large tin (~ 450g)	Heinz 420g \$1.49	\$1.49
Borlotti beans, canned	1 large tin (~ 450g)	Annalisa 400g \$1.18	\$1.18
Refried beans, canned	1 large tin (~ 450g)	Old El Paso 435g \$2.59	\$2.59
Beetroot, canned	1 small tin	Edgell 225g 98c	\$0.98
Wholegrain bread rolls	12 bread rolls	Coles bakery 6 pack \$3.18	\$6.36
Rye bread roll	4 bread rolls	None available (based cost on price above)	\$2.12
Wholemeal Lebanese flat bread	6 flat breads (~ 1 packets)	Bazaar \$3.49 a packet	\$3.49
Fruit bread	1 loaf (8 slices required)	Tip Top Spice Fruit Bread \$4.49	\$4.49
Wholegrain bread	2 loaves	Molenberg \$4.29 a loaf	\$8.58
Bread crumbs	1 packet (2 Cups required)	Anchor \$1.74 a packet	\$3.48
Cashews, unsalted	1 small packet (100g required)	Lucky 150g \$4.09	\$6.14
Corn kernals, canned	1 small tin (~ 125g)	Edgell 225g 98c	\$0.98
Chickpea nuts (dry roasted)*	100g required	N/A at Coles - Available at Edgecliff Go Vita health food shop - Chic Nuts 200g	\$ 4.25
Baby corn, canned	1 tin (10 spears required)	Trident 410g	\$1.69
Eggs	2 dozen (20 eggs required)	Pace Farms Free Range eggs \$6.05 a dozen	\$12.10
Canned fruit salad, in natural juice	4 small tubs (e.g. Golburn Valley)	Goulburn Valley 3 pack \$3.85	\$5.13
Dried red lentils	500g	McKenzies 1kg \$4.22	\$2.11
Lentils, canned	1 small tin (200g required)	Annalisa 400g \$1.18	\$0.59
Mixed nut, seed and dried fruit medley	1 small packet (200g required)	Lucky Snack Tub 200g	\$5.49
Muesli	1 small packet (3 cups required)	Sunsol 750g \$4.19	\$2.01
English Muffin, Tip Top 9	1 packet		\$3.99

Grocery Item	Quantity	Notes	Cost
Grain			
Rolled oats	1 small packet (2 Cups required)	Uncle Toby's 500g \$3.23	\$1.29
Wholemeal pasta	1 small packet 300g	San Remo 500g \$2.39	\$1.43
Peaches, tinned, natural juice	1 large tin	SPC 825g	\$3.36
Pine nuts	1 small packet (150g required)	Sunbeam 800g \$3.75	\$3.75
Pistachios	1 small packet (120g required)	You'll Love Coles 120g	\$5.79
Brown rice	1 medium packet	Sunrice 1kg Medium Grain \$2.85	\$1.43
Pumpkin Kernals (also known as pepitas)	1 small packet (80g required)	Lucky 200g \$3.89	\$1.56
Sunflower seeds	1 packet (250g required)	Lucky 200g \$1.99 each	\$3.98
Tomato soup can, reduced salt	1 large tin (~ 420g)	Campbell's	\$1.80
Tomatoes, canned, no added salt	850g (~ 2 large tins)	Ardmona 810g \$2.09	\$4.18
Walnuts	1 packet (380g required)	Lucky 180g \$3.89 each	\$8.21
Dried fruit medley	1 small packet (150g required)	\$3.49 Angas Park 200g	\$2.62
Dried Apricots	1 small packet (300g required)	Angus Park 225g \$3.87	\$5.16
Cheddar Cheese, reduced fat	1 small block	Mainland Light 250g	\$4.46
Feta Cheese, reduced fat	120g	Lemnos 180g \$4.59	\$3.06
Mozzarella Cheese, reduced fat	1 small packet	Perfect Italiano 500g \$6.00	\$3.00
Parmesan Cheese	1 small packet	Perfect Dairy 125g	\$ 3.49
Ricotta Cheese, reduced fat	200g	Deli \$7.88 a kg	\$1.58
Hummus	1 small tub	Chris Dairy 100g	\$ 1.37
Fruit Juice, Orange/Mango mix, unsweetened 100% juice	1 litre	Berri Australian Fresh - can't buy Orange/Mango - Orange or Apple and Mango	\$ 3.69
Reduced Fat dairy milk	5 litres	Shape 2L \$4.99; 3L \$6.39	\$11.38
Vegie Delights Lentil Patty	1 packet		\$4.99
Yoghurt, low fat, fruit flavour (e.g. Valia)	12 by 150g tubs (Valia sell packs of 4)	\$4.75 per 4-pack	\$14.25
Falafel Patty*	4 patties required for sandwich	Savion Falafel Croquettes 170g	\$4.29
Salad,Tabouli*	1 medium tub	Mrs Crockets 175g	\$2.98
Apple	6 apples	1.5kg Red Delicious (cheaper than 1kg of other types) \$3.98	\$2.65
Banana	16 bananas	4 bananas = 750g, \$2.98 a kg	\$8.94
Green beans	250g	\$3.48 a kg	\$0.87
Beetroot raw	1 bunch (2 whole beetroots required)	\$3.98 a kg	\$1.19
Blueberries	2 punnets	\$6.98 a punnet	\$13.96
Broccoli	500g	\$3.98 a kg	\$1.99
Bok Choy	3 bunches (normally sold in bunches of 3)	\$1.68 for a bunch of 2	\$1.68
Red capsicum	5 capsicums	Around 300g each, \$4.98 a kg	\$7.47

Grocery Item	Quantity	Notes	Cost
Carrots	6 carrots	Around 160g each, \$1.98 a kg	\$1.90
Cucumber, Lebanese	4 cucumbers	Around 110g each, \$4.98 a kg	\$2.19
Pineapple	1/2 pineapple	\$3.98 a pineapple	\$1.99
Lemons	2 lemons	170g each, \$3.98 a kg	\$1.35
Mango	2 mangos	Mexican mangoes \$3.98 each	\$7.96
Mushrooms	450g	7.98 a kg	\$3.59
Olives	40 olives (1 small tub?)	Green Valley 375g jar pitted Kalamata	\$3.99
Onions	15 onions	Around 170g each, \$2.48 a kg	\$6.33
Passionfruit	4 passionfruits	98c each	\$3.92
Green pears	4 pears	Around 220g each, \$3.48 a kg	\$3.06
Potatoes	12 potatoes	Around 200g each, washed potatoes \$2.48 a kg	\$5.95
Pumpkin	500g	\$1.98 a kg	\$0.99
Rocket	1.0kg	\$2.49 for a 100g packet	\$24.90
Snowpeas	350g	\$6.98 a kg	\$2.44
Baby Spinach (small salad leaves)	400g	\$2.49 for a 100g packet	\$24.90
Strawberries	1 punnet		\$3.48
Sweet potato	1 medium	Around 375g, \$2.48 a kg	\$0.93
Cherry or grape tomatoes	4 punnets	\$2.68 a punnet	\$10.72
Tomatoes, standard	17 tomatoes	Around 110g each, \$1.68 a kg	\$3.14
Zucchini	7 zucchinis	Around 200g each, \$4.98 a kg	\$ 6.97
Eggplant	1 eggplant	Around 440g each, \$2.98 per kg	\$1.31
Rump steak or similar	500g*	*Only 400g is required, but this is with the fat trimmed, so I have allowed a little bit extra; \$22.99 per kg	\$11.50
Chicken Breast	800g	\$15.98 per kg	\$12.78
White fish fillet	450g	flathead \$39.95 per kg	\$17.98
Salmon fillet	400g	\$34.75 per kg	\$13.90
		TOTAL	\$418.85

Shopping at Edgecliff Coles Supermarket on Wednesday July 23rd, all of the recommended foods under each plan were purchased, with a focus on buying the cheapest branded product available.