



## 7-day Traditional Meat Diet meal plan

	Breakfast	Lunch	Dinner
<b>Sunday</b>	2 slices of wholegrain toast, served with 2 poached eggs, 2 rashers of bacon and half a grilled tomato. 125ml fruit juice.	<b>Chicken Salad</b> (100g grilled chicken breast, cos lettuce, tomato, cucumber, capsicum, alfalfa sprouts and croutons) served with a sour dough bread roll and a mango and passionfruit smoothie (1 cup of reduced fat milk).	<b>Grilled Salmon Fillet</b> (200g) served with mashed potatoes and steamed vegetables (green beans, snow peas, carrots – sprinkled with parsley and lemon juice).
<b>Monday</b>	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.	<b>Tuna Salad</b> (small tin of tuna, rocket, baby spinach, cucumber, capsicum, tomato, olives, feta cheese and parsley) served with a rye bread roll.	Homemade <b>Meat Lovers Pizza (ham, salami, beef mince)</b> served with a salad of rocket, baby spinach, cherry tomatoes, cucumber, green beans and sprinkled with lemon juice and parsley.
<b>Tuesday</b>	Porridge made with reduced fat milk, topped with banana and honey.	Wholegrain sandwich with <b>100g grilled chicken breast</b> , avocado, salad and tabouli. Served with 1 cup fresh fruit salad.	Homemade <b>Beef Lasagne</b> served with a side salad of rocket, baby spinach, roasted pumpkin, red onion, cucumber and walnuts.
<b>Wednesday</b>	¾ cup muesli topped with peaches and 150g low fat yoghurt.	Homemade <b>Hamburger Patty</b> served on a wholegrain bread roll with lettuce, tomato, beetroot, cheese, onion and tomato sauce.	<b>Stir-Fry Chicken Breast (200g)</b> and mixed vegetables served with 1 cup of brown rice.
<b>Thursday</b>	2 slices of wholegrain bread toasted, spread with peanut butter. Banana and honey smoothie (1 cup reduced fat milk).	Homemade <b>Chicken Noodle Soup</b> served with a wholegrain bread roll.	<b>Grilled white fish (200g)</b> served with baked potato and mixed vegetables (bok choy, snow peas, carrot and broccoli sprinkled with lemon juice and parsley).
<b>Friday</b>	2 Weet-Bix topped with 200ml reduced fat milk and served with fresh fruit salad.	<b>Ham, Beetroot and Sweet Potato Wraps</b> with rocket and cheese.	<b>5 Grilled Lamb Cutlets (~ 170g)</b> served with couscous and ratatouille.
<b>Saturday</b>	Eggs Benedict (a toasted English muffin topped with baby spinach, <b>smoked salmon</b> , 2 poached eggs and hollandaise sauce). 125ml fruit juice.	<b>Steak Sandwich (100g)</b> served on toasted wholemeal bread with onions, rocket, tomato and beetroot.	<b>BBQ – 150g Chicken Breast and 1 Beef Sausage</b> , served with potato salad, coleslaw and a garden salad.

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: \$508.47**

**Average Day:** 8760 kilojoules (2095 calories). Protein 131g. Fat 73g. Saturated Fat 23g. Carbohydrate 212g. Total Sugars 91g. Fibre 34g. Sodium 2625mg. Potassium 4570mg. Calcium 1197mg. Iron 18.6mg. Zinc 15.3mg. Folate 492ug. Vitamin B12 4.1ug.

**Environmental Footprint per person per week:** Water: 24,163 litres; Cleared Land: 218 square metres; Greenhouse Gas Emissions: 93 kilograms

### Snack Options

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

#### 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.

#### Nuts and Seeds Snacks

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

### Drinks Options

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



## Shopping List

### Traditional Meat Meal Plan

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

Grocery Item	Quantity	Notes	Cost
Sanitarium Weet-Bix	1 packet (18 biscuits required)	375g packet \$2.75	\$2.06
Plain large pizza base, e.g. Tip Top	2 pizza bases	Quattros \$2.99 each	\$5.98
Arnott's Vita Wheats	1 packet (32 crackers required)	250g packet \$2.90	\$2.90
Dried Apricots	1 packet (300g required)	Angus Park 225g \$3.87	\$5.16
Beetroot, canned	1 small tin	97c 235g Golden Circle	\$ 0.97
Wholegrain bread rolls	8 bread rolls	Coles bakery 6 pack \$3.18 (not the ones on special)	\$4.24
Rye bread rolls	4 bread rolls	None available (based cost on price above)	\$ 2.12
Sour dough bread rolls	4 bread rolls	None available (based cost on price above)	\$2.12
Wholemeal flat bread, Lebanese	4 flat breads (~ 1 packet)	Bazaar \$3.49 a packet	\$3.49
Fruit bread	1 loaf (16 slices required)	Tip Top Spice Fruit Bread \$4.49	\$4.49
Wholegrain bread	2 loaves	Molenberg \$4.29 a loaf	\$8.58
Cashews, unsalted	1 small packet (80g required)	Lucky 150g \$4.09	\$2.18
Chicken stock, salt reduced	1 litre	\$3.45 Campbells 1L	\$3.45
Couscous	1 small packet	\$2.59 500g San Remo	\$ 2.59
Croutons	1 small packet (50g required)	\$3.85 150g Cardini's	\$1.28
Eggs	1 dozen (10 required)	Pace Farms Free Range eggs \$6.05 a dozen	\$6.05
Canned fruit salad, in natural juice	4 small tubs (e.g. Goulburn valley)	Goulburn Valley 3 pack \$3.85	\$5.13
Dried fruit medley	1 small packet (150g required)	\$3.49 Angas Park 200g	\$2.62
Muesli	1 small packet (3 cups required)	Sunsol 750g \$4.19	\$2.01
English muffin, wholegrain	8 muffins required (1-2 packets)		\$3.99
Egg noodles	1 small packet (200g required)	\$1.19 for 200g pack of Chang's	\$1.19
Rolled oats	1 small packet (2 cups required)	Uncle Toby's 500g \$3.23	\$1.29
Peaches, canned, natural juice	1 large tin	SPC 825g	\$3.36
Brown rice	1 small packet	Sunrice 1kg Medium Grain \$2.85	\$2.85
Pumpkin seeds (papas)	80g	Lucky 200g \$3.89	\$1.56

<b>Grocery Item</b>	<b>Quantity</b>	<b>Notes</b>	<b>Cost</b>
Tomato based sauce	1 large jar	\$1.89 Russo 690g	\$1.89
Walnuts	200g	Lucky 180g \$3.89 each	\$4.32
Coleslaw	1 large tub	purchase from salad bar or deli	\$5.25
Potato salad	1 large tub	purchase from salad bar or deli	\$5.25
Taboluli	1 large tub	Mrs Crockets 175g	\$2.98
Cheddar cheese, reduced fat	1 large block (600g required)	\$10.28 per kg	\$6.17
Feta cheese, reduced fat	120g	Lemons 180g \$4.59	\$3.06
Mozzarella cheese	100g	Perfect Italiano 500g \$6.00	\$1.20
Fruit juice, orange/mango mix, 100%	1L	Berri Australian Fresh - can't buy Orange/Mango - Orange or Apple and Mango	\$3.69
Lasagna sheets (fresh)	1 packet	\$2.99 400g You'll Love Coles (only available)	\$2.99
Reduced fat dairy milk	6 litres	\$6.39 3L Shape	\$12.78
Reduced fat yoghurt	20 by 150g tubs (Valia sell packs of 4)	\$4.75 per 4-pack	\$23.75
Alfalfa sprouts	1 packet/punnet	250g packet \$1.98	\$1.98
Avocado	1 avocado		\$1.68
Bananas	12 bananas	4 bananas = 750g, \$2.98 a kg	\$4.46
Green beans	250g	\$3.48 a kg	\$0.87
Beetroot, fresh	1 whole beetroot	\$3.98 a kg	\$0.60
Blueberries	2 punnets	\$6.98 a punnet	\$13.96
Broccoli	400g	\$3.98 a kg	\$1.59
Bok Choy	3 bunches (normally sold in bunches of 3)	\$1.68 for a bunch of 2	\$1.68
Capsciums, red	6 capsciums	Around 300g each, \$4.98 a kg	\$8.96
Carrots	5 carrots	Around 160g each, \$1.98 a kg	\$1.58
Cucumbers	4 cucumbers	Lebanese cucumbers - Around 110g each, \$4.98 a kg	\$2.19
Pineapple	1/2 pineapple	\$3.98 a pineapple	\$1.99
Mango (not in season, estimate cost at \$2.00 each)	2 mangoes	Mexican mangoes \$3.98 each	\$7.96
Orange	4 oranges	Around 300g each, 95c a kg	\$1.14
Cos lettuce	2 lettuces	\$1.68 each	\$3.36
Common lettuce	1 lettuce		\$1.88
Olives	1 cup/tub	Green Valley 375g jar pitted Kalamata	\$3.99
Onions	10 onions	Around 170g each, \$2.48 a kg	\$4.22
Passionfruit	8 passionfruits	98c each	\$7.84
Pears	4 pears	Around 220g each, \$3.48 a kg	\$3.06
Potatoes	8 potatoes	Around 200g each, washed	\$3.97

Grocery Item	Quantity	Notes	Cost
		potatoes \$2.48 a kg	
Pumpkin	300g	\$1.98 a kg	\$0.60
Rocket	1.2kg	\$2.49 for a 100g packet	\$29.88
Shallots	8 shallots (small bunch)	\$1.98 bunch of 8	\$1.98
Snowpeas	350g	\$6.98 a kg	\$2.44
Baby spinach	600g	\$2.49 for a 100g packet	\$14.94
Yellow squash	4 squash	Around 90g each, \$9.98 per kg	\$0.90
Strawberries	4 punnets	\$3.48 a punnet	\$13.92
Sweet potato	1 sweet potato	Around 375g, \$2.48 a kg	\$0.93
Cherry tomatoes	4 punnets	\$2.68 a punnet	\$10.72
Tomatoes, standard	10 tomatoes	Around 110g each, \$1.68 a kg	\$1.85
Zucchini	2 zucchinis	Around 200g each, \$4.98 a kg	\$1.99
Bacon, full rashers	8 rashers	\$3.13 pack of 4	\$6.26
Beef mince, premium	1.25kg	\$6.04 per 500g	\$15.10
Beef Steak, e.g. Rump steak	400g	\$22.99 per kg	\$9.20
Chicken breast fillet, no skin	2.8kg	Bulk \$14.39 per kg	\$40.29
White fish fillet	800g	Flathead \$39.95 per kg	\$31.96
Leg ham	350g	\$5.48 per 200g	\$9.59
Lamb cutlets	20 lamb cutlets (~ 700g)	\$12.05 for 8	\$30.13
Salami	170g	\$3.45 per 100g	\$5.87
Salmon fillet	800g	\$34.75 per kg	\$27.80
Smoked salmon	200g	\$8.59 per 200g	\$8.59
Beef sausage	4 sausages	\$3.99 pack of 6 thick	\$2.66
Tuna	4 small tins	\$1.73 John West 100g	\$6.92
		<b>TOTAL</b>	<b>\$508.47</b>
		<b>TOTAL COST OF MEAT</b>	<b>\$194.37</b>

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