

Eat *better*,
 feel *better*,
 move more **NOW!**



Australia's Healthy Weight Week Seven Day Meal Planner Shopping List

Salads/Vegetables

- 1 cup rocket lettuce leaves
- 5 spring onions
- 1 garlic
- 1 potato
- 1 onion
- 1 small pumpkin
- 1 eggplant
- 1 1/2 cup snow peas
- 1/3 cup bean sprouts
- 1 avocado
- 2 lettuces
- 4 tomatoes
- 6 carrots
- 1 zucchini
- 3 capsicum (red)
- 2 capsicum (green)
- 8 mushrooms
- 2 cucumbers
- 4 roma tomatoes
- 1 corn cobette
- 1 Broccoli
- 1 bunch asparagus
- 1 punnet of cherry tomatoes
- 2 celery sticks
- 1 tinned beetroot
- 1 cup corn kernels
- 1 bag of pre cut coleslaw
- 1 teaspoon thyme

Fruits/nuts

- 6 oranges
- 1 small bunch grapes

- 1 apple
- 1 punnet blueberries
- 1 mango
- 5 bananas
- 1 pear
- 1 rockmelon/cantaloupe
- 1 punnet strawberries
- 1 lemon
- 1 small tin peaches (in natural juice)

Meats/nuts/eggs/ legumes

- 50g lean shaved ham
- 2 small lamb chops
- 100 g lean eye fillet steak
- 3 small chicken breasts
- 100g lean pork strips
- 100g fillet of fish (salmon, blue grenadier or dory)
- 2 small tin of flavoured tuna
- 1 small tin baked beans
- 1 small tin chick peas
- 1 small tin red lentils
- 1 small four bean mix tin
- 3 eggs
- 30g nuts

Breads/Cereals/Pasta/ Rice

- 1 wholegrain English muffin
- 1 cup fettuccini

- Loaf of multigrain bread
- 2 Wholegrain rolls
- 1 cup rice
- 2 cup untoasted muesli
- 1 wholegrain dinner roll
- 4 wholegrain dry biscuits
- 1 cup hokkein noodles
- 1 cup wholegrain flake and fruit cereal
- 1 wholemeal pita wrap
- Small packet of wheatgerm
- Wholemeal crumpets
- 1 cup Cous cous

Milk and Dairy Products

- 2L skim milk
- 200g frozen yoghurt
- 1 tub low fat yoghurt
- 80g reduced fat cheese
- 1 small tub low fat ice-cream
- 1/2 cup cottage cheese
- Parmesan cheese flakes

Other

- Balsamic vinegar
- Tomato relish
- Olive oil
- 1 jar honey
- 1 chocolate powder
- Low fat hommus dip
- Low fat coleslaw dressing
- 1/3 cup tomato pasta sauce

www.healthyweightweek.com.au



To find an APD go to www.daa.asn.au or call the APD hotline 1800 812 942.



Australia's Healthy Weight Week is brought to you by the
 Dietitians Association of Australia (DAA)

www.healthyweightweek.com.au

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