



# MEALS MADE EASY

## 5 DAY FAMILY MEAL PLAN

Eating well as a family doesn't have to be complicated. This 5-day meal plan features simple, balanced meals that meet the recommendations outlined in the Australian Guide to Healthy Eating. It also includes around 8 eggs per person across the five days to provide high-quality protein, essential nutrients, and versatility. With family-style breakfasts and dinners, plus easy, packable lunches and snacks, it's designed to make healthy eating enjoyable and practical for everyone.



# GROCERY LIST

## VEGETABLES AND HERBS

- ☐ Basil
- ☐ Beetroot
- ☐ Broccolini
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Capsicum
- ☐ Carrot
- ☐ Celery
- ☐ Cucumber
- ☐ Garlic
- ☐ Ginger
- ☐ Green beans
- ☐ Lettuce
- ☐ Marinated capsicum strips
- ☐ Mushrooms
- ☐ Olives
- ☐ Onion
- ☐ Peas
- ☐ Potatoes
- ☐ Pumpkin
- ☐ Rosemary
- ☐ Snow peas
- ☐ Spinach
- ☐ Tomatoes (cherry and regular)
- ☐ Zucchini

## FRUIT

- ☐ Apples (fresh and canned pie apples)
- ☐ Avocado
- ☐ Bananas
- ☐ Berries (fresh or frozen)
- ☐ Dates
- ☐ Oranges
- ☐ Pears
- ☐ Seasonal fruit (for fruit salads and topping muesli)

## DAIRY AND ALTERNATIVES

- ☐ Butter
- ☐ Cheese (Parmesan, cheddar, mozzarella)
- ☐ Custard
- ☐ Yoghurt
- ☐ Milk

## MEATS AND ALTERNATIVES

- ☐ Canned chickpeas
- ☐ Canned lentils
- ☐ Canned tuna
- ☐ Chicken breast or strips
- ☐ Eggs
- ☐ Lamb chops
- ☐ Pork and beef mince
- ☐ Salmon fillets

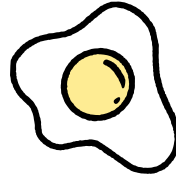
## GRAIN BASED FOODS

- ☐ Breadcrumbs
- ☐ Brown rice
- ☐ Granola
- ☐ Oats
- ☐ Pasta
- ☐ Soba noodles
- ☐ Wholegrain bread
- ☐ Wholegrain wraps
- ☐ Wholemeal dinner rolls
- ☐ Wholegrain crackers

## PANTRY AND EXTRAS

- ☐ Basil pesto
- ☐ Caster sugar
- ☐ Cinnamon
- ☐ Coconut milk
- ☐ Curry paste
- ☐ Honey
- ☐ Italian seasoning mix
- ☐ Nori sheets
- ☐ Maple syrup
- ☐ Olive oil
- ☐ Oyster sauce
- ☐ Peanut butter
- ☐ Peanut oil
- ☐ Salsa
- ☐ Hummus
- ☐ Soy sauce
- ☐ Vanilla extract
- ☐ Hot chocolate powder

# DAY ONE



## BREAKFAST



### CHEESY SPINACH OMELETTE

Whisk together 2 eggs per person with 2 tbsp milk. Season to taste then pour into a heated frying pan. Once set, sprinkle with shredded cheese and baby spinach leaves. Fold, cook for 2-3 more mins and serve with wholegrain toast.

## LUNCH



### CHICKEN, AVO AND SALAD WRAP

Spread avocado on one wholegrain wrap per person and top with roasted chicken and plenty of salad. Roll and wrap for lunchboxes or serve immediately. Plus, one banana or other fruit.

## DINNER



### ITALIAN MEATBALLS WITH EGGS

Make meatballs with grated carrot, zucchini, mincemeat, onion, garlic, breadcrumbs, Parmesan and Italian seasoning mix. Cook in a frying pan and when browned add pasta sauce plus a can of diced tomatoes. Simmer for 10 mins then move meatballs to the side to make 6 holes. Crack an egg into each, sprinkle with mozzarella, cover and cook 7-9 mins. Serve with basil leaves, crusty bread and a large side salad.

## DESSERT



### FRUIT AND YOGHURT

Fresh fruit salad served with yoghurt.

### SNACK

Hummus with carrot sticks



# DAY TWO

## BREAKFAST



### FRUITY MUESLI

Natural muesli with milk and chopped seasonal fruit. Sprinkle with cinnamon and add honey to taste.

## LUNCH



### CURRIED EGG SALAD SANDWICH

Mash boiled eggs with mayonnaise, curry powder and chives. Season then spread onto wholegrain bread, add lettuce, tomato, cucumber and onion. Wrap for lunchboxes or serve immediately. Plus, one tub yoghurt.

## DINNER



### LENTIL AND VEGETABLE CURRY

Lightly boil cubed carrot and potato. Stir fry garlic and onion in peanut oil. Add curry paste, partially cooked carrot and potato, plus pumpkin and green beans. Add coconut milk and canned, drained brown lentils. Cook until vegetables are tender. Serve with brown rice.

## DESSERT



### HOT CHOCOLATE WITH DATES

Make hot chocolate using 1 cup of milk. Enjoy with 2-4 dried or fresh dates.

## SNACK

Cucumber sticks and cherry tomatoes.



# DAY THREE

## BREAKFAST



### EGGS FLORENTINE BREAKFAST BAKE

Stir fry onion and garlic in olive oil. Add sliced mushrooms and baby spinach. Place in oven proof dish. Mix eggs, Parmesan and milk in a bowl and pour over mushroom mix. Top with halved cherry tomatoes and Parmesan. Bake till cooked. Serve warm with basil leaves, wholegrain toast and a glass of milk or café latte.

## LUNCH



### TUNA AND RICE BOWL

Place a cup of cooked brown rice in one bowl per person and sprinkle with soy sauce to taste. Arrange canned and drained tuna, avocado, corn, snow peas, shredded nori, cherry tomatoes and cucumber strips in the bowl. Sprinkle with sesame oil and top with sesame seeds. Plus, a piece of fruit.

## DINNER



### LAMB CHOPS WITH MASH AND VEG

Marinate lamb chops in olive oil, rosemary and garlic. Grill or BBQ and serve with mashed potato, green beans, carrots, peas and broccoli.

## DESSERT

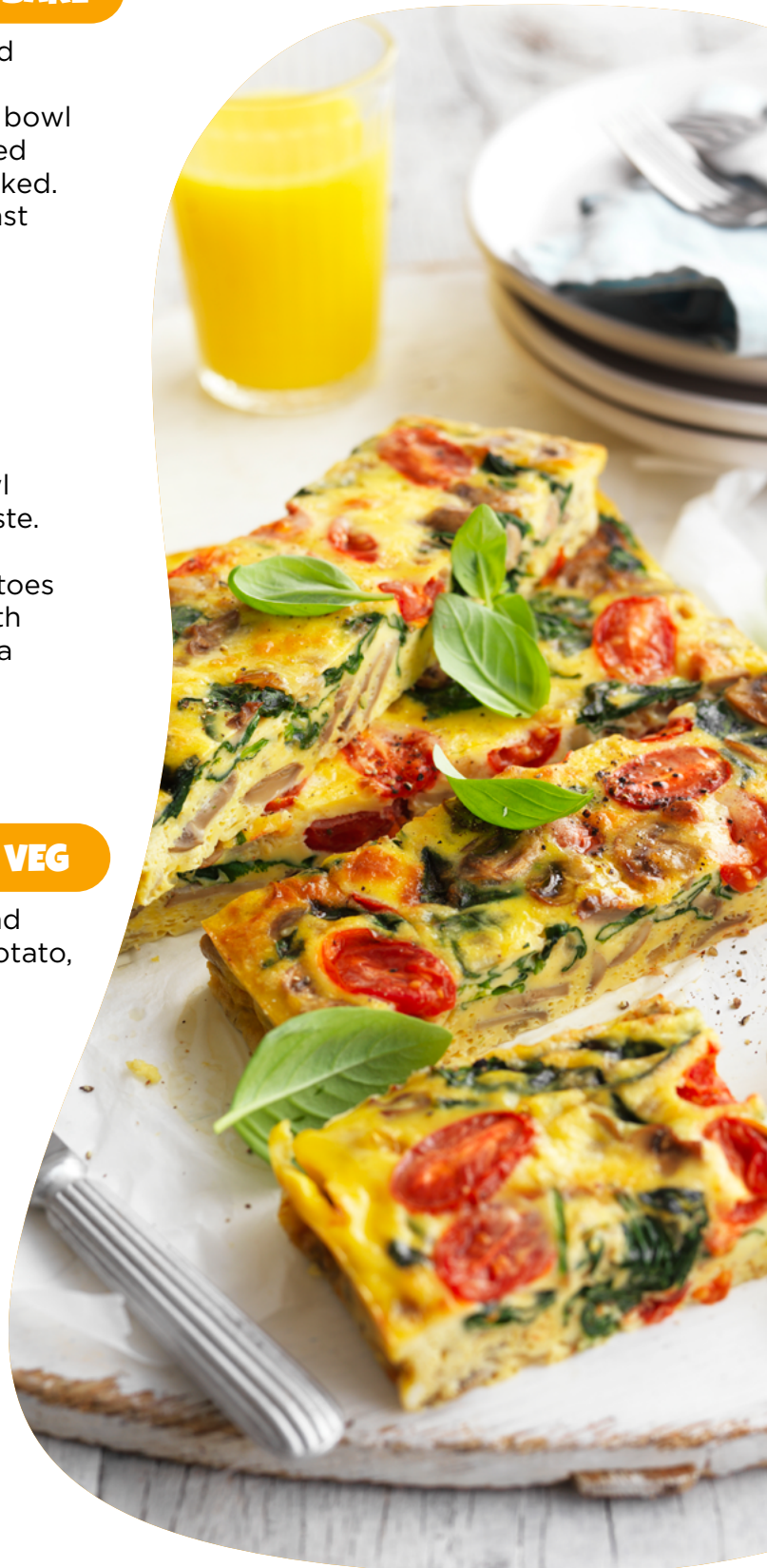


### FRUIT AND OAT CRUMBLE

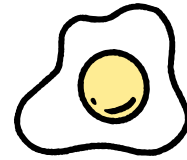
Place pie apples in an ovenproof dish. Mix together oats, flour, cinnamon, caster sugar and rub in butter. Place crumble on top of fruit and bake until golden. Serve with custard or ice-cream.

## SNACK

Yoghurt with granola.



# DAY FOUR



## BREAKFAST



### BREAKFAST SMOOTHIE

Blend milk with oats, banana, blueberries, chia or flaxseeds plus ½ tsp cinnamon. Serve with wholegrain toast spread with peanut butter or avocado.

## LUNCH



### CHEESE AND VEGGIE EGG MUFFINS

Combine eggs, milk and flour in a bowl. Add roughly chopped broccolini, grated carrot and frozen peas. Stir in grated cheese. Pour mixture into muffin tray and bake until cooked through. Can be prepared and frozen then packed into lunch boxes with a mixed garden salad. Or serve immediately.

## DINNER



### CHICKEN AND VEG STIR FRY WITH NOODLES

Slice skinless chicken into strips along with capsicum, carrot, green beans, mushroom and zucchini. Dice onion, crush garlic and grate ginger. Stir-fry chicken in peanut oil until cooked through. Remove from pan. Add onion, garlic and ginger and cook for 2 mins then add the remaining vegetables. Once cooked through add chicken back plus soy sauce and oyster sauce to taste. Serve with cooked soba noodles.

## DESSERT



### YOGHURT AND BERRIES

Yoghurt with honey and berries.

### SNACK

Celery sticks and wholegrain crackers with salsa.



# DAY FIVE

## BREAKFAST



### SIMPLE EGGS ON TOAST

Boil, fry or poach eggs and serve with wholegrain toast. Plus, fresh orange juice.

## LUNCH



### PASTA SALAD

Cook pasta, drain and stir in basil pesto. Add halved cherry tomatoes, basil leaves, marinated capsicum strips, sliced olives and canned and drained chickpeas. Top with grated Parmesan.

## DINNER



### BAKED SALMON WITH ROASTED VEG

Place chunky pieces of potato, carrot, beetroot and pumpkin onto an oven tray. Coat in olive oil and roast until cooked through. 20 mins prior to completion add halved Brussels sprouts to the tray and start cooking the salmon on the stove top. Fry one salmon portion per person, turning until done. Plate up and serve with a wholemeal dinner roll on the side.

## DESSERT



### BAKED PEARS WITH CINNAMON

Peel pears, halve and core. Place cut side down in ovenproof dish and drizzle with honey. Sprinkle with cinnamon, pour equal quantities of water and orange juice to cover the pears in tray, cover with foil and bake until pears are soft. Serve with custard or yoghurt.

### SNACK

Wholegrain crackers with cheese.



# NOTES ABOUT THIS MEAL PLAN

## This meal plan provides:

- This meal plan is designed for an average family of four.
- Specific quantities are not provided as individual energy requirements vary depending on age, activity, health status, height, and weight. For personalised advice, seek the services of an Accredited Practising Dietitian.
- Averaged across the five days, this meal plan provides the minimum number of serves from each of the core food groups as recommended in the Australian Guide to Healthy Eating\* for adults up to the age of 50 years.
- It is also important to drink enough water daily.
- This meal plan has been developed by an Accredited Practising Dietitian at Food & Nutrition Australia.

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\*Australian Guide to Health Eating, NHMRC, Commonwealth of Australia, 2013  
<http://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

