

This sample meal plan is for women aged 19-50 years of average height, healthy weight and light activity.

Meal / Food	Weight / portion size	Food group and number of serves	Costing	Explanation of costs
<b>Breakfast</b>				
Wholegrain breakfast cereal, with reduced fat milk	60g cereal	2 grain serves	\$ 0.09	Home Brand Oats (900g pkt @\$1.39)
	1 cup (250ml) reduced fat milk	1 milk/yoghurt/cheese serve	\$ 0.25	\$1 per litre milk
Reduced fat yoghurt	100g yoghurt	½ milk/yoghurt/cheese serve	\$ 0.36	Coles Brand Yoghurt (1 kg@ \$3.60)
<b>Morning break</b>				
Coffee with milk	200ml (small coffee)	¼ milk/yoghurt/cheese serve	\$ 0.10	Home Brand powdered coffee + milk
<b>Lunch</b>				
Sandwich with salad and chicken	2 slices bread	2 grain serves	\$ 0.15	Home Brand Whoelmeal Bread @ \$1.50
	40g chicken	½ meat and/or alternatives serve	\$ 0.40	Chicken fillet meat @\$10.00/kg
	1 teaspoon margarine	5g unsaturated spread (½ serve)	\$ 0.01	Home Brand Spread @\$1.60/kg
	1 cup salad vegetables	1 vegetable serve	\$ 0.30	Based on an iceberg lettuce @ 2.00 each
Apple	1 medium	1 fruit serve	\$ 0.30	Banana @36c or 1/2 Orange @ 53c
<b>Afternoon break</b>				
Unsalted nuts	30g	1 meat and/or alternatives serve	\$ 0.80	scoop'n'pack Almonds @\$23.75/kg
Coffee with milk	200ml (small coffee)	¼ milk/yoghurt/cheese serve	\$ 0.10	as above
<b>Evening meal</b>				
Pasta with beef mince and red kidney beans, tomato and green salad with olive oil and vinegar dressing	1 cup of cooked pasta	2 grain serves	\$ 0.15	Home Brand Pasta (1kg pkt @\$0.72)
	65g cooked mince	1 meat and/or alternative serve	\$ 0.60	Mince @ \$8.00/kg
	¼ cup kidney beans	½ vegetable serve	\$ 0.19	1/4 can Coles Kidney Beans @ 75c
	1½ medium tomato	1½ vegetable serve	\$ 0.50	Tomatos @ 35c each
	½ onion	½ vegetable serve	\$ 0.25	Onions @ 50c each
	2 cups green leafy salad	2 vegetable serves	\$ 0.60	as above
	2 teaspoon unsaturated oil	14g unsaturated oil (2 serves)	\$ 0.03	Home Brand Vegetable Oil 2L @\$4.80
<b>Evening snack</b>				
Plums and reduced fat yoghurt	1 cup stewed plums	1 fruit serve	\$ 0.80	Plums @ 38c each
	100g yoghurt	½ milk/yogurt/cheese serve	\$ 0.36	as above
TOTAL \$\$			\$ 6.34	

x7 days

**WEEKLY TOTAL \$ 44.38**