

Healthy Budget Family Meal Planner

Stuck in a mealtime rut? Family meals breaking the budget and erring on the side of not-so-nutritious?

Get your health and budget back on track with this family meal planner packed with fresh new family meal ideas that are sure to save you a few pennies and hours of mealtime stress.

To really make this meal plan easy to follow, recipes marked with an * can be made a day or two ahead of time and recipes marked ** can be made ahead of time and frozen.

Monday



Breakfast: [Spinach, fetta & sundried tomato frittata](#)

Morning Tea: Fruit and yoghurt

Lunch: Taco Shells with salad and cheese

Afternoon Tea: Carrot Sticks and [Hummus](#)*

Dinner: [Italian Sausage bake](#) with steamed veggies

Tuesday



Breakfast: Toast with [Apple & Pumpkin Butter](#)*

Morning Tea: Apple and Cheese on wholegrain crackers

Lunch: [Lunchbox Sushi](#)*

Afternoon Tea: [Banana Bliss Balls](#)**

Dinner: [Moussaka with side salad](#)

Wednesday



Breakfast: Smoothie with milk, banana, peanut butter, honey and oats

Morning Tea: Homemade [Muesli Bars](#)*

Lunch: Wholemeal Pitta Pocket with tuna and salad

Afternoon Tea: [Cucumber morsels](#) on wholegrain crackers

Dinner: [Mexican Bean Pizza](#) (leftover Pitta Pockets can be used as base; *make an extra batch of topping for Friday night)

Thursday



Breakfast: Baked beans (no added salt) on whole grain Toast

Morning Tea: [OMG Chocolate Mousse](#)* with banana or berries

Lunch: Garden Salad with fetta and wholemeal pitta chips

Afternoon Tea: [Popcorn Trail mix](#)*

Dinner: [Thai pork burgers](#)

Friday



Breakfast: Wholegrain cereal with fruit

Morning Tea: [Banana Bliss Balls](#)**

Lunch: [Gourmet Green Pizza scrolls](#)**

Afternoon Tea: Yoghurt with seeds

Dinner: [Devilleed Sausages](#) with Sweet potato mash and steamed veggies

Saturday



Breakfast: Banana and peanut butter on whole grain toast

Morning Tea: Veggie sticks with [hummus](#)* & wholegrain crackers

Lunch: [Eggplant Parmigiana](#) with salad

Afternoon Tea: Fresh fruit and yoghurt

Dinner: [Mixed Bean Enchiladas](#)

Sunday



Breakfast: [Zucchini & Corn Breakfast Muffin](#)**

Morning Tea: Fresh fruit & yoghurt

Lunch: Egg and lettuce Sandwich

Afternoon Tea: Homemade [Muesli Bars](#)*

Dinner: [Creamy Sundried Tomato & Chicken Pasta](#)

Shopping List

*Exact quantities will depend on the size of your family

Fruit & Vegetables

*Opt for seasonal produce

- Red Apples
- Green Apple
- Bananas
- Seasonal Fresh fruit
- Onions
- Baby Spinach
- Shallots
- Zucchini
- Garlic
- Carrots
- Pumpkin
- Cucumber
- Eggplant
- Capsicum
- Basil
- Potatoes
- Tomatoes

Meat, Milk, Cheese & Other

- Eggs
- Yoghurt
- Milk
- Tasty or Mozzarella Cheese
- Fetta
- Heart smart mince (x2)
- Ricotta
- Parmesan Cheese
- Short cut bacon
- Italian Sausages
- Chicken Breast

Cereals & Grains

- Wholemeal or high fibre pasta
- Self-raising flour (wholemeal)
- Taco Shells
- Wholegrain Bread
- Wholegrain Crackers
- Rolled Oats
- Basmati or brown rice

- Puffed Wheat or Rice
- Wholemeal Pitta Pocket Bread
- Wholegrain Burger Roles
- Wholemeal Mountain Bread
- Corn flour

Miscellaneous

- Sundried Tomatoes
- Canned Chickpeas
- Sultanas
- Dried Apricots
- Olive Oil
- Lemon Juice
- Un hulled Tahini
- Canned Tomatoes (no added salt)
- Desiccated Coconut
- Nori Paper
- Canned Brown Lentils
- Dried Italian Herbs
- Ground Nutmeg
- Peanut Butter (100% peanuts)
- Honey
- Sunflower seeds
- Tin Tuna
- Salt Reduced Taco Seasoning
- No added Salt Baked Beans
- Pure Cocoa
- Popcorn kernels
- Tomato Pasta (no added salt)
- Soy Sauce
- Worcestershire sauce
- Mustard
- Brown Sugar
- Tin Corn (no added salt)