

EAT SMART

Recipes, shopping list and menu
for 7 days of tasty dinners.

Dinner for 4
under \$100
a week

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7 DAYS OF TASTY DINNERS

Monday		Fish and chips
Tuesday		Burgers
Wednesday		Soy chicken drumsticks
Thursday		Pantry pasta
Friday		Quick tuna couscous
Saturday		Lamb shanks and mash
Sunday		Chickpea curry

This meal plan makes dinners for 2 or 4 people for 7 days.
Recipes and shopping list inside.

Contents

What is healthy eating?	4
How to eat smart	6
Shopping on a budget	8

RECIPES

Fish and chips	10
Burgers	11
Soy chicken drumsticks	12
Pantry pasta	14
Quick tuna couscous	15
Lamb shanks and mash	16
Chickpea curry	18

Ideas for breakfast	20
Ideas for lunch	21
What about snacks?	22
Sample weekly menu	24

See the middle of this
booklet for your free
pull-out meal plan
and shopping list!

WHAT IS HEALTHY EATING?

Eating well means eating a wide variety of foods, mostly from the 5 core food groups.

Visit eatforhealth.com.au for more information.

Foods from plants (vegetables, legumes, fruits, grains and cereals) are usually the cheapest. We need to eat plenty of these to keep our bodies strong and healthy.



Food from animals (like meat, fish, eggs and dairy) and alternatives (like nuts, soy milk and tofu) are a bit more expensive and we need a bit less of them in our diet.

About junk food

- ▲ Junk foods don't have any of the good stuff that keeps our bodies working well. They have too much sugar, saturated fat and salt.
- ▲ Examples of junk food includes chips, lollies, chocolate, alcohol, ice cream, fast food, cakes and biscuits.
- ▲ Eating too much junk can make us gain weight and can lead to type 2 diabetes, heart disease and even some cancers.
- ▲ Junk foods used to be a treat, but we are now eating them every day.
- ▲ Junk foods are everywhere, making them hard to resist.

SHOP SMART TO EAT SMART

Filling your trolley with healthy foods makes it easy to fill plates and tummies too.



Eating healthier foods can be cheaper than eating junk!

HOW TO EAT SMART

1. Plan

There are loads of benefits to planning your meals, including:

- ▲ Helps you get good variety
- ▲ Saves time
- ▲ Saves money
- ▲ Reduces waste
- ▲ Reduces stress!

The Eat Smart menu will feed 2 or 4 adults.

If you are feeding fewer people (or kids) remember to plan what to do with your leftovers.

HINT: have leftovers for lunch!

Plan your breakfast, lunch and snacks and add these foods to your shopping list.

See p24 for a sample weekly menu that includes breakfast and lunch ideas and the centre of this book for a blank meal plan pull-out.

2. Shop

The centre pull-out contains the complete shopping list to make 7 dinners.

Before you go shopping, have a quick look in the pantry to see what you already have.

Depending on which day you do your shopping, and what order you cook the recipes in, you may need to freeze some of your meat. Remember to defrost it in the fridge the day before you need to cook it.

Baby spinach, salad leaves and fresh herbs might not last 7 days so consider buying those just before you need them. Whole lettuces and dried herbs last a lot longer!

If you already have some pantry staples (like oil, spices, sauces and flour), this shop should come in under \$100 for 4 people. You will also have leftover ingredients that you can use in other meals or for dinners next week. For tips about how to make this shop cheaper, see p9.

3. Cook

Have a quick read through the recipe before you start and make sure you have everything you need.

Make swaps to use up food you already have or that are on special, for example:

- ▲ Pasta shells instead of spaghetti
- ▲ Kidney beans instead of chickpeas
- ▲ Pumpkin instead of carrots

See if there are any steps that learner cooks in the house can help with. Getting everyone involved is fun and teaches great skills!

These recipes have ingredients lists and instructions to serve both 2 and 4 people. Make sure you use the right column! Follow the **green for cooking for 2**, and the **red for cooking for 4**.

4. Pack

Take note of how many serves your recipe made! If you have cooked more than is needed for that meal (for example, if you cooked for 4 but only 2 people are eating) pack up the extra before eating. You'll have your lunch or dinner ready to go for the next day. It also helps avoid non-hungry eating.

Safely store leftovers by putting them in the fridge as soon as possible. Don't wait until they have cooled down. As long as there is no steam coming off the food it is cool enough to go in the fridge. Use a container with a lid or a covered dish.

Who's doing the dishes? Share the jobs around!

SHOPPING ON A BUDGET



▲ Fruit and veg that are in season are usually cheaper and taste great!
TIP: if fruit and veg are locally grown and on special – they're probably in season.

▲ Choose homebrand products. They are often much cheaper and just as good quality. This is especially true for products with only a few ingredients, like tinned tomatoes or rolled oats.

▲ Buy meat in bulk to save money. Divide it into usable portions (about 500g for a family of 4), put in a ziplock bag, label and freeze.

▲ Check out the LiveLighter Shop Smart booklet or go to www.livelifighter.com.au for food budgeting tips.

▲ Check out the specials at the end of the day or close to their 'use by' date.

SWAPS TO MAKE THE EAT SMART SHOP CHEAPER

SWAP THIS \$\$	FOR THIS \$	IN THIS RECIPE
2 x lamb shanks	500g lamb forequarter chops (trim the fat)	Lamb shanks and mash p16
Firm white fish fillets	Check out frozen fish fillets (like basa or hoki) or defrosted fish fillets from the deli section	Fish and chips p10
Fresh parmesan cheese	Dried grated parmesan cheese (usually near the pasta sauces in the supermarket aisle) or regular cheese	Pantry pasta p14
Bagged baby spinach and mixed lettuce leaves	A whole iceberg lettuce	Fish and chips p10 Soy chicken drumsticks p12 Quick tuna couscous p15
Red capsicum	Green capsicum, carrot or cucumber	Soy chicken drumsticks p12

FISH AND CHIPS

Preparation time: 15 minutes

Cooking time: 25 minutes

Ingredients

	SERVES 2	SERVES 4
Sweet potato	500g	1kg
Oil spray		
Breadcrumbs	½ cup	1 cup
Dried mixed herbs	1 tsp	2 tsp
Eggs	1	2
Firm white fish fillets	200g	400g
Mixed salad leaves	1 cup	2 cups
Tomato	1	2
Cucumber	½	1
Lemon	½	1

Value Tip \$

Check out the supermarket deli for fish that is on special. Frozen fish also works well in this recipe. Hoki and basa are usually good value.

Method

1. Preheat oven to 230°C and line a baking tray with baking paper.
2. Cut sweet potato into wedges and spread in a single layer on a tray. Spray liberally with oil and bake for 15 minutes on top shelf of the oven.
3. While sweet potatoes are cooking, mix breadcrumbs and herbs in a shallow dish. Fill a separate shallow bowl with beaten egg. Dip fish in egg wash, shake off extra so it's damp but not wet. Add fish to breadcrumb mixture, turning to make sure it is well coated and gently press on crumbs. Spray well with oil.
4. Turn wedges over and add the fish to the tray. Bake for 10 minutes until fish is golden and cooked through and wedges are crisp.
5. Divide between plates and serve with salad and lemon on the side.



BURGERS

Preparation time: 25 minutes

Cooking time: 15 minutes

Ingredients

	SERVES 2	SERVES 4
Lean beef mince	200g	400g
Onion	1	2
Carrot	1	2
Worcestershire sauce	1 tsp	2 tsp
Breadcrumbs	2 tbs	4 tbs
Pepper		
Oil spray		
Wholemeal/grainy roll	2	4
Canned beetroot	4 slices	8 slices
Tomato	1	2
Lettuce	4 leaves	8 leaves
Avocado	½	1
Tomato sauce	2 tbs	4 tbs

WOW! These burgers contain 3 serves of vegies. That's more than half your daily target!

Method

1. **If making 2 burgers, finely chop a quarter of an onion.**
If making 4 burgers, finely chop half an onion.
Thinly slice the rest of the onion. Grate the carrot.
2. In a medium bowl, add the mince, the finely chopped onion, half the grated carrot, the Worcestershire sauce, breadcrumbs and a good crack of pepper. Mix, and use hands to shape into two patties about 2cm thick. Put in the fridge for at least 20 minutes to firm up.
3. Meanwhile, heat up a frypan and spray with a little oil. Cook the sliced onions, stirring often, until golden (at least 5 minutes). Remove onions from the pan.
4. Spray the pan with a little more oil and cook the patties for about 4 minutes each side, until nicely browned and cooked all the way through.
5. Slice open the rolls and stack the patties, onions, tomato sauce and salad (including the leftover grated carrot) inside.



SOY CHICKEN DRUMSTICKS

Preparation time: 10 minutes

Cooking time: 40 minutes



Ingredients

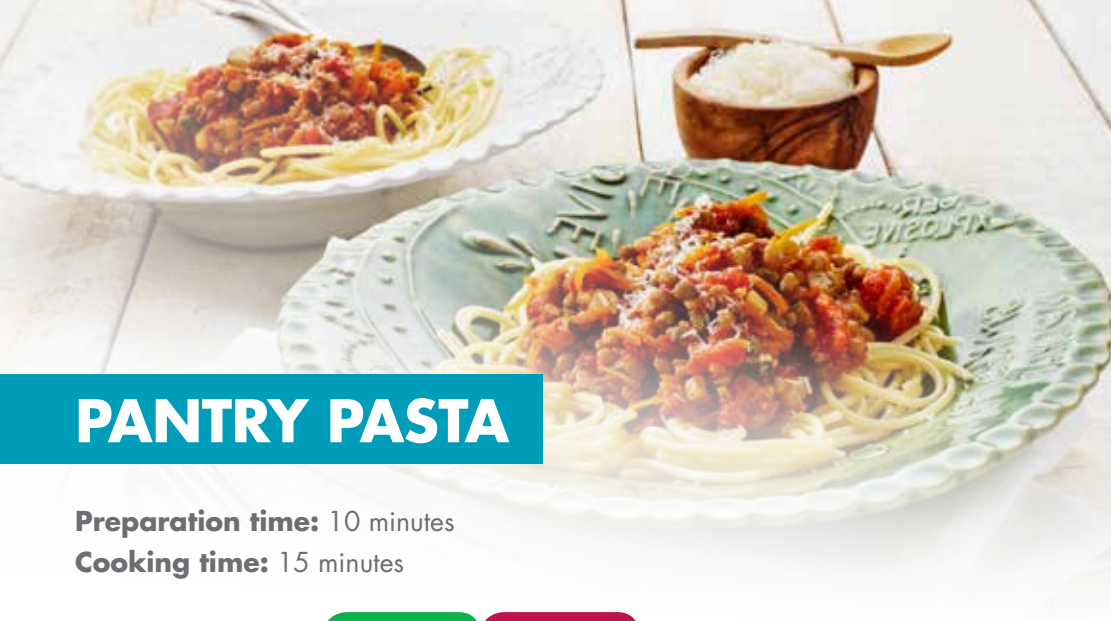
	SERVES 2	SERVES 4
Brown rice	½ cup	1 cup
Chicken drumsticks	4	8
Plain flour	1 tbs	2 tbs
Sugar	1 tbs	2 tbs
Soy sauce (salt-reduced)	4 tbs	8 tbs
Garlic	2 cloves	4 cloves
Fresh ginger	1 tsp	2 tsp
Capsicum	1	2
Celery	1 stalk	2 stalks
Baby spinach leaves	2 cups	4 cups
Sultanas	1 tbs	2 tbs
Lemon juice	1 tbs	2 tbs

Tip

Marinate the chicken in the sauce for 30 mins to 2 hours before cooking if you have time.

Method

1. Preheat oven to 180°C.
2. Cook brown rice according to packet instructions and leave to cool.
3. In a small saucepan, mix together the flour, sugar, pepper and finely chopped garlic and ginger.
If cooking for 2, add 3 tablespoons soy sauce and 1 tablespoon of hot water. If cooking for 4, add 6 tablespoons soy sauce and 2 tablespoons of hot water.
 Cook on a low heat until it thickens slightly.
4. Place the chicken drumsticks in a small baking dish and pour over the sauce and mix so chicken is coated.
5. Bake for 20 minutes. Then turn the chicken over and bake for another 20 minutes or until no longer pink and juices run clear.
6. In a large salad bowl, place rice, capsicum, celery, spinach and sultanas. Mix together the lemon juice and **1 tablespoon soy sauce if cooking for 2, 2 tablespoons soy sauce if cooking for 4** and drizzle over the salad. Serve with chicken drumsticks.



PANTRY PASTA

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients

	SERVES 2	SERVES 4
Pasta	120g	240g
Oil	1 tsp	2 tsp
Onion	1	2
Garlic	2 cloves	4 cloves
Carrots	1	2
Zucchini	¼	½
Dried mixed herbs	2 tsp	1 tbs
Pepper		
Tinned diced tomatoes (no-added-salt)	1 x 400g can	2 x 400g can
Tinned lentils (no-added-salt)	1 x 400g can	2 x 400g can
Parmesan cheese	1 tbs	2 tbs

Value Tip \$

Parmesan cheese is more expensive than cheddar or tasty cheese, but because it has a strong flavour you usually use less. This is good for your health and your wallet.

Method

1. Cook pasta according to packet directions and drain.
2. Finely chop onions and garlic. Grate carrot and zucchini. Drain and rinse tinned lentils.
3. Heat oil in a pan, add onion and garlic and cook until soft.
4. Add carrot and zucchini, stirring until well mixed. Lower heat, cover and cook for 5 minutes.
5. Add tomatoes, drained lentils, herbs and pepper to vegetables, turn up the heat and simmer for 5 – 10 minutes.
6. Remove from heat and serve sauce over pasta. Sprinkle with cheese.



QUICK TUNA COUSCOUS

Preparation time: 10 minutes

Cooking time: 0 minutes

Ingredients

	SERVES 2	SERVES 4
Couscous	1 cup	2 cups
Boiling water	1 cup	2 cups
Lemon	½	1
Frozen corn kernels	¾ cup	1 ½ cups
Frozen peas	¾ cup	1 ½ cups
Baby spinach leaves	1 cup	2 cups
Tomato	1	2
Tinned tuna	180g	360g

Method

1. Juice the lemon and defrost the peas and corn.
2. Place couscous in a medium heatproof bowl, pour over boiling water. Cover with a lid, plate or cling wrap and set aside for 3 minutes.
3. Fluff couscous with a fork to separate grains and stir through lemon juice.
4. Combine all ingredients and serve straight away.

Tip

Use flavoured tuna, or add a little curry powder or sweet chilli sauce to the couscous for a different flavour.

LAMB SHANKS AND MASH

Preparation time: 15 minutes

Cooking time: 120 minutes



Ingredients

	SERVES 2	SERVES 4
Oil spray		
Lamb shanks	1	2
Pepper		
Plain flour	1 tbs	2 tbs
Onion	1	2
Garlic	4 cloves	8 cloves
Celery	1 stalk	2 stalks
Carrot	1	2
Mushroom	10	20
Tinned diced tomatoes (no-added-salt)	1 x 400g can	2 x 400g can
Worcestershire sauce	1 tbs	2 tbs
Dried rosemary	1 tbs	2 tbs
Plum jam	1 tbs	2 tbs
Vegetable stock powder (salt-reduced)	1 tsp	2 tsp
Potato	2	4
Milk	30mL	60mL

Value Tip \$

Swap shanks for 500g lamb forequarter chops (trim the fat).

Wow! To save on dishes, you can throw all the ingredients (except the milk) into a large casserole dish with a lid and cook for 3-4 hours at 160°C. The extra steps in the longer recipe add a deeper flavour and create a nice thick sauce you can mop up with your mash.

Method

1. Preheat oven to 160°C.
2. Toss lamb with flour and pepper in a plastic bag.
3. Heat oil in a large non-stick frypan. Shake extra flour off lamb and pan-fry until brown on all sides (about 5 minutes) and place in a large casserole dish (best if dish has a lid).
4. Chop the vegies and add them (except tomatoes and potatoes) to the frypan and cook for 5 minutes, stirring often until they begin to colour slightly.
5. Add the tomatoes, Worcestershire sauce, rosemary, jam, water, stock powder and leftover flour from the plastic bag. Stir well and bring to the boil.
6. Pour vegetable mixture over the lamb, cover with a lid or foil and bake in the oven for at least 2 hours (longer is better). Remove the casserole a couple of times during cooking, and ladle the sauce over the top of the meat to baste. After 2 ½ to 3 hours the meat should fall off the bone.
7. To prepare mash, microwave or boil potatoes until a fork goes easily into the pieces. Add milk and pepper and mash well with a fork or potato masher until you get the texture you like.

CHICKPEA CURRY

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients

	SERVES 2	SERVES 4
Rice	$\frac{2}{3}$ cup	1 $\frac{1}{3}$ cup
Canola oil	1 tsp	1 tsp
Onion	$\frac{1}{2}$	1
Garlic	2 cloves	3 cloves
Ground cumin	2 tsp	1 tbs
Ground coriander	2 tsp	1 tbs
Curry powder	2 tsp	1 tbs
Tinned chickpeas (no-added-salt)	1 x 400g can	2 x 400g can
Zucchini	$\frac{1}{4}$	$\frac{1}{2}$
Carrot	1	3
Frozen green beans	$\frac{1}{2}$ cup	1 cup
Tinned tomatoes (no-added-salt)	Half a 400g can	1 x 400g can
Reduced-fat coconut milk	Half a 165g can	1 x 165g can

Method

1. Cook rice according to packet instructions.
2. Heat oil in a non-stick frypan or pot and fry chopped onions, garlic and spices for 2 minutes.
3. Chop zucchini and carrots, add all ingredients and simmer with the lid off for 15 minutes.
4. Serve with rice.

Try

Brown rice is yummy in this recipe. It takes longer to cook than white rice so get it started early!

Tip

Use up whatever fresh or frozen vegies you have in this curry. Eggplant, pumpkin, broccoli and cauliflower all work well.



IDEAS FOR BREAKFAST



Apple porridge

- ▲ Oats
- ▲ Reduced-fat milk
- ▲ Apple



Beans on toast

- ▲ Grainy bread
- ▲ Baked beans



Breakfast toastie

- ▲ Cooked egg
- ▲ Cooked tomato
- ▲ Reduced-fat cheese
- ▲ Grainy toast



Classic cereal

- ▲ Whole grain cereal
- ▲ Reduced-fat milk
- ▲ Fresh, canned or frozen fruit



Smoothie

- ▲ Natural yoghurt
- ▲ Reduced-fat milk
- ▲ Soft fruit (e.g. banana, strawberries, tinned fruit)
- ▲ Rolled oats



Toast topper ideas

- ▲ Avocado and tomato
- ▲ Beans, corn and pesto
- ▲ Cottage cheese and fruit
- ▲ Cheese and tomato
- ▲ Banana and peanut butter

IDEAS FOR LUNCH



Asian slaw

- ▲ Shredded cabbage
- ▲ Carrot
- ▲ Snow peas
- ▲ Rice
- ▲ Sweet chilli tuna



Cheese and salad roll

- ▲ Wholemeal roll
- ▲ Reduced-fat cheese
- ▲ Sundried tomatoes
- ▲ Cucumber
- ▲ Lettuce



Chicken and pesto wrap

- ▲ Grainy wrap
- ▲ Cooked chicken
- ▲ Basil pesto
- ▲ Sprouts
- ▲ Cucumber
- ▲ Capsicum



Egg and salad sandwich

- ▲ Grainy roll
- ▲ Boiled egg
- ▲ Lettuce
- ▲ Cucumber
- ▲ Avocado



Mexican fiesta salad

- ▲ 4 bean mix
- ▲ Tomato
- ▲ Capsicum
- ▲ Corn
- ▲ Rice
- ▲ Fresh lime and coriander



Roast beef sandwiches

- ▲ Grainy bread
- ▲ Chutney
- ▲ Roast beef
- ▲ Beetroot
- ▲ Carrot
- ▲ Salad leaves

Find more ideas at livelighter.com.au

WHAT ABOUT SNACKS?

- ▲ Snacks are a great way to tide us over until the next meal. They're also a good chance to include veges, dairy, nuts and fruits.
- ▲ Snacks aren't necessary though, and there's no need to snack if you don't feel hungry.
- ▲ Be prepared if a snack-attack strikes! Having convenient snacks ready to go will save you money and help you eat healthier.
- ▲ Many packet snacks are expensive and high in sugar, fat and salt.

FRUITS AND VEG ARE OFTEN CHEAPER PER KILO THAN PACKET SNACKS!



Potato chips
\$20.00/kg

Veggie sticks
\$5.00/kg





Tiny Teddies
\$17.00/kg

Oranges
\$3.00/kg



SAMPLE WEEKLY MENU

	MONDAY	TUESDAY	WEDNESDAY
Breakfast	Avocado and tomato on grainy toast and a banana	Weetbix, banana and milk	Ricotta and strawberries on English muffins
Lunch	Chicken and salad wrap	Tuna, salad and rice crackers	Cheese, mushroom and zucchini toasted sandwich
Dinner			
Snacks	<ul style="list-style-type: none"> ▲ Piece of fruit ▲ Yoghurt 	<ul style="list-style-type: none"> ▲ Vegie sticks and hummus ▲ Piece of fruit 	<ul style="list-style-type: none"> ▲ Grainy crackers with peanut butter and banana

THURSDAY	FRIDAY	SATURDAY	SUNDAY
Porridge and tinned fruit	Muesli, fruit and yoghurt	Apple pancakes	Eggs and baked beans on toast
Roast beef and salad sandwich	Boiled eggs, salad and grainy crackers	Salad with 4 bean mix	Roast vegie, feta and couscous salad
			
<ul style="list-style-type: none"> ▲ Handful of nuts ▲ Fruit salad 	<ul style="list-style-type: none"> ▲ Handful of cherry tomatoes ▲ Tinned fruit 	<ul style="list-style-type: none"> ▲ Frozen berries and yoghurt 	<ul style="list-style-type: none"> ▲ Handful of nuts ▲ Fruit smoothie

Physical activity ideas	Gardening or vigorous vacuuming	Walk all or part of the way to work	Exercise video at home
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Dance party in the lounge room	Indoor rock climbing	Bush walk	Backyard cricket
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Notes

Take a picture on your phone or cut out this card and keep in your wallet to help you choose healthy foods.



Use the nutrition information panel to compare similar packaged food items

Compare numbers in the 100g column	Best choice 😊	Okay sometimes 😐	Poor choice ☹️
TOTAL FAT	Less than 3g	3 – 10g	More than 10g
SATURATED FAT	Less than 1.5g	1.5 – 3g	More than 3g
SUGAR	Less than 5g	5 – 15g	More than 15g
SODIUM (salt)	Less than 120mg	120 – 400mg	More than 400mg
FIBRE	Choose high fibre . Use the per serve column and choose more than 3g fibre per serve .		

DRINKS: Choose **water first**

To sign up to our free meal plans or
for more great tips and resources
visit **livelighter.com.au**



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