



# 7-DAY MEAL PLANNER



FIGHTING HUNGER  
IN AUSTRALIA



GOVERNMENT OF  
WESTERN AUSTRALIA

Department of  
Health

1. Check what you have in your fridge, pantry and freezer
2. Decide on 3 -7 meals for the week and write your list of items needed

MEALS FOR THE WEEK	SHOPPING LIST
<p>MONDAY: e.g. Spaghetti bolognaise &amp; salad</p>	<p>Vegetables and legumes/beans:</p>
<p>TUESDAY: e.g. Lean mean chicken curry</p>	<p>Fruit:</p>
<p>WEDNESDAY: Leftovers</p>	<p>Grain foods: breads, cereals, rice, pasta:</p>
<p>THURSDAY: e.g. Fancy fish patties</p>	<p>Lean meat and alternatives:</p>
<p>FRIDAY: Leftovers</p>	<p>Milk, yoghurt, cheese &amp; alternatives:</p>
<p>SATURDAY: e.g. Easy meal: homemade pizza</p>	<p>Junk and other foods eg.oils/spices:</p>
<p>SUNDAY: e.g. Minestrone soup</p>	

