

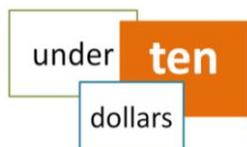
# undertendollars meal planner

Welcome to the Meal Planner for undertendollars.

For a family of 4 which includes 2 fussy toddlers – this has been a fantastic guide.

We have not catered to any specific dietary requirements, fad diets, low fat or gourmet dining. All meals require minimal effort and usually minimal ingredients. I find that keeping to a simple four week rotation means we get into an easy routine which gives me the opportunity to perfect meals without getting bored. If we do get sick of a meal, we just replace it with another. This is a simple, easy to use menu for busy people on a budget.

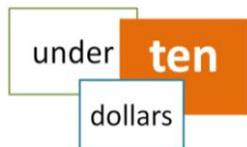
**TIP:** while the kids are having breakfast, bag-up and label everyone's snacks and lunches in the morning (including yours!). Less chance of un-necessary snacking, and makes your day much easier. If you're going out shopping, to the park, or to work ... take your bags with you.



# undertendollars meal planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b>						
Cereal, glass water and cup of tea	Cereal, glass water and cup of tea	Cereal, glass water and cup of tea	Cereal, glass water and cup of tea	Cereal, glass water and cup of tea	Poached Eggs on Toast	Baked Beans on Toast
<b>LUNCH</b>						
Salad with Beef, Chicken or Tuna Glass water	Sandwich with Salad and Beef, Chicken or Tuna Glass water	Stir-fry vegetables on own or with Beef / Chicken Glass water	Vita-Wheat Multigrain Crackers with Tuna, tomato and herbs Glass water	Tuna Rice Salad Glass water	Sandwich with Salad and Ham Glass water	Family BBQ lunch (anything goes ... sausages, home-made kebabs, hamburgers etc) Serve with garden salad and jugs of water with ice and lemon/lime
<b>SNACKS</b>						
Options include: Bag of cut up apple and 6 nuts; yoghurt; Vita-Wheat crackers with tomato and herbs; carrot celery & cucumber sticks with optional cream cheese or dip; water, water, water ...						

WEEK	<b>DINNER</b>						
One	<a href="#">Chilli &amp; Honey Barbequed Steak</a>	<a href="#">Thai Poached Chicken</a>	<a href="#">Souffle Omelette with mushroom sauce</a>	<a href="#">Taco Salad</a>	<a href="#">Chicken Lasagne</a>	<a href="#">Roast Chicken with Risoni</a>	<a href="#">Salmon and dill potato patties w/ lime mayo</a>
Two	<a href="#">Herbed Rissoles with Mushroom Sauce</a>	<a href="#">Lemon Chicken</a>	<a href="#">Three Mushroom Pizza and Salad</a>	<a href="#">Spaghetti Bolognese</a>	Optional Takeaway or <a href="#">Chicken Schnitzel w/ Salsa Verde</a>	<a href="#">Honey-glazed Roast Pork with sage</a>	<a href="#">Mediterranean Steamed Fish</a>
Three	<a href="#">Lamb, mint and chilli stir-fry</a>	<a href="#">Prawn &amp; Smoked Salmon Rice</a>	<a href="#">Crumbed Pork Cutlets and pasta</a>	<a href="#">Healthy Meatloaf</a>	<a href="#">Fish and chips</a>	<a href="#">Chicken Drumstick and Roast Potatoes in special sauce</a>	<a href="#">Salmon with Tartare Sauce and Rocket Salad</a>
Four	<a href="#">Creamy Mustard and Thyme Veal</a>	<a href="#">Spaghetti with Chicken &amp; Red Pesto</a>	<a href="#">Oven baked risotto</a>	<a href="#">Beef and Bean Burritos</a>	<a href="#">Honey Chicken with Pak Choy</a>	<a href="#">Slow-roasted Greek Lamb with Lemon and Potatoes</a>	<a href="#">Korean fish stirfry</a>
Meal Type	(beef / veal / lamb)	(chicken / seafood)	(vegetarian / pork)	(beef / veal / lamb)	(chicken / takeaway)	(roast dinner)	(seafood / vegetarian / pork)



If you don't like the suggested meal, swap it for another favourite of your own. If you stick to the suggested "meal types" listed here, at least you will ensure variety between each night.

Try making one day of the week "pantry day". Don't buy food for that day ... use up stuff you already have (make it the last day before you grocery shop). Send undertendollars photos of your creative ideas!