



Dinnertime planner



COOK



EAT






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Take the stress out of last minute “what’s for dinner?” and the reliance on less healthy fast foods purchased on the way home. Use this dinnertime planner as a guide to help ensure you have the ingredients for all your meals for a week.

Weekly planner

Below is a sample week of dinners using some Project Dinnertime recipes. All of the ingredients required are listed to help guide your shopping list for the week.

Sunday		
Roast beef and vegetables 	Ingredients	
	Pantry/fridge/freezer Potatoes Spray oil Corn flour Mixed herbs Reduced salt powdered beef stock	Fresh Topside Beef Fresh green vegetables (e.g. beans, broccoli) Carrots Pumpkin
Monday		
Left overs pie 	Ingredients	
	Pantry/fridge/freezer Left over roast beef and vegetables Corn flour Reduced salt beef stock powder Frozen peas and corn Filo pastry Spray oil	Fresh Reduced fat milk
Tuesday		
Basic bolognese 	Ingredients	
	Pantry/fridge/freezer Olive oil Onion Garlic Tomato paste Canned tomato Pasta	Fresh Lean beef mince Carrot Zucchini

Wednesday

Feta and spinach noodle frittata



Ingredients

Pantry/fridge/freezer

Eggs
Reduced fat instant noodles
Reduced fat cheese (grated)
Reduced fat milk
Spray oil
Reduced fat feta cheese

Fresh

Salad vegetables
Spinach
Multigrain bread

Thursday

Chilli beef and rice



Ingredients

Pantry/fridge/freezer

Left over "basic bolognaise"
Mexican spice
Can corn kernels
Can kidney beans
Rice

Fresh

Friday

Baked fish and cous cous salad



Ingredients

Pantry/fridge/freezer

Spray oil
Cous cous
Red onion

Fresh

Fish fillets (or frozen)
Lemon
Dill
Parsley
Baby spinach
Tomato
Cucumber

Saturday

Creamy chicken and corn risotto



Ingredients

Pantry/fridge/freezer

Olive oil
Garlic
Arborio rice
Reduced salt chicken stock
Can corn kernels
Can reduced fat evaporated milk

Fresh

Celery
Spring onions
Chicken thigh fillets



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Dinner Time Planner Template

Use this template to complete your own dinner planner every week. This will guide your shopping list and make sure you have all the ingredients on hand to create a healthy dinner every night.

	Dinner Recipe	Ingredients	
		Pantry	Fresh
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			