

Family-friendly meal plan



MONDAY

Breakfast
Raspberry and passionfruit overnight oats
 3

Snack
 99% fat-free plain yoghurt and fruit
 0

Lunch
Picnic slice with a side of cucumber/carrot sticks
 2

Snack
Banana choc-chip mini muffin
 3

Dinner
Macaroni and cheese with steamed ZeroPoint veggies
 8

Dessert
 1 small scoop of light vanilla ice cream with fruit
 4

Total Points Used **20**



TUESDAY

Breakfast
 2 x wheat biscuits, 1 cup skim milk and 1/2 cup fruit
 5

Snack
Sarah's vegemite and cheese twists
 1

Lunch
 Rye wrap with 2 slices 97% fat-free ham, 1 slice light cheddar cheese and sliced tomato
 7

Snack
2 x Anna's salted caramel and coconut bliss balls
 2

Dinner
Spaghetti bolognese
 9

Dessert
Mixed fruit skewers
 0

Total Points Used **24**



WEDNESDAY

Breakfast
 2 slices whole grain toast with 2 tsp natural peanut butter and sliced banana
 7

Snack
 99% fat-free plain yoghurt and fruit
 0

Lunch
Picnic slice with a side of cucumber/carrot sticks
 2

Snack
 3 tbs store-bought hummus with ZeroPoint veggie sticks
 3

Dinner
Crispy chicken schnitzel with vegetables
 4

Dessert
Easy chocolate brownie
 4

Total Points Used **20**



THURSDAY

Breakfast
Raspberry and passionfruit overnight oats
 3

Snack
Sarah's vegemite and cheese twists
 1

Lunch
Chicken with greens sandwich
 7

Snack
2 x Anna's salted caramel and coconut bliss balls
 2

Dinner
Beef tacos
 12

Dessert
Mixed fruit skewers
 0

Total Points Used **25**



FRIDAY

Breakfast
 2 x wheat biscuits, 1 cup skim milk and 1/2 cup fruit
 5

Snack
 99% fat-free plain yoghurt and fruit
 0

Lunch
 Rye wrap with boiled eggs, tomato and lettuce
 3

Snack
Banana choc-chip mini muffin
 3

Dinner
Cheat's homemade pizza
 7

Dessert
 1 small scoop of light vanilla ice cream with fruit
 4

Total Points Used **22**



SATURDAY

Breakfast
 2 slices whole grain toast with 2 tsp natural peanut butter and sliced banana
 7

Snack
 Piece of fresh fruit
 0

Lunch
 Leftover Cheat's homemade pizza
 7

Snack
2 x Anna's salted caramel and coconut bliss balls
 2

Dinner
Fish and chips, with grilled vegetable salad
 5

Dessert
Easy chocolate brownie
 4

Total Points Used **25**



SUNDAY

Breakfast
Banana oat pancakes
 6

Snack
Sarah's vegemite and cheese twists
 1

Lunch
Burger skewers with special sauce
 5

Snack
 3 tbs store-bought hummus with ZeroPoint veggie sticks
 3

Dinner
Cheat's roast chicken
 5

Dessert
 1 small scoop of light vanilla ice cream with fruit
 4

Total Points Used **24**

Family-friendly eating tips

Stay on track and keep the whole family happy with our expert meal planning tips

1 Make Raspberry and passionfruit overnight oats the night before for a quick and easy breakfast the next morning.

2 Bake Banana choc-chip mini muffins at the start of the week for any easy on-the-go snack. For more muffin inspo check out these [recipes](#).

3 ZeroPoint veggies make a great fibre-filled addition to main meals like Macaroni and cheese. Save time using frozen vegetable mixes from the supermarket – they're just as nutritious!

4 For infants aged 1 to 2 years, it is recommended they consume full cream milk. Add this to wheat biscuits with some fruit at breakfast time.

5 Prep Anna's salted caramel and coconut bliss balls ahead of time and freeze them for up to a month. Check out these [bliss ball recipes](#) to mix up the flavours from week to week.

6 Who doesn't love a spud! Add 1 small baked potato without oil for only 2 extra Points to your Crispy chicken schnitzel with vegetables.

7 Want to add some protein to your Cheat's homemade pizza? Try adding skinless chicken breast to keep you feeling fuller for longer. Plus, it's 0 Points – win-win!

8 Add ½ cup fruit of your choosing to accompany the Easy chocolate brownies.

Bonus tips

Cook one meal for all

Try serving one meal for the whole family whenever possible and customise as needed.

Eat together at the table

Eliminate distractions at mealtime by turning the TV off and removing mobile phones.

Get everyone involved

Let family members choose the recipes from a list you provide and get them to help you with the grocery shop and meal prep.

Portion appropriately

Consider family portions based on age.

- For toddlers and children, aim for ⅓ plate veggies, ⅓ protein and ⅓ carbs.
- For hungry teenagers, increase the meal size with extra protein and carbs.
- For adults: aim for ½ plate veggies, ¼ protein and ¼ carbs.