

HEALTHY AS!



good for you,
good for your pocket

www.healthyas.org.nz

Helpful Hints

- ✓ Find a "buddy" to help support you in a physical activity routine
- ✓ Recharge your body each morning with a kick start breakfast
- ✓ Include 2 serves of fruit in your lunch box each day
- ✓ Recreate your garden to grow healthy food in your own backyard fitness centre
- ✓ Share garden produce with neighbors and friends

Vegetable Stack Pie

- serves 4

- ✓ 1/2 whole pumpkin, peeled and cut into chunks
or 4 medium potatoes or kumera (*or mix or both*)
- ✓ 1/4 cup low fat milk
- ✓ 1 bunch silverbeet
- ✓ 400 gram can baked beans
- ✓ 1/2 cup grated cheese
- ✓ 4 wholegrain tortilla
- ✓ Pinch black pepper to taste

Directions:

- Lightly grease a deep oven dish or line with baking paper
- Preheat oven to 180 degrees C
- Boil pumpkin (kumera/potato) until tender and then mash with milk and pepper
- Add chopped silverbeet or spinach
- Place a tortilla into the base of a prepared dish
- Top with a third of the beans, mashed pumpkin and silverbeet
- Repeat this process until you place the last tortilla on top of the stack
- Sprinkle with cheese
- Bake in oven for 20 minutes or until cheese is melted

Shopping List For This Weeks Dinners

- apple
- arborio rice
- baked bean
- breadcrumb
- carrot
- celery
- cheese
- chicken stock
- crunchy peanut butter
- crushed garlic
- desiccated coconut
- egg
- fish fillet
- fresh parsley
- garlic
- ginger
- green vegetable
- hokkien noodles
- honey
- lean pork
- milk
- minced meat
- natural yoghurt
- onion
- pasta
- potato
- pumpkin
- pumpkin seed
- silverbeet
- soy sauce
- sweet chilli sauce
- sweet chilli sauce, or
- tomato paste
- tomato
- tomato soup
- tortilla
- vegetables
- wholemeal bread

Pantry Items

- curry powder
- milk
- pepper
- vegetable oil
- water

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Try one of these tasty breakfast options (recipes can be found on www.healthyas.org.nz/trolley-tips): <ul style="list-style-type: none"> • 2 wheat biscuits + low fat milk + 1/2 tin peaches in juice • 1/2 cup dry porridge cooked with low fat milk + tablespoon dried raisins • 2 slices wholegrain toast with 1 poached egg or half tin baked beans + 1 cooked tomato • untoasted muesli + 1 pottle low fat yoghurt + 1 small banana sliced • fruit smoothie - low fat milk, low fat yoghurt, banana, fruit of choice 						
Snack	When you're needing a snack grab a piece of fruit or try a banana rolled in a piece of bread. Remember to drink plenty of water.						
Lunch	Now for a satisfying lunch: <ul style="list-style-type: none"> • Wholegrain bread sandwich + ham/tin fish/cheese/meat+ salad, vegetables, avocado • Leftovers from previous night with added vegetable/salad • Vegetable soup with wholegrain toast • Baked potato stuffed/topped with baked beans Finish with a serve of fruit and a glass of water						
Snack	Low fat fruit yoghurt and a slice of fruit bread/muffin or serve of fruit. Remember to drink plenty of water.						
Dinners	Honey pork noodle stir fry  A colorful dish with a selection of your favourite vegetables. An ideal recipe if you need a fast nutritious meal for the entire family.	Vegetable Stack Pie  The combination of pumpkin and silverbeet is delicious.	Meatballs  A fun change from the usual meatballs and sauce. Stuff tortilla wraps with meatballs and salad for a tasty dinner or serve as bite-sized nibbles with dipping sauces.	Pumpkin and spinach risotto  An easy meal that is low priced, tasty and easy to prepare.	Crumbed Baked Fish  A healthier way to enjoy that kiwi classic, fish and chips	Quick Minestrone  yummy served with fresh crusty bread	Vegetable curry  A tasty way to get lots of vegetables into one meal. Alternate taste through adding your own list of favourite vegetables.