



Individual Meal Plan for Older Adults

Easily adapted for two people



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Cooking for Healthy Ageing

During this time it's important to look after ourselves. One way we can do this is with healthy, delicious meals to help us feel our best. This resource is designed to meet your nutritional needs, in a tasty, convenient and affordable way. It includes dinner ideas and recipes, shopping lists for each week, food swaps, lunch and snack ideas and advice on food safety and wellbeing.

Two-Week Meal Plan

A healthy meal pattern includes breakfast (e.g. porridge, cereal or toast), lunch and dinner, as well as 2-3 snacks a day. Below is a selection of dinner ideas. These each make 2 serves so leftovers can be eaten on your night off cooking, lunch the next day or frozen for a later date. Equally these can be used as a meal plan for two people- just be sure to add extra food for lunches and fruit to your shopping list.

	1	2	3	4	5	6
Dinners Week 1	Chicken stir-fry	Tuna cauliflower mac'n'cheese	Vegetable frittata	Cottage pie	Minestrone soup	Beef and bean casserole
Dinners Week 2	Potato topped tuna mini pies	Pasta with vegetable and tomato sauce	Lamb tagine	Thai kumara, pumpkin & lentil soup	Chilli con carne	Roast chicken and vegetable salad

Top tips and ideas:

- If you feel like cooking earlier in the day, why not cook the suggested dinner meal for lunch?
- Stay hydrated throughout the day. Aim for 6-8 glasses of fluid each day, such as water, tea, coffee, or low-fat milk.
- For your 2-3 snacks a day check out the ideas on page 8– remember to add the ingredients for these to your shopping list!

Week 1 Shopping List

The following are all the ingredients you'll need for cooking the Week 1 dinners as well as some items for breakfast and lunch. If shopping for two, double the amount of fruit purchased. As some of these items are used in the Week 2 Recipes, the shop next week is likely to be less expensive. As priced in April 2020 each week's shop cost an average of \$70. Make sure you have the pantry staple items too (pg. 6).

Fresh produce		Canned items	
½ x	Head cauliflower	1 x	Can mixed beans or red kidney beans
5 x	Onions	1 x	Can creamed corn
4 x	Potatoes	1 x	Can baked beans
1 x	Kumara	1 x	Can tomatoes, diced/chopped
14 x	Mushrooms	1 x	Can whole peeled tomatoes
1 x	Salad pack	1 x	Can chilli beans (medium – hot)
1 x	Capsicum	4 x	95g Can tuna
8 x	Fruit (e.g. 4 bananas, 4 apples)	2 x	Canned fruit (e.g. peaches)
Meat, Chilled and Frozen items		Packaged items	
500g	Beef or lamb mince (freeze half of this for Week 2)	1 x	Stir-fry sauce packet (2 serves) (or use pantry staples- see recipe pg. 9)
~450g	Chicken Breast or thigh (freeze half of this for Week 2)	500g	Dried pasta shapes (e.g. penne, spirals)
500g	Gravy Beef or Blade Steak	1 kg	Rice
500g	Cheese	1 x	Loaf wholemeal bread
2 L	Milk	1 x	Bag rolled oats (or favourite cereal for breakfast)
1 kg	Yoghurt	1 x	Packet of crackers
1 x	Bag frozen mixed vegetables	12	Eggs
1 x	Bag frozen stir-fry mix		

Week 2 Shopping List

The following are all the ingredients you'll need for cooking the Week 2 Recipes as well as some extra snacks. If shopping for two, double the amount of fruit purchased. Some of the ingredients were purchased in last week's shop (e.g. meat and cheese). Again, make sure you have the pantry staple items too (pg. 6) and any additional ingredients for snacks.

Fresh produce		Canned items	
6 x	Onions	3 x	95g can tuna
2 x	Potatoes	1 x	can baked beans
2 x	Small kumara	2 x	can tomatoes, diced/chopped
½ x	Butternut pumpkin	1 x	Lite coconut milk
1 x	Bag of spinach	2 x	canned fruit (e.g. peaches)
1 x	Lemon	1 x	can chickpeas
1 x	Capsicum	1 x	creamed corn or spaghetti
1 x	Courgette	Packaged items	
4 x	Carrot	1 x	Cheese sauce packet
8 x	Fruit (e.g. 4 bananas, 4 apples)	50g	Dried lentils (from bulk bins)
Meat, Chilled and Frozen items		1 x	Jar red curry paste
1 x	Small pack of bacon	1 x	Loaf wholemeal bread
1-2 L	Lite milk	1 x	Packet of crackers
1 x	Bag frozen beans	1 x	Small bag dried apricots
2 x	Lamb shanks	1 x	Small box couscous



✓	Pantry Staples
	Vegetable oil
	Salt
	Pepper
	Minced/ Crushed garlic*
	Minced / Crushed ginger*
	Light soy sauce
	Vegetable stock cubes*
	Dried mixed herbs
	Paprika
	Cinnamon
	Cumin
	Ground coriander
	Chilli powder
	Corn flour*
	Flour
	Baking powder
	Vanilla essence
	Tomato sauce
	Tomato paste
	Honey*
	Sugar
	Custard powder
	Bottled lemon juice*
	Butter / margarine*

Food Swaps

To the left is a list of pantry staples that are used in this meal plan. If you don't have some of them, check out the handy food swaps below:

Honey → sugar, brown sugar, jam or golden syrup

1 tsp lemon juice → ½ tsp vinegar

1 tbsp cornflour → 2 tbsp plain flour

Stock cube → vegetable cooking water, or 1 tsp marmite/vegemite/soy sauce mixed with 1 cup of boiling water

Crushed garlic or ginger → fresh or dried garlic or ginger

Butter → margarine or oil

Fresh milk → try using milk powder in cooking and baking instead

Fresh produce → tinned or frozen fruit and vegetables

Bread → wraps/tortillas, pita breads

Pasta → egg noodles, rice, couscous, mashed potato/kumara

An * indicates there is a suggested alternative to the right.

Lunch Ideas



Sandwich or wrap with:

- Cheese and lettuce
- Favourite spread
- Mashed egg and salad



Crackers with toppings:

- Tuna and sliced tomato
- Salmon and avocado or cream cheese



Baked beans, spaghetti or creamed corn on toast



Omelette with mixed vegetables



Pesto pasta

Try adding some chickpeas or mixed beans for protein



Easy fried rice

Fry 1 tsp each of garlic and ginger, scramble 1 egg. Add 1 cup cooked rice, ½ cup mixed veg, and 1 tsp soy sauce and heat through



Toasted sandwich

Filling ideas to mix and match: cheese, red onion, ham, pineapple, mushroom, tuna, tomato, corn, spinach



Leftovers from dinner

All meals make at least 2 servings so why not reheat the delicious meal you made last night?



Corn or courgette fritters

Add a side salad or ½ cup of steamed veggies to complete this meal

Snack Ideas



Piece of fresh fruit



Stewed apples and cinnamon



Cheese and crackers



Sandwich with: Cheese and lettuce; Favourite spread; Mashed egg and salad



½ cup yoghurt (try with some tinned fruit and rolled oats)



Veggie sticks with hummus (try par-boiling the veg to make them softer to chew)



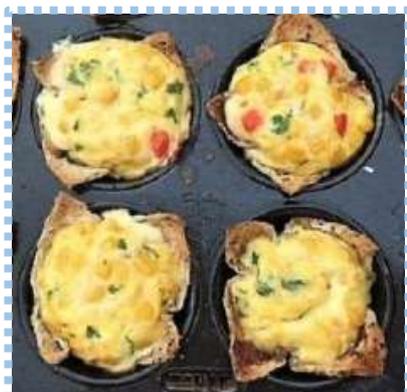
Hard-boiled egg



Fruit Smoothie (see snack recipes pg. 22)



Scone (see Snack Recipes pg. 25)



Savoury muffin quiches (see Snack recipes pg. 24)



Oatly slice (see Snack Recipes pg. 26)



Custard (see Snack recipes pg. 23)

Tips for Staying Well



Food Storage and Safety

Fresh produce: wash your fruit and vegetables with just water. Using soap can make us sick.

Freezing food: many foods can be frozen for eating later. For example, cooled **leftover meals** can be stored in a plastic, airtight container with the date it was cooked and what the meal is. **Bread** can also be put straight in the freezer – just take out slices when you need them.

Freezing vegetables: if your vegetables are beginning to wilt you can chop them up, blanch (quickly boil) them and freeze in portions for future meals. Over-ripe fruit can also be stewed and then stored in the freezer. Fruits and vegetables can keep for about 6 months when frozen correctly. For more detailed instructions on freezing vegetables go to:

<https://www.heartfoundation.org.nz/about-us/news/blogs/your-freezer-is-your-most-important-appliance>

Wellbeing

Staying social is just as important as nourishing our body with good food! Do you have a neighbour you can talk to? Or friends and family that you can chat to over the phone?

Whether you need help grocery shopping or someone to talk to, there are many organisations where help can be found such as **Age Concern, Friends In Need,** and the **Student Volunteer Army**. Check out the following page for website links for these organisations.

Staying Physically Active

There are so many benefits from getting moving! It's recommended we aim for 30 minutes of physical activity that make our heart rate and breathing increase, five days a week. Here are some ideas on how to incorporate more movement into your day:

- Haven't vacuumed in a while? **Housework** is a great way to get moving and there is the added bonus of a clean house afterwards!
- Weather permitting, outdoor activities, such as **gardening, walking** around the block and **washing the car** are good ways to get your heart rate up.
- There are also indoor activities you can do – even making sure you stand up and walk around the room every 30 minutes is helpful! If you have internet, check out Age Concern's Steady As You Go[®] **Falls Prevention Exercises**:
https://www.youtube.com/watch?v=Bf7_hyHEwBk
- If you need support to get moving, find a **Green Prescription** contact in your area through the Helpful Links on page 27.

Week 1 Recipes

Chicken Stir-Fry

Serves: 2

Estimated cooking time: 30-40 minutes



Ingredients

- 1 packet of stir-fry sauce (or use Pantry Staples Marinade)
- 200g Chicken breast or thigh, sliced into thin strips
- 3 cups frozen stir fry vegetables
- 1 Tbsp Oil
- $\frac{3}{4}$ cup uncooked rice
- 1 $\frac{1}{2}$ cup water
- 2 Tbsp Coriander leaves, sliced spring onions or mung beans (optional for garnish)
- 1 Tbsp Sesame seeds (optional for garnish)

Pantry Staples Marinade

- | |
|---|
| $\frac{1}{2}$ tsp Minced Garlic |
| $\frac{1}{2}$ tsp Minced Ginger |
| $\frac{1}{2}$ tsp Corn Flour |
| 1 Tbsp Light Honey Soy Sauce (light soy sauce with $\frac{1}{2}$ tsp honey) |
| 1 Tbsp Oil |
| 1 Tbsp Water |

Method

1. Place all of the marinade ingredients (except oil) in a bowl, add chicken and leave for 10 minutes. If using a pre-prepared marinade follow packet instructions.
2. Rinse the rice under cold running water then combine rice and water in a pot with a lid. Bring water to the boil then turn down to low. Once water is below the level of the rice, turn the heat off and leave covered for 10 minutes.
3. Heat fry pan or wok over a medium heat, add oil and vegetables and cook for 5-6 minutes until tender. Remove vegetables from pan.
4. In the same pan cook chicken with marinade for approximately 5-6 minutes or until juices run clear. When chicken is cooked return vegetables to pan and heat through.
5. Serve over rice and garnish with fresh coriander leaves, garden herbs, spring onions or mung beans if desired.

Original recipe found at: <https://nutritionfoundation.org.nz/our-programmes/JUST-COOK-recipe-book/chicken-main-meals>

Tuna Cauliflower Mac 'n' cheese

Serves: 4

Estimated cooking time: 1 hour

Ingredients

¼ packet Pasta

½ head Cauliflower, chopped

1 can Creamed Corn

½ cup Milk

½ cup Cheese, grated

400g can Tuna drained

1 cup frozen Mixed Veg, defrosted

¼ cup Cheese, grated



Method

1. Heat oven to 200°C.
2. Boil the pasta for 8 minutes.
3. Add cauliflower to pasta and boil for a further 3 minutes.
4. Drain and set aside.
5. Mix together creamed corn, milk and cheese.
6. Mix the creamed corn mixture together with the mixed veg, tuna, pasta and cauliflower.
7. Place in a large roasting dish and sprinkle with second quantity of cheese.
8. Bake for approximately 30 minutes or until hot through and golden on top.

Tips and ideas

- This meal can be frozen in 4 portions and reheated when desired. Make sure to label what it is and when it was made.
- Frozen broccoli or cauliflower can be used instead of fresh cauliflower.
- Tuna can be replaced with another protein source such as a tin of mixed beans, chickpeas, or another meat such as mince or chicken. If using another meat, be sure to cook it before putting it in at step 6.

Original recipe from: <https://www.heartfoundation.org.nz/wellbeing/healthy-recipes/tuna-cauliflower-mac-n-cheese>

Vegetable Frittata

Serves: 2

Estimated cooking time: 30 minutes

Ingredients

1 medium Kumara (peeled & diced)

1 medium Onion, diced

½ Capsicum, chopped

2 large Mushrooms

1 tsp Paprika

1 tsp Oil

4 Eggs, whisked

1-2 Tbsp Milk

½ cup Cheese, grated

2 Tbsp Parsley, finely chopped

Salt and Pepper to season



Method

1. Cook Kumara/ potato in boiling water until tender. Drain well.
2. In a fry pan gently sauté in oil capsicum, mushrooms and paprika. Add cooked Kumara/ potato.
3. Whisk eggs and milk together in a bowl. Pour over vegetables in fry pan and return to element. Cook until the egg is set around the edges. Sprinkle over grated cheese.
4. Place under the grill oven until lightly browned and egg is cooked.

Tips and Ideas:

- Serve with a fresh side salad. To make your own vinaigrette dressing, shake up 2 Tbsp of vegetable oil with 2 Tbsp of white vinegar. To make this into a lemon and ginger dressing add 2 Tbsp of lemon juice and 1 tsp of grated ginger. The leftover dressing can be stored in an airtight container in the fridge for use on your next salad.

Original recipe from: <https://nutritionfoundation.org.nz/our-programmes/JUST-COOK-recipe-book/vegetarian-meals>

Cottage Pie

Serves: 2

Estimated cooking time: 1 hour

Ingredients

- 1 Tbsp Oil
- ½ Onion, finely diced
- 250g Beef or lamb mince
- 1 Tbsp Flour
- 2 tsp Tomato Sauce
- 2 tsp Chutney or Relish (optional)
- 1/3 cup Liquid Stock
- 1½ cups Frozen or fresh vegetables
- 2 Potatoes, boiled and mashed
- 2 tsp Butter
- ¼ cup Cheese, grated
- Salt and Pepper to taste



Method

1. Preheat oven to 180°C.
2. Boil potatoes in water until tender. Drain well.
3. Heat oil in a large fry pan. Add onion and cook until tender.
4. Add mince and cook until browned.
5. Stir in flour and cook for 1 minute.
6. Add tomato sauce, chutney, and stock. Bring to the boil, reduce the heat and simmer for 5 minutes. Add the vegetables simmering until cooked.
7. In a separate bowl, mash potatoes, butter, and cheese. Mix until smooth.
8. To assemble place mince on the bottom of oven proof dish and top with potato mixture. Bake for 20 minutes at 180°C.

Original recipe from: <https://nutritionfoundation.org.nz/our-programmes/JUST-COOK-recipe-book/red-meat-meals>

Quick & Easy Minestrone Soup

Serves: 2-3

Estimated cooking time: 30 minutes

Ingredients

- 1 Tbsp Oil
- 2 tsp minced Garlic
- 1 small Onion (diced)
- 1 x can Tomatoes (chopped /diced)
- 1 ½ tsp Vegetable stock powder
- 1 ½ cups Water
- 1 tsp dried Mixed Herbs
- 1/3 cup Dried Pasta
- ½ cup Mixed Frozen Vegetables
- 1 x 400g can Mixed Beans (or red kidney beans), drained
- Juice of ½ Lemon (~ 1 Tbsp)
- 2 Tbsp Cheese
- Salt and Pepper to taste
- Small handful of fresh herbs to garnish (optional)



Method

1. Heat oil in a large saucepan.
2. Add onion and garlic and cook for 2-3 minutes or until soft.
3. Add tinned tomatoes, vegetable stock powder, water and dried herbs. Bring to boil.
4. Stir in pasta and cook for 10-15 minutes or until pasta is cooked.
5. Add frozen vegetables and tinned beans. Cook for another 3 minutes or until they are heated through. Add lemon juice and adjust seasonings to taste.
6. Sprinkle with grated cheese and finely chopped fresh herbs. Serve with warm crusty bread.

Tips and ideas:

- Substitute fresh vegetables, such as tomatoes, beans, courgettes and red peppers, for tinned and frozen foods when plentiful and cheap.
- Add 100g diced tofu to create a protein rich meal.

Original recipe from: <https://nutritionfoundation.org.nz/our-programmes/JUST-COOK-recipe-book/soups>

Beef and Bean Casserole

Serves: 4

Estimated cooking time: 2 hours

Ingredients

500g Gravy beef (or blade steak)

2 Onions, peeled and cut into 2cm dice

1 Tbsp Paprika

400g can whole peeled Tomatoes in juice

½ cup Tomato puree/paste

425g can Chilli Beans (medium-hot)

12 Mushrooms, diced

½ cup Stock

Mashed potato and steamed green vegetables to serve



Method

1. Dice the beef chuck steak into large 3cm pieces.
2. Heat a dash of oil in a frying pan and brown the meat in two batches over a moderate to high heat and then transfer to a casserole dish.
3. Add the onion to the pan and cook 2-3 minutes. Sprinkle over the paprika and cook for half a minute before stirring in the whole peeled tomatoes in juice, tomato puree, chilli beans, mushrooms and beef stock.
4. Bring to the boil and then pour over the beef. Cover and cook at 160°C for 1 ¼ hours until the meat is tender.
5. Serve hot with your favourite green vegetable and some mashed potato.

Crockpot/Slow Cooker Instructions

For best results, follow steps 1-3 and place all ingredients in slow cooker, except beef stock. Cook on LOW for approx. 8 hours (refer to your user manual). Serve as above.

Tips and ideas:

- Freeze the extras of this casserole in individual containers (named and dated) for nights you don't feel like cooking.
- Serve with warm bread or scones instead of mashed potato

Original recipe from: <https://www.foodinaminute.co.nz/Recipes/Beef-and-Bean-Casserole>

Recipes Week 2

Potato Topped Tuna Mini Pies with Steamed Beans

Serves: 2

Estimated cooking time: 1 hour

Potato Topping Ingredients

2 Large Potatoes (peeled and cut into chunks)

3 Tbsp Milk

2 tsp Margarine

Pinch Salt

Tuna Filling Ingredients

1 Packet Cheese Sauce Mix

1 can Tuna (185g)

½ cup frozen mixed veg

2 Hard-Boiled Eggs, sliced

4 Tbsp Cheese, grated

1 cup frozen beans

Method

1. Boil potato for 20 mins or until soft. Drain.

2. Mash potato and add milk, margarine and salt. Mix well.

3. Pre-heat oven to 180°C.

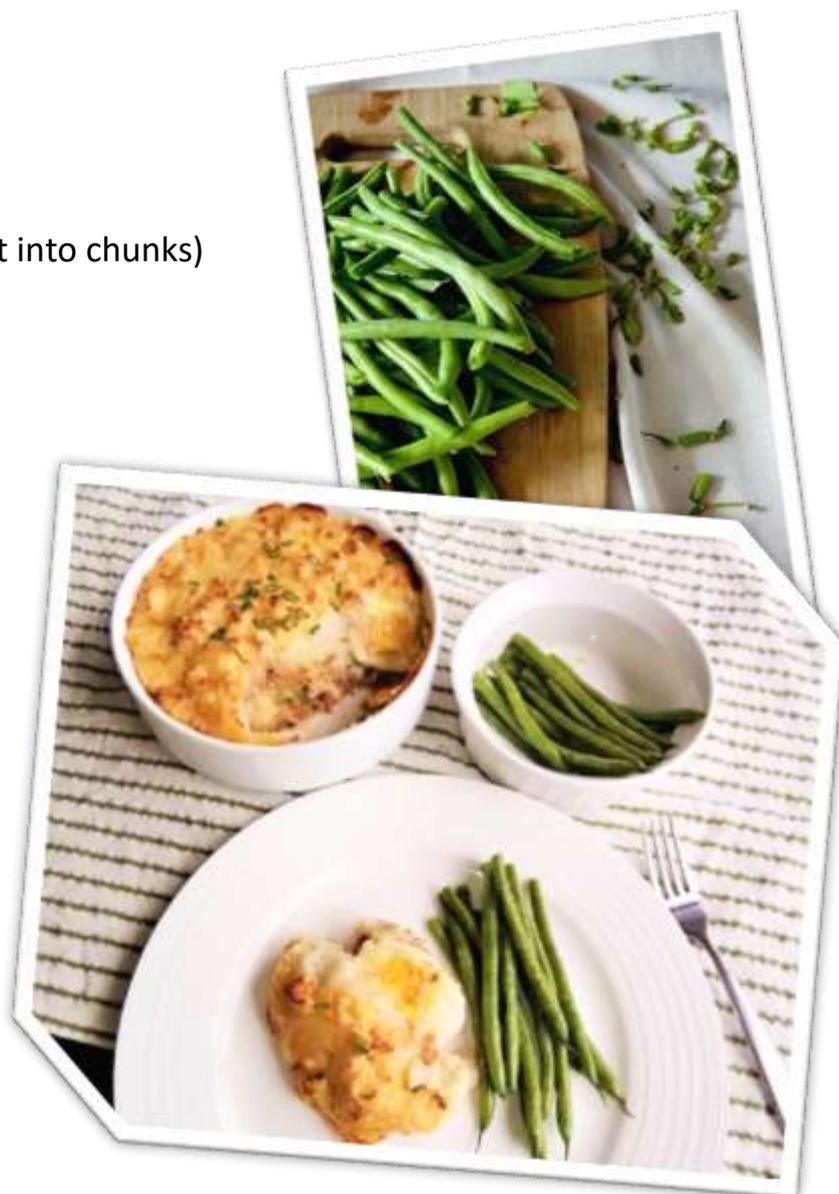
4. Make the cheese sauce according to the instructions

on the packet. Set aside in a large bowl.

5. Mix tuna, eggs, and frozen mixed veg with the cheese sauce. Place the mixture into an ovenproof dish.

6. Top with mashed potatoes and sprinkle with grated cheese. Bake for 30 minutes.

7. Steam frozen vegetables to serve.



Original recipe from:

<https://nutritionfoundation.org.nz/our-programmes/JUST-COOK-recipe-book/fish-main-meals>

Pasta with Fresh Vegetable & Tomato Sauce

Serves: 2 – 3

Estimated cooking time:

Ingredients

- 1 Courgette (grated)
- ½ Carrot (grated)
- ½ Red pepper (diced)
- 1 Onion (diced)
- 2 Garlic cloves (finely chopped) or 1 tsp minced garlic
- 1 can of tomatoes
- 1 Tbsp Oil
- 2 slices Bacon (diced)
- 1 tsp Oregano (dried)
- 1 tsp Vegetable stock powder or salt and pepper to season
- 150 g Dried pasta

Method

1. Wash and trim ends off carrots and courgettes. Grate.
2. Cut red peppers in half, remove seeds and slice thinly.
3. Peel and finely chop onion and garlic.
4. Finely slice the bacon.
5. Heat oil in a fry pan (moderate heat) and sauté onion for 2 minutes. Add diced bacon and garlic cook for a further 3-4 minutes.
6. Add diced tomatoes, red peppers, dried oregano, grated vegetables and simmer until sauce has thickened. Add torn basil leaves.
7. Fill a medium saucepan with water, add salt and bring to the boil. Add pasta and boil uncovered, stirring occasionally to avoid pasta sticking. Cook until pasta is tender and then drain in a colander.
9. Place drained pasta in bowl, pour over vegetable sauce, top with grated cheese



Variations:

Add seasonal vegetables such, mushrooms, pumpkin and eggplant for variety

Ingredients to serve

Fresh basil leaves
80g cheese, grated

and torn basil leaves.

Original recipe from: <https://nutritionfoundation.org.nz/our-programmes/JUST-COOK-recipe-book/rice-pasta>

Lamb, Apricot and Chickpea Tagine

Serves: 4

Estimated cooking time: 2+ hours

Ingredients

1	Tbsp oil	¼ tsp	ground Cinnamon
2	Lamb shanks	½ cup	halved dried Apricots
2	Onions, diced	1 can	Chickpeas, drained and rinsed
2	Carrots, diced	1	Stock cube, crumbled
3 cloves	Garlic, crushed	3 cups	Water
1 Tbsp	Paprika	2 Tbsp	Lemon juice
¼ tsp	Chilli powder	1 Tbsp	Lemon zest
1 Tbsp	ground Cumin	¼ cup	chopped Coriander (optional, to serve)
1 Tbsp	ground Coriander	1 cup	cooked Couscous (to serve)

Method

1. Pre-heat the oven to 160°C.
2. Heat an oven proof casserole dish over medium to high heat on the stove top and add the oil.
3. Brown the lamb shanks on all sides then remove and set aside.
4. Add onion and carrots to the casserole dish and continue to cook over a low heat until softened.
5. Add garlic, paprika, chilli, cumin, ground coriander and cinnamon and cook for a further minute.
6. Add apricots, chickpeas, stock and water and bring to a simmer.
7. Return the shanks to the pan and push down so they are mostly covered and place a lid on the casserole dish.
8. Remove from the stove top and put in oven, cook for approximately 2-3 hours or until the meat is easily falling from the bone.
9. Remove from the oven and take the bones out, shredding the meat a little
10. Add lemon juice, zest and chopped coriander and gently mix through before serving.
11. Serve with couscous (follow cooking instructions on packet).



Original recipe from: <https://www.heartfoundation.org.nz/wellbeing/healthy-recipes/lamb-apricot-and-chickpea-tagine#recipe-method>

Thai Kumara, Pumpkin & Lentil Soup

Serves: 2

Estimated cooking time: 45 minutes

Ingredients

- 1 small Kumara
- ¼ small Butternut pumpkin
- 1 Small Onion
- 1 Tbsp Vegetable oil
- ¼ cup Dried red lentils
- 125g Crushed or chopped tomatoes
- 1 tsp Garlic (minced)
- 1 tsp Red curry paste
- 125g Lite coconut milk
- 350 ml Boiling water
- Salt and pepper to taste
- Small handful of chopped herbs to garnish (optional)



Method

1. Peel and cut kumara, pumpkin and onion into small chunks.
2. In a large saucepan sauté onion, garlic, lentils and curry paste in the oil.
3. Add tomato, kumara, pumpkin and water. Simmer gently for approximately 30 minutes or until the lentils and vegetables are soft.
4. Remove from heat and puree using a stick blender (or mash with potato masher). Check seasoning and add salt to taste.
5. Stir through coconut milk. Garnish with herbs and serve warm.

Tips and ideas:

- Serve with croutons or toasted pita bread
- Use the leftover coconut milk in a smoothie (refer to Snack Recipes) and tomatoes in a meat stew or pasta sauce

Original recipe from: <https://nutritionfoundation.org.nz/our-programmes/JUST-COOK-recipe-book/soups>

Chilli Con Carne

Serves: 2

Estimated cooking time: 45 minutes

Ingredients

4 tsp Oil

1 small Onion (peeled and diced)

½ tsp Garlic (minced)

250 g Lean beef mince

2 Tbsp Sweet chilli sauce or a pinch of chilli

1 can (420g) Baked beans

2 Tbsp Tomato paste

½ cup Water, red wine or stock

2 cup Vegetables (finely chopped carrots, capsicums, mushrooms, courgettes, or frozen vegetables)

Salt and pepper to taste

Cooked rice or mashed potato (to serve)



Method

1. Heat oil in a saucepan. Add onion and garlic. Cook for 2-3 minutes or until onion is golden.
2. Add mince and continue cooking until mince is browned and no longer in clumps.
3. Add chilli powder or chilli sauce, baked beans, tomato paste and water (or wine or stock). Cook over a gentle heat for 10 minutes.
4. Add vegetables and extra water if necessary and cook for further 10 – 20 minutes.
5. Check seasoning and adjust to taste.
6. Garnish with topping of choice (tomato salsa, sour cream, grated cheese, chopped herbs, and pita crisps).
7. Serve with cooked rice or mashed potatoes.

Tip and ideas:

- Carrots and courgettes can be grated to make it easier to cook and eat. Leave skin on to maximise nutritional content
- Leftovers can be use in potato topped pie, tortilla wrap or toastie pie filling

Original recipe from: <https://nutritionfoundation.org.nz/our-programmes/JUST-COOK-recipe-book/red-meat-meals>

Roast Chicken and Vegetable Salad

Serves: 2

Estimated cooking time: 30-45 minutes

Ingredients

250g chicken thigh or breast, skin and bone removed

½ onion

1 cup pumpkin, peeled and seeded

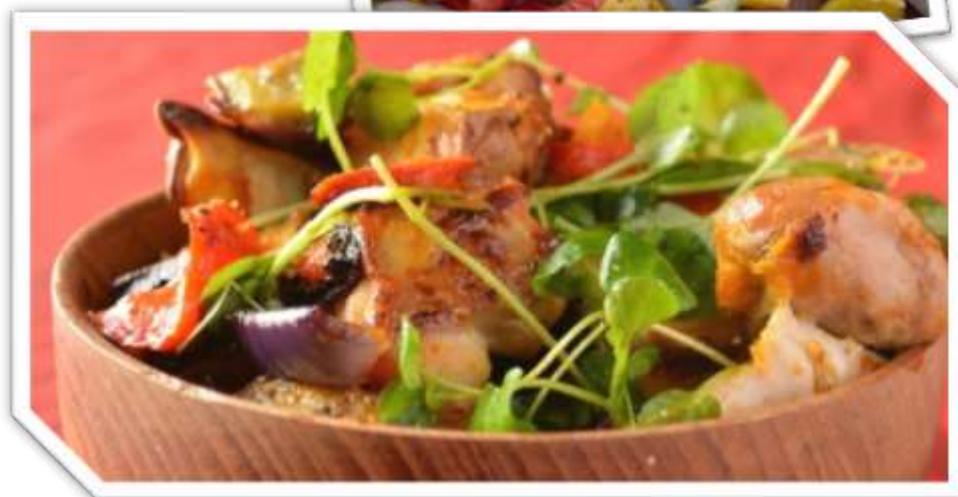
½ capsicum

1 small kumara, washed

1 Tbsp olive oil

1 Tbsp lemon juice

1 cup salad leaves



Method

1. Heat oven to 225°C.
2. Cut chicken, onion, pumpkin, capsicum and kumara into bite sized pieces
3. Spread out on a roasting dish and toss with oil.
4. Roast for approximately 30 minutes or until cooked through and browned. You will need to turn the pieces over once or twice during the cooking.
5. Remove from oven and mix through the lemon juice and salad leaves before serving.

Tips and ideas:

- If making for one person, only add half of the salad leaves and lemon juice to half of the roast veg and chicken. Then save the other half of the roasted mix in an airtight container. This can then be thoroughly heated in the microwave, oven or in a pan the next day. Once heated, add the rest of the salad leaves and lemon juice for a fresh lunch meal.

Original recipe from: <https://www.heartfoundation.org.nz/wellbeing/healthy-recipes/roast-chicken-and-vegetable-salad#recipe-method>

Snack Recipes

Smoothies

Each Serves: 2

Time to make: 5 min

Fruit Smoothie

1 banana

½ cup chopped fresh, tinned or frozen fruit

1 cup liquid (e.g. milk, soy milk, water)

And for a **Green Smoothie** add:

½ cup spinach leaves or ¼ cup frozen spinach

Berry Smoothie

1 ½ cup milk

1 cup yoghurt

1 banana

½ cup frozen berries

2 tsp honey

Method

1. Place all ingredients into a blender and blend until smooth.
2. Serve immediately

Tip

- Half of the smoothie can be saved in a keep cup, jar or airtight container for the following day. Just be sure to stir it well before drinking!
- Use a frozen banana for a delicious change

Original recipes from: <https://www.heartfoundation.org.nz/wellbeing/healthy-recipes/banana-based-smoothies> and <https://nutritionfoundation.org.nz/our-programmes/JUST-COOK-recipe-book/breakfast>



Custard

Makes: 1 cup

Time to make: 10 minutes

Ingredients

1½ Tbsp Custard powder

1 Tbsp Sugar

1 cup Milk

½ tsp Vanilla essence



Method

Saucepan	Microwave
<ol style="list-style-type: none">1. In a saucepan, off the heat, stir ¼ cup of the milk slowly into the custard powder and sugar mixture so that there are no lumps.2. Add remaining milk and stir well.3. Heat until boiling and then simmer for 2-3 minutes or until thickened. Stir constantly.4. Add vanilla essence stir well.	<ol style="list-style-type: none">1. In a large microwave-safe jug or bowl mix ¼ cup of the milk with custard powder and sugar.2. Stir remaining milk into custard mixture. Cook on high power for 1 ½ minutes. Stir well and cook for another 30 seconds or until thickened. in vanilla essence.3. Serve immediately or cool quickly by standing the saucepan/jug in cold water.

Tips and ideas:

- Press plastic food wrap or waxed paper on the custard when cooling to prevent skin forming on the surface.
- If a thicker custard is wanted add 2 Tbsp of custard powder: 1 cup milk.
- **Variations**
 - **Banana Custard:** Increase custard powder to 1 ½ Tbsp. Cool custard slightly, and then pour over 1 large or 2 small sliced bananas.
 - **Almond Custard:** Add ½ to 1 tsp almond essence to cooked custard.
 - **Chocolate Custard:** Mix 1 Tbsp cocoa with custard powder and increase the sugar to 1 Tbsp.

Original recipe from: <https://nutritionfoundation.org.nz/our-programmes/JUST-COOK-recipe-book/puddings>

Savoury Muffins Quiches

Makes: 8 Time to make: 30-40 minutes

Ingredients

Filling

2 Eggs
½ cup Creamed corn (can)
½ Capsicum (finely diced)
½ cup Cheese (Grated)
2 Tbsp Parsley, chives or spring onions (chopped)
Salt and pepper to taste

Base

8 Slices wholemeal bread (crust removed)
Marmite or vegemite (to spread)



Method

1. Preheat oven at 190°C.
2. Mix all the filling ingredients together in a bowl and set aside.
3. Flatten the bread using a rolling pin. Spread Marmite or Vegemite on one side of the bread.
4. Lightly grease muffin tins with a pastry brush and oil or spray.
5. Place the bread into the oiled muffin pan with the spread side facing up. Spoon the filling into the base.
6. Bake in oven for 15 - 25 minutes.

Tips and ideas:

- Add left over creamed corn to soup, frittata, quiche, savoury muffin or serve with an omelette.
- Crusts can be placed in the oven and baked to make breadcrumbs while the quiches are cooking

Original recipe from: <https://nutritionfoundation.org.nz/our-programmes/JUST-COOK-recipe-book/healthy-bites>

Scones

Makes: 12

Time to make: 30 minutes

Ingredients

3 cups Flour

6 tsp Baking powder

1/4 tsp Salt

75 g Butter

1- 1 ½ cup Milk



Method

1. Preheat oven to 220°C and line a baking tray with baking paper.
2. Sift flour, baking powder and salt into a bowl. Rub in the butter with your fingertips until the mixture resembles fine bread crumbs. Make a well in the centre of the dry ingredients. Add the milk and quickly mix with a table knife to form a soft dough.
3. Turn the dough out onto a lightly-floured bench. Pat dough out to 2cm thickness Cut into approximately 12 pieces and lift each onto the baking tray. Brush the tops with milk.
4. Bake in a preheated oven for 10minutes or until golden brown. Remove and cool inside a clean tea towel to help keep their freshness.

Tips and ideas:

- To make cheese scones, add 1 ½ cup grated cheese and a pinch of cayenne pepper.
- To make sultana or date scones, add 1½ cups of sultanas or chopped dates and finely grated lemon rind from 1 lemon
- Wholemeal flour can be substituted for white flour if desired.

Original recipe from: <https://nutritionfoundation.org.nz/our-programmes/JUST-COOK-recipe-book/bakery>

Oaty Slice

Makes: 10

Time to make: 1 hour

Ingredients

1 egg

¼ cup vegetable oil

¼ cup brown sugar

½ cup milk

¼ cup dates, chopped

¼ cup sultanas

½ cup rolled oats

1 cup wholemeal flour

1 tsp baking powder

1 tsp cinnamon



Method

1. Lightly grease a flat baking tin 18 x 28cm
2. Beat egg, oil, sugar and milk together until smooth
3. Stir in dates, sultanas, flour, rolled oats, baking powder and cinnamon
4. Mix together
5. Spread into tin
6. Bake at 180°C for 40-45 minutes or until golden brown and firm to the touch
7. Let cool and cut into squares.

Original recipe from: <https://www.heartfoundation.org.nz/wellbeing/healthy-recipes/oaty-slice>

Helpful Links and Contacts

If you need support or advice contact **Age Concern**:

<https://www.ageconcern.org.nz>

If you need your groceries delivered contact the **Student Volunteer Army**:

<https://shop.sva.org.nz>

For a friend and a chat contact **Friends In Need**:

<https://friendsinneednz.com>

For **mental health helplines** visit:

<https://www.mentalhealth.org.nz/get-help/in-crisis/helplines/>

For more recipe ideas, check out the **Heart Foundation website**:

<https://www.heartfoundation.org.nz/wellbeing/healthy-recipes>

And for more advice on health and wellbeing for ageing check out **Age**

Well, Eat Well: <https://www.agewelleatwell.com>

If you are wanting more support for physical activity, find a **Green Prescription** contact in your area: <https://www.health.govt.nz/our-work/preventative-health-wellness/physical-activity/green-prescriptions/green-prescription-contacts>