How to Adult Part 3

# Get Fed

You’ve got a job; you’ve moved out; now you are hungry!  
You know deep down that you shouldn’t live off 2-minute noodles and toast.

## Meal Plan for a Week

Plan what you will eat for the week.

Useful websites for meal ideas:

* [www.taste.com.au](http://www.taste.com.au)
* [allrecipes.com.au](http://www.allrecipes.com.au)
* [www.bestrecipes.com.au](http://www.bestrecipes.com.au)
* [recipes.coles.com.au](http://www.recipes.coles.com.au)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Breakfast | Lunch | Dinner | Snacks | Other |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
| Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |
| Sunday |  |  |  |  |  |

## Shopping list

Make a list of all the ingredients you’ll need for the week and work out how much it’ll all cost.

You could use one of the following websites to help:

* [www.coles.com.au](http://www.coles.com.au)
* [www.woolworths.com.au](http://www.woolworths.com.au)

## Choose one recipe for later

For a different assignment you will need to choose one of your meals to purchase ingredients for and cook either at school or for your family at home. You will then have to analyse the nutritional content of the meal and decide how healthy it is according to the Australian Nutritional Guidelines.

But that’s for later; just choose a meal for now.