

# Meal planning & healthy recipes

## Whakamaheretia he rārangi kai ō ngā tohutaka kai hauora

Planning your meals in advance can help you save time and money. A meal plan can help you and your family or whānau eat a nutritious, well-balanced diet. Use the meal planning tools and recipes below. They will help you plan and prepare healthy, tasty and affordable meals.

### Meal planning

- Healthy Food Guide – Ultimate guide to meal planning



(<https://www.healthyfood.co.nz/advice/beat-decision-fatigue-your-ultimate-guide-to-meal-planning>)

Information and handy tools to help you plan meals. It should help you with healthy, tasty meals that are quick to prepare. It should also help you stay within your budget. The first few views are free, but then you'll need to register for a small fee.

### Healthy recipes

- Healthy Food Guide – Recipes (<http://www.healthyfood.co.nz/healthy-recipes>)  
This website has a huge variety of healthy recipes. It includes recipes for families, for people living on their own, and for special occasions. It also includes recipes for special diets such as diabetes, vegetarian, gluten-free and dairy-free. The first few views are free, but then you'll need to register for a small fee.
- Heart Foundation – Recipes (<https://www.heartfoundation.org.nz/wellbeing/healthy-recipes>)  
Healthy recipes in many different styles. It includes Asian, Pacific, kids' meals and meals for people with diabetes.
- Heart Foundation – Resources: cookbooks ([https://www.heartfoundation.org.nz/resources?tag\\_id=634](https://www.heartfoundation.org.nz/resources?tag_id=634))  
Eight free cookbooks that you can download or order. They include Kids in the kitchen. This is a collection of fun recipes to get children interested in food and helping out in the kitchen.
- My Family Recipes (<https://www.healthykids.org.nz/eat/recipes>)  
This website is provided by the Health Promotion Agency. It has tasty, fast, easy and low-cost recipes. It includes recipes for breakfast, lunch, dinner and snacks. It also has a baby food section. This has everything you need to know about when and how to start your baby on solids. It also has easy baby food recipes.



- **Te Korowai Hauora o Hauraki – Kia Kaha Te Kai**

([http://www.korowai.co.nz/publications\\_resources/cookbook](http://www.korowai.co.nz/publications_resources/cookbook))

A whānau focused cookbook that you can read online or download. It has healthy recipes that are affordable, and quick and easy to make. It includes some old favourites such as a boil-up but with a few changes to make it healthy.

### Pacific food recipes and information

- **Heart Foundation – Pasifika flavours** (<https://www.heartfoundation.org.nz/shop/food-industry/pdfs/pasifika-cookbook.pdf>)

Recipes and information about flavouring food inspired by traditional Pacific dishes and ingredients.

- **Kai Lelei – Recipes for large families** ([http://ana.org.nz/wp-content/uploads/2016/11/KaiLelei\\_RecipeBook.compressed.pdf](http://ana.org.nz/wp-content/uploads/2016/11/KaiLelei_RecipeBook.compressed.pdf))

Healthy and economical recipes that use Pacific food and traditions.

*Written by HealthInfo clinical advisers. Last reviewed October 2018.*