

# Balanced meals with no food waste

Three tips to avoid food waste and make eating healthily easy

make every  
bite count  
*Tips*

## Smart shopping

### Tips to buy recommended amounts

#### Meat, fish, poultry

Multiply the recommended portion size per serve by the number of planned meals.

- 100 to 250g (raw weight) = One portion size per serve
- 400 to 1kg (raw weight) serves 4

#### Red meat

- Buy amounts to serve three to four meals per week.
- Choose portion sizes per serve equivalent to 650g (raw weight) per week. For example, recommended portion sizes per serve for 4 meals a week: 250g + 125g + 150g + 125g
- Red meat choices include beef, lamb, pork, kangaroo and game meat.

## Leftovers

### Tips to boost intake of vegetables

#### Soup

chop or blend leftover vegetables and add canned beans or red lentils

#### Stir fry

chop and stir fry harder vegetables first (e.g. carrots, broccoli stalks) and add leafy greens (e.g. spinach) just before serving

#### Sauce

chop finely (e.g. celery) or grate vegetables (e.g. zucchini) and add to bolognaise, casserole or curry

#### Salad

grate or chop vegetables and add canned legumes


#### Pesto or dip

blend raw or cooked vegetables and trimmings (e.g. carrot, beetroot) and add spices

#### Roast

blend raw or cooked vegetables and trimmings (e.g. carrot, beetroot) and add spices

Practical resources published by Meat & Livestock Australia for health professionals to provide guidance on red meat and healthy eating.

 **Healthy Meals**

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## Food storage

### Tips for quick, easy meals

#### Tips for freezing fresh meat

- Separate meat into portions for freezing.
- Put into airtight plastic freezer bags, then seal removing any excess air from bag.
- Label with cut name, weight and date.
- To defrost, place frozen meat on lowest shelf in the fridge until completely thawed.
- Never refreeze defrosted meat.

#### Tips for freezing meals

- Cool leftovers in fridge before freezing.
- Store meals in individual portions.
- Defrost frozen meals in fridge or microwave.
- Once defrosted, use within 24 hours, don't refreeze.

### Quick, easy leftover meal ideas



Add canned beans (e.g. three bean mix) and different spices to basic bolognese



Use leftover meat, vegetables and herbs in soups, pasta, or salads



Roast extra vegetables for salads or wraps

