

Meals for 1 & 2 Meal plan + shopping list

We've compiled the shopping list for a week's dinners, for one or two, for the Kick-start Plan, so you don't have to. Don't be daunted, just tick off what you have already in your pantry and cross off any leftover items from the week before.

MEAT
FREE

MONDAY



Chilli and miso baked eggplant on
rice pilaf healthyfood.co.nz
1790kJ(428cal)

TUESDAY



Chicken in Creole sauce
healthyfood.co.nz
1490kJ(355cal)

WEDNESDAY



Tuna filo pies
healthyfood.co.nz
1710kJ(409cal)

MEAT
FREE

THURSDAY



Warm ricotta and roasted pumpkin
salad healthyfood.co.nz
1650kJ(395cal)

FRIDAY



Spiced chicken and pumpkin pilaf
healthyfood.co.nz
1790kJ(429cal)

SATURDAY



Fish with homemade tartare sauce
fennel slaw and crispy crushed potatoes
healthyfood.co.nz 1490kJ(356cal)

SUNDAY



Barbecued butternut and lamb salad
healthyfood.co.nz
1720kJ(411cal)

ABOUT THE PLAN

- With our mix-and-match menu plan you'll average around 6500kJ (1550cal) a day. That's suitable for a woman of around 165cm tall aiming to lose weight. Eating less is not advised.
- Men, active and bigger people and those not wanting to lose weight need more energy, so simply increase portion sizes. One-third more food again will average around 8700kJ (2070cal) a day; about right for a 179cm tall guy wanting to shed some excess kilos or a woman wanting to maintain her weight.
- Just as energy use varies each day, so does energy intake. Get the balance right by focusing on portion sizes and being fully conscious of how full you are or how hungry you feel.

PANTRY AND REFRIGERATOR STAPLES

Check your pantry and fridge are stocked with the essentials

CANNED, BOTTLED, PACKAGED

- ☐ balsamic vinegar
- ☐ reduced-salt chicken stock
- ☐ chilli paste
- ☐ Dijon mustard
- ☐ miso paste
- ☐ oil (olive, sesame, spray)
- ☐ reduced-fat mayonnaise
- ☐ rice (brown, brown basmati)
- ☐ sweet chilli sauce
- ☐ white wine vinegar

DRY GOODS, HERBS AND SPICES

- ☐ black pepper
- ☐ chilli flakes
- ☐ ground coriander
- ☐ ground cumin
- ☐ dried oregano
- ☐ smoked paprika
- ☐ sultanas

CHILLED AND FROZEN

- ☐ low-fat plain yoghurt
- ☐ reduced-fat cheese

SHOPPING LIST

PRODUCE

- ☐ bag baby spinach
- ☐ 2 onions (1 brown, 1 red)
- ☐ 6 Brussels sprouts
- ☐ 575g butternut pumpkin
- ☐ 3 capsicums (2 red, 1 green)
- ☐ 2 carrots
- ☐ 250g cherry tomatoes
- ☐ eggplant
- ☐ fennel bulb
- ☐ 660g floury potatoes (we used Agria)
- ☐ fresh mint
- ☐ fresh parsley
- ☐ garlic
- ☐ 2 lemons
- ☐ 2 limes
- ☐ 4 mushrooms
- ☐ rocket (optional)
- ☐ silver beet (optional)
- ☐ 3 spring onions
- ☐ 3 tomatoes

CANNED, BOTTLED, PACKAGED

- ☐ jar capers
- ☐ Korean gochujang paste (optional)
- ☐ can no-added-salt lentils
- ☐ pomegranate molasses
- ☐ 185g can tuna in spring water
- ☐ walnuts

MEAT, POULTRY, FISH

- ☐ 250g lamb leg steaks
- ☐ 140g shredded cooked chicken
- ☐ 150g skinless chicken breast
- ☐ 2 white fish fillets, eg, terakihi (300g)

DAIRY

- ☐ feta
- ☐ ricotta

FROZEN

- ☐ broccoli florets
- ☐ filo pastry

Match with breakfast, lunch and 2 snacks from options on pages 8-11 in the October Kick-start Plan booklet, or at healthyfood.co.nz/KSPlan

Serves vary. Halve or double recipes where necessary, or just reuse recipes that suit your needs.