

# Meat-free Meal plan + shopping list

We've compiled the shopping list for a week's meat-free dinners 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.

## MONDAY



**Cheesy courgette and pumpkin slice**  
Kick-start Plan, page 18  
1540kJ (369cal)

## TUESDAY



**Roasted tomato and lentil pasta with ricotta** [healthyfood.co.nz](http://healthyfood.co.nz)  
1620kJ (387cal)

## WEDNESDAY



**Shakshuka** [healthyfood.co.nz](http://healthyfood.co.nz)  
1640kJ (391cal)

## THURSDAY



**Creamy mushroom and spinach fettuccine** [healthyfood.co.nz](http://healthyfood.co.nz) 1720kJ (412cal)

## FRIDAY



**Vege quesadillas** [healthyfood.co.nz](http://healthyfood.co.nz)  
1750kJ (418cal)

## SATURDAY



**Kale pumpkin and feta frittata with pesto** [healthyfood.co.nz](http://healthyfood.co.nz) 1750kJ (419cal)

## SUNDAY



**Rigatoni with ratatouille vegetables** [healthyfood.co.nz](http://healthyfood.co.nz) 1750kJ (419cal)

### 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
- ☐ oil (olive, spray)

#### DRY GOODS, HERBS AND SPICES

- ☐ black pepper
- ☐ chilli powder
- ☐ garlic
- ☐ ground cumin
- ☐ flour (self-raising)
- ☐ paprika (plain, smoked)

#### CHILLED AND FROZEN

- ☐ peas
- ☐ parmesan
- ☐ reduced-fat cheese
- ☐ trim milk

### SHOPPING LIST

#### PRODUCE

- ☐ avocado
- ☐ 250g baby carrots
- ☐ 2 bags baby spinach
- ☐ bag green curly kale
- ☐ bag mixed salad leaves
- ☐ 800g buttercup pumpkin
- ☐ 550g button mushrooms
- ☐ 4 capsicums (3 red, 1 green)
- ☐ 800g cherry tomatoes
- ☐ 500g courgettes
- ☐ eggplant
- ☐ fresh basil
- ☐ fresh coriander
- ☐ fresh flat-leaf parsley
- ☐ 2 leeks
- ☐ lime
- ☐ 3 onions (1 brown, 2 red)
- ☐ 2 tomatoes

#### CANNED, BOTTLED, PACKAGED

- ☐ basil pesto
- ☐ 420g can no-added-salt chickpeas
- ☐ 420g can chilli beans
- ☐ 400g can no-added-salt lentils
- ☐ 400g can no-added-salt red kidney beans
- ☐ 400g can no-added-salt chopped tomatoes
- ☐ 2 x 400g cans tomatoes with mixed herbs
- ☐ 400g fresh fettuccine
- ☐ rigatoni
- ☐ wholegrain sourdough
- ☐ wholegrain tortillas
- ☐ wholemeal or spelt pasta

#### EGGS, DAIRY

- ☐ 2 dozen eggs
- ☐ feta
- ☐ reduced-fat sour cream
- ☐ ricotta

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](http://healthyfood.co.nz/KSPlan)

Serves vary. Halve or double recipes where necessary, or just reuse recipes that suit your needs. Note: Recipes serve four unless specified.