

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

MEAT FREE



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

TUESDAY

MEAT FREE



Roasted tomato and lentil pasta with ricotta
healthyfood.co.nz
1620kJ(387cal)

WEDNESDAY

MEAT FREE



Shakshuka healthyfood.co.nz
1640kJ(391cal)

THURSDAY

MEAT FREE



Creamy mushroom and spinach fettuccine
healthyfood.co.nz 1720kJ(412cal)

FRIDAY

MEAT FREE



Vege quesadillas healthyfood.co.nz
1750kJ(418cal)

SATURDAY

MEAT FREE



Kale pumpkin and feta frittata with pesto
healthyfood.co.nz 1750kJ(419cal)

SUNDAY

MEAT FREE



Rigatoni with ratatouille vegetables
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.

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. Note: Recipes serve four unless specified.

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