

## HOW TO USE THE MEAL PLANS

1. Save and print off your **Week 1 Meal Plan** & stick it to the fridge.
2. Choose 2-3 snacks from the **Snack List** and place into your day when it suits you. Add these to your **Weekly Shopping list**.
3. Take your **Weekly Shopping list** to the supermarket and shop for the week.
4. Get cooking with the recipes below - those underlined you'll find on the [healthyfood.com](http://healthyfood.com) website.

# MEAL PLAN WEEK 2



## MONDAY

### Breakfast

#### • Tropical muesli

½ medium mango, ½ cup Greek-style plain yoghurt & ¼ cup untoasted muesli  
• 1 regular skim latte

### Lunch

#### • Cheese & hommous wrap

1 tbs hommous, ½ avocado, 1 sliced tomato, ½ cup baby spinach & 20g feta in a wholegrain wrap

### Dinner

#### • Caramelised miso eggplant & tofu stir-fry

## TUESDAY

### Breakfast

#### • Brekkie smoothie

200ml milk, 2 tbs Greek-style plain yoghurt, 2 tbs rolled oats, ½ cup berries & 1 banana

### Lunch

#### • Leftover Caramelised miso eggplant & tofu stir-fry

### Dinner

#### • Chicken & broccoli chow mein noodles\*

#### \*Vego option

swap chicken for 250g tofu and replace oyster sauce with sweet soy

## WEDNESDAY

### Breakfast

#### • Almond butter toast

2 slices soy-linseed toast topped with 2 tbs natural almond butter & 1 sliced banana  
• 1 regular skim latte

### Lunch

#### • Leftover Chicken & broccoli chow mein noodles\*

\*Vego option - swap chicken for tofu and replace oyster sauce with sweet soy

### Dinner

#### • Cheddar, bean & coriander stuffed sweet potato

## THURSDAY

### Breakfast

#### • Tropical muesli

(see Monday)

### Lunch

#### • Leftover Cheddar, bean & coriander stuffed sweet potato

### Dinner

#### • Cajun chicken jambalaya

#### \*Vego option

replace chicken with 400g 4-bean mix

DAILY AVERAGE INTAKE  
**6300KJ**

\*INCLUDING 2 SNACKS

## FRIDAY

### Breakfast

#### • Almond butter toast

(see Wednesday)

• 1 regular skim latte

### Lunch

#### • Leftover Cajun chicken jambalaya

\*Vego option - replace chicken with 400g 4-bean mix

### Dinner

#### • Italian-style fish with capers & polenta\*

#### \*Vego option

swap fish for 400g can butter beans

## SATURDAY

### Breakfast

#### • Eggs on toast

2 poached eggs, 2 slices soy-linseed toast, ¼ avocado & 1 cup baby spinach sautéed with 1 tsp olive oil

### Lunch

#### • Chicken & avo wrap

½ avocado, ½ cup spinach leaves, 1 sliced tomato & 60g grilled chicken\* in a wholegrain wrap

#### \*Vego option

swap chicken for 2 boiled eggs

### Dinner

#### • Grilled vegie & tofu stack

## SUNDAY

### Breakfast

#### • Very berry smoothie bowl

### Lunch

#### • Tuna & hommous wrap

1 tbs hommous, 95g can tuna\*, 1 sliced tomato, ½ cucumber & baby spinach in a wholegrain wrap

#### \*Vego option

swap tuna for 2 boiled eggs

### Dinner

#### • Shakshuka

## GOALS!

- Enjoy a cup of herbal tea after dinner. It's a great way to curb sweet cravings and wind down before bed.
- Add toasted nuts, like flaked almonds or pine nuts, to your usual salad for a delicious crunch and hit of healthy fats.
- Try at least one meat-free meal by swapping chicken or mince for tofu or chickpeas.

### \*\*BONUS RECIPE!

Check our Facebook group for this week's bonus recipe from Sprout **Fennel & orange baked fish** with **baby potato salad**

# WEEK 2

## SHOPPING LIST

Don't forget to check you also have everything from the Kitchen Essentials shopping list too!

### Fruit & vegetables

- 5 bananas
- 1 mango
- 2 avocados
- 5 tomatoes
- 1 punnet cherry tomatoes
- 2 large bags baby spinach
- 2 large bags rocket
- 1 large eggplant
- 2 cucumbers
- 2 bunches broccolini
- 1 head garlic
- 4 red onions
- 3 red capsicum
- 1 yellow capsicum
- 1 large head broccoli
- 1 lemon
- 6 medium sweet potatoes
- 2 zucchini
- 200g mushrooms
- 1 bunch shallots
- 1 long green chilli
- 1 bunch coriander
- 1 bunch basil
- 1 bunch flat-leaf parsley

### Fridge

- 1 tub hoummos
- 800g chicken breast fillets
- 600g firm white fish
- 650g firm tofu
- 60g grated parmesan
- 100g grated cheddar

### Dressings & condiments

- Red miso paste
- Basil pesto
- Chinese rice wine
- Brown sugar
- Oyster sauce
- Baby capers
- Cajun seasoning
- Roasted red capsicum
- Almond butter

### Pantry

- 1 loaf soy-linseed bread
- 1 packet wholegrain wraps
- 4 x 250g pouches microwavable brown rice
- 1 x 400g no-added-salt kidney beans
- 1 x 400g can no-added-salt chopped tomatoes
- 1 x 400g can chilli beans
- 125g vermicelli rice noodles
- Instant polenta
- Chia seeds
- Pitted dates
- LSA meal

### FOR VEGETARIANS

#### Suggested meat swaps

- 1 x 400g can butter beans
- 1 x 400g can 4-bean mix
- Extra tofu
- Extra eggs

# WEEK 2

## SNACK LIST

### Calcium-rich snacks

- 150g The Culture Co Probiotic Kefir Yoghurt, Blueberry
- Banana smoothie made with 1 cup of low-fat milk & 1 tsp honey
- Handful Brazil nuts

### Veggie-ful snacks

- 250g cherry tomatoes
- Edamame hoummos with vegie sticks
- Cup of homemade vegie soup
- Handful of fresh snow peas

### Fruity snacks

- 250g fresh raspberries
- Small handful dried fruit
- 1 scoop of ice-cream made from pureed frozen fruit

### Protein-rich snacks

- The Happy Snack Company Fav-va Beans snack pack
- ¼ cup of hummus with 5 seedy crackers
- 1 boiled egg

### WHAT'S IN THAT SNACK?

Read labels on packaged snacks carefully to see whether what's in your snack is healthy. While your choice may have ticks and stars on the front, check the ingredients for food names you recognise.

Checking your snacks for saturated fat, sugar and salt (sodium) content is also a great idea. Look for:

- Less than 2g saturated fat per serve
- Less than 10g sugar per serve
- Less than 200mg sodium per serve