



# week one Meal plan + shopping list

We've compiled shopping lists for your week of dinners for the Kick-start Plan, so you don't have to. Just tick off what you have already in your pantry, [click for Pantry and refrigerator staples list](#), then get shopping.

## MONDAY

MEAT FREE



**Creamy peanut vege curry**  
healthyfood.com  
1770kJ (423cal)

## TUESDAY

MEAT FREE



**Mexi tostada pizzas**  
healthyfood.com  
1750kJ (418cal)

## WEDNESDAY



**Ricotta-stuffed chicken tray bake**  
healthyfood.com  
1730kJ (414cal)

## THURSDAY



**Chicken and prawn fried rice**  
healthyfood.com  
1670kJ (398cal)

## FRIDAY



**Mediterranean mince and eggplant bake**  
healthyfood.com  
1690kJ (405cal)

## SATURDAY



**White fish, coconut and green bean curry**  
healthyfood.com  
1660kJ (396cal)

## SUNDAY



**Sausage meatballs with spaghetti and zoodles** healthyfood.com  
1740kJ (416cal)

### 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. 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 8700 KJ (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 or hungry you feel.

## WEEK ONE SHOPPING LIST

### PRODUCE

- ☐ bean sprouts
- ☐ 2 capsicums, green or red
- ☐ 160g carrot zoodles (or make your own)
- ☐ 2 carrots
- ☐ 400g cherry tomatoes
- ☐ 250g cherry truss tomatoes
- ☐ chilli (optional)
- ☐ 400g courgette zoodles (or make your own)
- ☐ 9 courgettes
- ☐ eggplant
- ☐ fresh basil
- ☐ fresh coriander
- ☐ garlic
- ☐ 300g green beans
- ☐ 2 lemons
- ☐ lime
- ☐ onion
- ☐ red onion
- ☐ 2 bags spinach
- ☐ 3 spring onions
- ☐ 2 tomatoes

### CANNED, BOTTLED, PACKAGED

- ☐ 400g can no-added-salt chickpeas
- ☐ 500g angel hair pasta
- ☐ 400ml light coconut milk (we used Trident)
- ☐ hoisin sauce
- ☐ kalamata olives
- ☐ 200g firm tofu
- ☐ 4 wholegrain tortillas
- ☐ sundried tomato pesto
- ☐ 400g can cherry tomatoes
- ☐ 2 x 400g can no-added-salt tomatoes
- ☐ Thai curry paste

### EGGS, DAIRY

- ☐ 150g bocconcini
- ☐ 2 eggs
- ☐ ricotta

### MEAT, POULTRY, FISH

- ☐ 500g lean beef mince
- ☐ 700g chicken breast
- ☐ 600g skinless chicken thigh fillets
- ☐ 500g white fish
- ☐ 200g peeled raw prawns
- ☐ 6 lean Italian sausages
- ☐ 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.com/KSPlan](http://healthyfood.com/KSPlan)

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