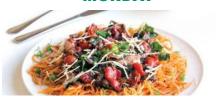


# WEEK TIVE Meal plan + shopping list

We've compiled the shopping list for week five's dinners so you don't have to. Just tick off what you have already in your pantry and cross off any leftover items from the week before.

#### **MONDAY**



Kumara 'pasta' with tuna and tomato healthyfood.co.nz 1630kJ (390cal)

# WEDNESDAY



Poached egg on polenta with tomato relish healthyfood.co.nz 1700kJ (407cal)

## FRIDAY



Pepper chicken with pearl couscous salad healthyfood.co.nz 1800kJ (429cal)

### SUNDAY



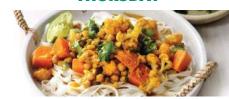
Pork schnitzel with fresh apple slaw healthyfood.co.nz 1800kJ (429cal)

#### **TUESDAY**



Chicken and eggplant parmigiana healthyfood.co.nz 1770kJ (423cal)

#### **THURSDAY**



Coconut chickpea curry with noodles healthyfood.co.nz 1780kJ 425cal)

## **SATURDAY**



Beef, broccoli and tomato stir-fry curry Kick-start Plan, page 20 1680kJ (401cal)

#### **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 two 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)
- $\square$  reduced-salt soy sauce
- ☐ reduced-salt vegetable stock
- ☐ rice noodles ☐ tikka curry
- paste tomato passata
- white wine vinegar

#### DRY GOODS. **HERBS AND SPICES**

- ☐ black pepper ☐ brown sugar
- curry powder dried oregano
- $\square$  flour (plain)
- aarlic garlic
- paprika (sweet smoked)
- rice (brown)

## **CHILLED AND**

- □ parmesan
- reduced-fat tasty
- trim milk

## WEEK FIVE

### **PRODUCE**

- ☐ bag baby rocket
- ☐ bag baby spinach (or use lást week's leftover)
- ☐ bag coleslaw mix ☐ bag salad greens (or use last week's leftover)
- ☐ broccoli head
- ☐ cauliflower
- 4 courgettes
- □ eggplant
- ☐ 2 fresh chillies
- fresh coriander
- ☐ fresh ginger (or
- use previous weeks' leftover)
- fresh oregano or parsley (optional)
- green apple ☐ kaffir lime leaves
- ☐ 4 lemons 1 lime (or 2 lemons 3
- 950g kumara (500g golden)
- $\square$  600g potatoes red onion
- ☐ 400g silver beet
- ☐ 6 tomatoes

#### **EGGS**

☐ ½ dozen eggs

#### **FROZEN**

- ☐ broad beans
- green beans

## BOTTLED **PACKAGED**

- $\square$  400g can cherry tomatoes
- □ 400g can no-added-salt
- chickpeas  $\square$  2 x 400g cans no-added-salt chopped
- tomatoes 400ml can Trident light coconut milk
- $\square$  425g can tuna in spring water
- ☐ instant polenta panko
- breadcrumbs pearl couscous
- $\square$  red wine (small bottle, or use week three's leftover)
- ☐ iar oil-free roasted capsicums (or use week two's leftover)
- $\square$  sourdough bread

## **MEAT, POULTRY**

- ☐ 300g beef steak
- ☐ 1.1kg chicken breast fillets
- $\square$  500g thin pork steaks

