

WEEK five 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)

TUESDAY



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

WEDNESDAY



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

THURSDAY



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

FRIDAY



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

SATURDAY



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

SUNDAY



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

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)
- 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
- flour (plain)
- garlic
- paprika (sweet smoked)
- rice (brown)

CHILLED AND FROZEN

- parmesan
- reduced-fat tasty cheese
- trim milk

WEEK FIVE SHOPPING LIST

PRODUCE

- bag baby rocket
- bag baby spinach (or use last 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 limes)
- 950g kumara (500g golden)
- 600g potatoes
- red onion
- 400g silver beet
- 6 tomatoes

CANNED, BOTTLED, PACKAGED

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

MEAT, POULTRY

- 300g beef steak
- 1.1kg chicken breast fillets
- 500g thin pork steaks

EGGS

- ½ dozen eggs

FROZEN

- broad beans
- green beans

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.