

WEEK **six** The Kick-start Plan shopping list

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

MEAT FREE

MONDAY



Pea, ricotta and mushroom risotto
healthyfood.co.nz
1650kJ(395cal)

TUESDAY



Chicken biryani with tomato and coriander salsa
healthyfood.co.nz 1710kJ(408cal)

WEDNESDAY



Grilled salmon with mixed bean and fennel salad
healthyfood.co.nz 1710kJ(410cal)

MEAT FREE

THURSDAY



Creamy vege penne
healthyfood.co.nz
1690kJ(404cal)

FRIDAY



Ginger soy skewers with egg noodle salad
healthyfood.co.nz
1780kJ(425cal)

SATURDAY



Chicken and roast vege salad with lemon-chilli dressing
Kick-start Plan, page 19 1670kJ(422cal)

SUNDAY



Smoky beef rissoles with couscous salad
healthyfood.co.nz
1650kJ(394cal)

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

- ☐ dried egg noodles
- ☐ freekeh (optional)
- ☐ honey
- ☐ oil (olive, rice bran, sesame, spray)
- ☐ reduced-salt soy sauce
- ☐ reduced-salt chicken stock
- ☐ reduced-salt vegetable stock
- ☐ tahini
- ☐ wholemeal couscous

DRY GOODS, HERBS AND SPICES

- ☐ black pepper
- ☐ chilli flakes
- ☐ dried tarragon
- ☐ ground coriander
- ☐ ground cumin
- ☐ ground five-spice
- ☐ rice (arborio, basmati, brown)
- ☐ smoked paprika
- ☐ white pepper

CHILLED AND FROZEN

- ☐ low-fat plain yoghurt
- ☐ minted peas
- ☐ parmesan

HIT THE SUPERMARKET

PRODUCE

- ☐ bag baby kale or spinach (or use last week's leftover)
- ☐ 200g broccolini (or 1 head broccoli)
- ☐ 6 carrots
- ☐ cauliflower (or use last week's leftover)
- ☐ 1kg cherry tomatoes
- ☐ chilli (optional)
- ☐ 5 courgettes
- ☐ fennel bulb
- ☐ fresh basil (optional)
- ☐ fresh coriander (or use previous weeks' leftover)
- ☐ fresh flat-leaf parsley (or use previous weeks' leftover)
- ☐ fresh ginger (or use last week's leftover)
- ☐ fresh mint (or use previous weeks' leftover)
- ☐ garlic (or use last week's leftover)
- ☐ 200g green beans
- ☐ 2 Lebanese cucumbers (or ½ telegraph cucumber)
- ☐ 5 lemons
- ☐ 5 limes
- ☐ 100g button mushrooms
- ☐ 150g field mushrooms
- ☐ 2 onions
- ☐ ½ red cabbage

- ☐ bag rocket or spinach (or use last week's leftover)
- ☐ bunch spring onions (or use last week's leftover)
- ☐ 4 tomatoes

CANNED, BOTTLED, PACKAGED

- ☐ bamboo skewers
- ☐ 400g can cannellini beans
- ☐ jar capers
- ☐ garlic-infused olive oil
- ☐ jar oil-free roasted capsicum (or use previous weeks' leftover)
- ☐ penne pasta
- ☐ toasted pumpkin seeds
- ☐ unsalted peanuts

MEAT, POULTRY

- ☐ 900g chicken breast fillets
- ☐ 500g lean beef mince
- ☐ 6 skinless chicken drumsticks
- ☐ 400g skinless salmon fillets

DAIRY

- ☐ ricotta