



Meals for one Meal plan + shopping list

We've compiled the shopping list for a week's Kick-start dinners for one, so you don't have to. Just tick off what you already have in your pantry and hit the shops.

MONDAY

MEAT FREE



Vegetable and ricotta fritters with capsicum salsa healthyfood.com
1720kJ (411cal)

TUESDAY



Chicken saltimbocca with lemon sauce healthyfood.com
1610kJ (385cal)

WEDNESDAY

MEAT FREE



Vege spaghetti healthyfood.com
1700kJ (405cal)

THURSDAY



Mexi spiced rice with chicken and slaw healthyfood.com
1720kJ (411cal)

FRIDAY

MEAT FREE



Smokin' Spanish beans healthyfood.com
1620kJ (388cal)

SATURDAY

MEAT FREE



Warm ricotta and roasted pumpkin salad healthyfood.com
1650kJ (395cal)

SUNDAY



Ramen noodle soup with wontons healthyfood.com
1820kJ (435cal)

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.

PANTRY AND REFRIGERATOR STAPLES

Check your pantry and fridge are stocked with the essentials

CANNED, BOTTLED, PACKAGED

- balsamic vinegar
- brown rice
- chilli powder
- flour
- olive oil
- red wine vinegar
- reduced-salt soy sauce
- sesame oil
- smoked paprika
- spray oil
- reduced-salt chicken stock

DRY GOODS, HERBS AND SPICES

- black pepper
- chilli flakes
- dried oregano
- rosemary (fresh or dried)
- salt

CHILLED AND FROZEN

- frozen vegetables

SHOPPING LIST

PRODUCE

- asparagus
- 2 red capsicums
- bag baby spinach
- bag kale
- bag rocket
- bag prepared slaw
- broccoli
- 250g butternut pumpkin
- carrot
- courgette
- fresh parsley
- fresh sage
- garlic
- lemon
- 6 button mushrooms
- onion
- 2 tomatoes
- spring onion
- 180g punnet cherry tomatoes

TIP
Use your leftover greens in your salads for lunch!

CANNED, BOTTLED, PACKAGED

- 400g can black beans
- 400g can cannellini beans
- chilli sauce
- 390g can four-bean mix
- lemon juice
- 420g can no-added-salt lentils
- 150g ramen noodles
- 2 tablespoons pumpkin seeds
- 500g spaghetti
- tomato paste
- 400g can no-added-salt tomatoes in juice
- walnuts

EGGS, DAIRY

- egg
- parmesan
- ricotta
- small tub low-fat plain yoghurt

MEAT

- 125g chicken breast
- cooked chicken
- slice prosciutto
- frozen prawn wontons

Match with breakfast, lunch and 2 snacks from options in the October Kick-start Plan booklet, or at healthyfood.com/KSPlan