



Meat-free Meal plan + shopping list

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

MONDAY

MEAT FREE



Taco bowl with spicy beans
healthyfood.com
1640kJ (391cal)

TUESDAY

MEAT FREE



Summer roasted vege pasta
healthyfood.com
1620kJ (387cal)

WEDNESDAY

MEAT FREE



Baby beetroot, feta and lentil salad
healthyfood.com
1660kJ (396cal)

THURSDAY

MEAT FREE



Creamy mushroom and spinach fettuccine
healthyfood.com
1720kJ (412cal)

FRIDAY

MEAT FREE



Eggplant rollatini
healthyfood.com
1610kJ (384cal)

SATURDAY


MEAT FREE



Green pea, feta and mint fritters
healthyfood.com
1750kJ (418cal)

SUNDAY

MEAT FREE



Tasty tofu burgers
healthyfood.com
1700kJ (403cal)

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

- lemon juice
- olive oil
- reduced-salt soy sauce
- self-raising flour
- sesame oil
- spray oil

DRY GOODS, HERBS AND SPICES

- ground cumin
- dried chilli flakes

SHOPPING LIST

PRODUCE

- 10 asparagus spears
- avocado
- 500g small beetroot
- cabbage
- red capsicum
- 3 carrots
- 250g cherry tomatoes
- 4 courgettes
- 3 eggplants
- fresh basil
- fresh mint
- garlic
- 350g kumara
- 5 lemons
- bag mesclun
- 2 bags salad leaves
- 400g mushrooms
- 2 red onions
- 3 onions
- 3 bags baby spinach
- telegraph cucumber
- 4 large tomatoes

CANNED, BOTTLED, PACKAGED

- 450g can beetroot
- 400g can black beans
- wholegrain bread
- 4 grainy burger buns
- chilli-roasted cashews
- 400g fresh fettuccine
- 2 x 400g cans no-added-salt lentils
- liquid honey
- pasta shapes
- red wine vinegar
- tomato passata
- 2 x 400g cans no-added-salt chopped tomatoes

EGGS, DAIRY

- cottage cheese
- 3 eggs
- feta
- mozzarella
- parmesan
- ricotta
- small tub sour cream
- trim milk
- large tub low-fat plain yoghurt

CHILLED AND FROZEN

- peas
- 300g tofu

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

Serves vary. Halve or double recipes where necessary, or just reuse recipes that suit your needs.