

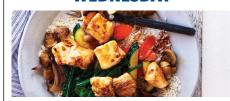
Week twee Meal plan + shopping list

We've compiled shopping lists for your week of dinners for the Kick-start Plan, so you don't have to. Just tick off what you have already in your pantry, click here for Pantry and refrigerator staples list, then get shopping.



Rosemary and fennel pumpkin rosti with fried eggs healthyfood.com 1750kJ (417cal)

WEDNESDAY



Japanese teriyaki fish healthyfood.com 1780kJ (425cal)

FRIDAY



Chilli chicken stir fry with noodles healthyfood.com 1770kJ (424cal)



Beef saaq healthyfood.com 1750kJ (397cal)

TUESDAY



Chicken and new potato bake with summer herbs and yoghurt lemon dressing healthyfood.com 1670kJ (398cal)



Roasted tomato and lentil pasta with ricotta healthyfood.com 1620kJ (387cal)

SATURDAY



Pork schnitzel with fresh apple slaw healthyfood.com 1800kJ (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. 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 or hungry vou feel.

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

WEEK THREE

SHOPPING LIST

PRODUCE

- green apple
- 750g butternut pumpkin
- 2 red capsicums
- 5 lemons
- ½ red cabbage
- bag baby salad leaves
- ☐ bag mesclun salad
- telegraph cucumber
- avocado
- fresh basil
- \square fresh ginger (or use last week's leftover)
- fresh mint
- ☐ fresh flat-leaf parsley (or use last week's leftover)
- \square fresh rosemary (or use last week's leftover)
- 500g new potatoes
- ☐ 600g potatoes
- \square 3x 250g punnets cherry tomatoes
- 4 medium tomatoes
- 2 large carrots
- 200g button mushrooms
- leek
- 250g baby spinach
- 3 long red chillis
- 500g bag prepared coleslaw mix
- brown onion
- \square 240g green beans or snow

CANNED, BOTTLED, PACKAGED

- teriyaki sauce
- rice wine vinegar
- 420g can no-added-salt lentils
- $\square 2 \times 175 g$ shelf-fresh wholegrain noodles
- 2 naan breads

EGGS, DAIRY

- 6 eggs
- nicotta |

MEAT, POULTRY, FISH

- 600g blade steak
- 500g chicken breast
- 500g skinless, boneless chicken thighs
- 500g thin pork steaks
- 500g firm white fish

