



week ten

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, then get shopping.

MEAT FREE

MONDAY



Carrot, spinach and courgette fritters with creamy feta dip (healthyfood.com)
1700kJ(405cal)

TUESDAY



Lamb with beetroot, feta, lentil and broccolini salad (healthyfood.com)
1760kJ (420cal)

WEDNESDAY



Miso fish tray bake (healthyfood.com)
1670kJ(400cal)

THURSDAY



Beef and bean burgers with mushroom buns (healthyfood.com)
1610kJ(385cal)

FRIDAY

MEAT FREE



Chinese vegetarian chow mein (healthyfood.com)
1740kJ(415cal)

SATURDAY

MEAT FREE



Kale, pumpkin and feta frittata with pesto (healthyfood.com)
1750kJ (419cal)

SUNDAY



Roast chicken and vege freekeh pilaf (healthyfood.com)
1770kJ(442cal)

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 you feel.

WEEK TEN SHOPPING LIST

PANTRY AND REFRIGERATOR STAPLES

CANNED, BOTTLED, PACKAGED

- ☐ flour
- ☐ oil spray
- ☐ olive oil
- ☐ reduced-salt chicken stock powder
- ☐ reduced-salt soy sauce
- ☐ balsamic vinegar

DRY GOODS, HERBS AND SPICES

- ☐ black pepper
- ☐ ground cumin

FROZEN, CHILLED

- ☐ 750g packet mixed vegetables

HIT THE SUPERMARKET PRODUCE

- ☐ fresh basil
- ☐ 250g prepacked beetroot (Leader Brand)
- ☐ 700g broccoli florets
- ☐ 500g broccolini
- ☐ 500g buttercup pumpkin
- ☐ ¼ red cabbage
- ☐ red capsicum
- ☐ 250g baby carrots
- ☐ 8 carrots
- ☐ 700g cauliflower florets
- ☐ bag coleslaw
- ☐ 3 courgettes
- ☐ fresh coriander
- ☐ fresh mint
- ☐ fresh parsley
- ☐ fresh thyme
- ☐ garlic
- ☐ fresh ginger
- ☐ 4 stalks green curly kale
- ☐ leek
- ☐ lemon
- ☐ ½ iceberg lettuce
- ☐ 8 large flat mushrooms
- ☐ small red onion
- ☐ bag rocket leaves
- ☐ bag mixed salad leaves
- ☐ bag spinach
- ☐ 7 spring onions

EGGS, DAIRY

- ☐ 11 eggs
- ☐ 2 x 200g feta
- ☐ 80g Swiss cheese
- ☐ trim milk
- ☐ 600g low-fat plain yoghurt

CANNED BOTTLED, PACKAGED

- ☐ American mustard
- ☐ basil pesto
- ☐ 450g can beetroot
- ☐ 400g can black beans
- ☐ brown rice
- ☐ 2 x 250g packets microwavable brown rice
- ☐ hoisin sauce
- ☐ lemon juice
- ☐ 50g red lentils
- ☐ 2 x cans no-added-salt lentils
- ☐ 2 teaspoons miso paste
- ☐ Dijon mustard
- ☐ 400g packet shelf-fresh hokkien noodles
- ☐ pickled jalapeno

CHICKEN, MEAT, FISH

- ☐ 400g lean beef mince
- ☐ 6 skinless chicken drumsticks
- ☐ 600g white fish fillets
- ☐ 400g lamb leg steaks

CHILLED

- ☐ 500g firm tofu

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