



week twelve

Meal plan + shopping list

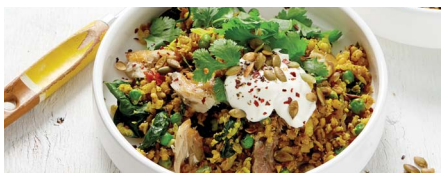
We've compiled shopping lists for your week of dinners for the Kick-start Plan, so you don't have to. Just tick off what you have already in your pantry, [click here for Pantry and refrigerator staples list](#), then get shopping.

MONDAY



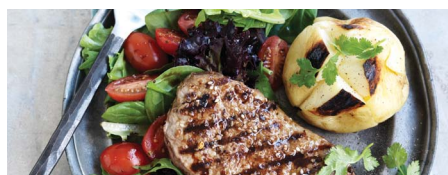
Lentil and kumara korma curry
healthyfood.com
1600kJ (382cal)

TUESDAY



Cauliflower and barley pilaf with smoked fish
healthyfood.com
1680kJ (402cal)

WEDNESDAY



Spice-rubbed steak with baked potatoes
healthyfood.com
1600kJ (383cal)

THURSDAY



Moroccan spiced eggs
healthyfood.com
1740kJ (416cal)

FRIDAY



Creamy mustard and leek chicken with wholemeal couscous
healthyfood.com
1710kJ (410cal)

SATURDAY



One-pan kumara, spinach and feta frittata
healthyfood.com
1640kJ (391cal)

SUNDAY



Roasted lamb with pumpkin and dukkah
healthyfood.com
1680kJ (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 you feel.

WEEK TWO SHOPPING LIST

PRODUCE

- ☐ 2 bags baby spinach
- ☐ 2 heads broccoli
- ☐ 2 red capsicums
- ☐ 3 heads cauliflower
- ☐ 200g cherry tomatoes
- ☐ fresh coriander (or use last week's leftover)
- ☐ fresh flat-leaf parsley
- ☐ fresh rosemary
- ☐ fresh ginger
- ☐ 4 kumara (1.1kg)
- ☐ large leek
- ☐ lemon
- ☐ 2 bags mixed salad leaves
- ☐ 4 potatoes
- ☐ 750g pumpkin, skin on
- ☐ brown onion
- ☐ 2 red onions
- ☐ 2 spring onions
- ☐ sundried tomato strips
- ☐ 2 tomatoes
- ☐ 400g white button mushrooms

CANNED, BOTTLED, PACKAGED

- ☐ korma curry paste
- ☐ small can light coconut milk
- ☐ 2 x 400g cans cherry tomatoes
- ☐ 400g can four-bean mix
- ☐ wholegrain sourdough bread
- ☐ Philadelphia Light Cream for Cooking
- ☐ dukkah

EGGS, DAIRY

- ☐ 16 eggs
- ☐ 70g feta

MEAT, POULTRY, FISH

- ☐ 4 x 125g lean sirloin steaks
- ☐ 500g skinless chicken breast
- ☐ 300g smoked fish
- ☐ 2 x 250g mini lamb round roasts

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