

Week Jow 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.



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

WEDNESDAY



Lemon pepper chicken with risoni rocket salad healthyfood.com 1710kJ (411cal)

FRIDAY



Lime and ginger fish tacos healthyfood.com 1660kJ (398cal)

SUNDAY



HFG creamy chicken and leek pie healthyfood.com 1710kJ (409cal)

TUESDAY



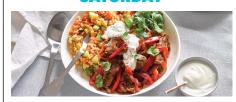
Lamb with beetroot, feta, lentil and broccolini salad healthyfood.com 1760kJ (420cal)

THURSDAY



Char kway teow healthyfood.com 1780kJ (425cal)

SATURDAY



Mexican beef and capsicum with rainbow rice healthyfood.com 1740kJ (416cal)

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

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

WEEK FOUR SHOPPING LIST

PRODUCE

- 2 avocados
- 400g bok choy
- 550g broccolini
- ☐ ½ cabbage
- 5 red capsicums
- ☐ 6 carrots
- □ courgette
- telegraph cucumber
- fresh coriander
- \square fresh ginger (or use last week's leftover)
- ☐ fresh tarragon
- fresh thyme
- 2 leeks
- 3 lemons
- ☐ lime
- ☐ 2 bags mesclun salad mix
- mung bean sprouts
- onion
- 4 spring onions
- red onion
- 2 bags rocket leaves
- ☐ 250g cherry tomatoes
- 8 large tomatoes

EGGS, DAIRY

- 2 eggs
- ☐ 170g feta
- 125g reduced-fat sour cream

CANNED, BOTTLED, PACKAGED

- 250g pack cooked beetroot (LeaderBrand)
- ☐ 450g can beetroot slices
- dried rice noodles
- \square 4 x grainy burger buns
- \square 2 x 420g no-added-salt lentils
- sambal paste (international aisle or Asian supermarket)
- taco shells
- 300g firm tofu

MEAT POULTRY, FISH

- 350g lean beef steak
- 500g chicken breast fillets
- ☐ 6 skinless chicken thigh fillets
- 400g lamb leg steaks
- 150g lean pork sausages
- 12 medium-sized prawns
- 400g tarakihi

FROZEN

☐ filo pastry

