



# week five

## 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.

### MONDAY



MEAT FREE

**Pasta Alfredo**  
(healthyfood.com)  
1730kJ(412cal)

### TUESDAY



**Cheesy stuffed roasted red peppers**  
(healthyfood.com)  
1650kJ(394cal)

### WEDNESDAY



**Grilled salmon with roasted tomato, asparagus and rocket**  
(healthyfood.com) 1670kJ(399cal)

### THURSDAY



**Vietnamese meatball bún cha**  
(healthyfood.com)  
1730kJ(413cal)

### FRIDAY



**Chicken, courgette, mint and almond pizza**  
(healthyfood.com)  
1670kJ(400cal)

### SATURDAY



MEAT FREE

**Lentil, tomato and ginger curry soup**  
(healthyfood.com)  
1580kJ(378cal)

### SUNDAY



**Lamb moussaka**  
(healthyfood.com)  
1680kJ(402cal)

#### 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 FIVE SHOPPING LIST

### PANTRY AND REFRIGERATOR STAPLES

#### CANNED, BOTTLED, PACKAGED

- ☐ balsamic vinegar
- ☐ fish sauce
- ☐ olive oil
- ☐ spray oil

#### DRY GOODS, HERBS AND SPICES

- ☐ black pepper
- ☐ brown sugar
- ☐ chilli flakes
- ☐ cumin
- ☐ dried oregano
- ☐ flour
- ☐ salt
- ☐ smoked paprika

### HIT THE SUPERMARKET

#### PRODUCE

- ☐ 2 bunches asparagus
- ☐ bag baby rocket
- ☐ 2 bags baby spinach
- ☐ fresh basil
- ☐ 2 heads broccoli
- ☐ 8 medium-sized red capsicums
- ☐ 5 carrots
- ☐ 2 long red chillis
- ☐ fresh coriander
- ☐ 3 yellow courgettes
- ☐ 7 green courgettes
- ☐ medium Lebanese cucumber
- ☐ large eggplant
- ☐ garlic
- ☐ fresh ginger
- ☐ fresh herbs (optional)
- ☐ leek
- ☐ fresh mint
- ☐ red onion
- ☐ onion
- ☐ 2 large red potatoes
- ☐ bag salad leaves
- ☐ fresh thyme
- ☐ 1.5kg cherry tomatoes
- ☐ 2 tomatoes

#### EGGS, DAIRY

- ☐ 250g Noble cheddar
- ☐ 50g feta
- ☐ trim milk
- ☐ parmesan
- ☐ small tub low-fat plain yoghurt

#### CANNED BOTTLED, PACKAGED

- ☐ 35g toasted sliced almonds
- ☐ 2 x large wholemeal Lebanese breads
- ☐ 400g can cannellini beans
- ☐ hummus
- ☐ 2 x 400g can no-added-salt lentils
- ☐ lime juice
- ☐ 150g rice vermicelli noodles
- ☐ 700g jar tomato passata
- ☐ 100g quinoa
- ☐ 320g wholemeal spaghetti
- ☐ 2 x 400g cans no-added-salt diced tomatoes

#### CHICKEN, MEAT, FISH

- ☐ 400g skinless chicken
- ☐ 400g lean lamb mince
- ☐ 4 x 100g skinless salmon fillets

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