



week six

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



Middle eastern bean and kumara stew
(healthyfood.com)
1690kJ(403cal)

MEAT FREE

TUESDAY



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

WEDNESDAY



Smoked fish cakes with chipotle mayo
(healthyfood.com)
1710kJ(410cal)

THURSDAY



Greek-style chicken with risoni salad
(healthyfood.com)
1720kJ(410cal)

FRIDAY



Thai beef burger
(healthyfood.com)
1530kJ(366cal)

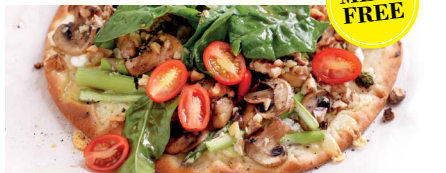
SATURDAY



Chicken pot pies
(healthyfood.com)
1650kJ (394cal)

SUNDAY

MEAT FREE



Asparagus, mushroom and goat's cheese pizzas (healthyfood.com)
1810kJ(433cal)

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 SIX SHOPPING LIST

PANTRY AND REFRIGERATOR STAPLES

CANNED, BOTTLED, PACKAGED

- ☐ olive oil
- ☐ plain flour
- ☐ reduced-salt chicken stock
- ☐ reduced-salt vegetable stock
- ☐ self-raising flour
- ☐ spray oil

DRY GOODS, HERBS AND SPICES

- ☐ cumin
- ☐ dried oregano
- ☐ smoked paprika

FROZEN, CHILLED

- ☐ frozen mixed vegetables
- ☐ frozen peas

HIT THE SUPERMARKET

PRODUCE

- ☐ 6 dried apricots
- ☐ bunch asparagus
- ☐ 2 bags baby spinach
- ☐ 8 medium-sized red capsicums
- ☐ 4 carrots
- ☐ 3 x punnets cherry tomatoes
- ☐ 7 courgettes
- ☐ 4 pitted fresh dates
- ☐ fresh basil
- ☐ fresh coriander
- ☐ fresh mint
- ☐ fresh thyme
- ☐ garlic
- ☐ 2 large kumara
- ☐ 2 lemons
- ☐ 2 bags mixed salad leaves
- ☐ 200g button mushrooms
- ☐ onion
- ☐ 2 red onions
- ☐ 4 spring onions
- ☐ 400g agria potatoes
- ☐ 2 tomatoes

EGGS, DAIRY

- ☐ light cooking cream
- ☐ 60g goat's cheese
- ☐ 250g Noble cheddar
- ☐ 4 eggs
- ☐ small tub low-fat plain yoghurt

CANNED BOTTLED, PACKAGED

- ☐ 400g can no-added-salt cannellini beans
- ☐ chipotle sauce
- ☐ 400g can no-added-salt chopped tomatoes
- ☐ 100g Israeli couscous
- ☐ 3 x 92g cans smoked kippers or herrings
- ☐ 400g can no-added-salt lentils
- ☐ Moroccan seasoning
- ☐ 100g quinoa (or use last week's leftovers)
- ☐ red curry paste
- ☐ reduced-fat mayonnaise
- ☐ risoni
- ☐ 30g walnuts
- ☐ 4 wholegrain buns
- ☐ 4 x 75g wholemeal pita breads or pizza bases

CHICKEN, MEAT, FISH

- ☐ 400g lean beef mince
- ☐ 4 x 125g chicken breast fillets, plus 500g chicken breasts

CHILLED

- ☐ reduced-fat puff pastry

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