



# week nine 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**

**Eggplant rollatini**  
(healthyfood.com)  
1610kJ(384cal)

## TUESDAY



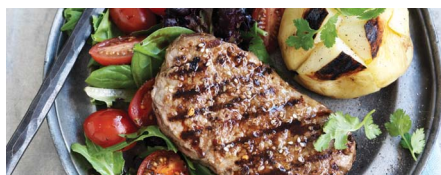
**Chicken and new potato bake with summer herbs and yoghurt lemon dressing**  
(healthyfood.com) 1670kJ(398cal)

## WEDNESDAY



**Cob potato salad with crispy fish**  
(healthyfood.com)  
1740kJ(416cal)

## THURSDAY



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

## FRIDAY



**Green curry chicken**  
(healthyfood.com)  
1870kJ(446cal)

## SATURDAY



**MEAT FREE**

**Capsicum, rocket and mozzarella quesadillas** (healthyfood.com)  
1840kJ (440cal)

## SUNDAY



**MEAT FREE**

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

### 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 NINE SHOPPING LIST

### PANTRY AND REFRIGERATOR STAPLES

#### CANNED, BOTTLED, PACKAGED

- ☐ balsamic vinegar
- ☐ brown rice
- ☐ oil spray
- ☐ olive oil
- ☐ reduced-salt chicken stock
- ☐ reduced-salt vegetable stock
- ☐ sunflower oil

#### DRY GOODS, HERBS AND SPICES

- ☐ cinnamon
- ☐ coriander seeds
- ☐ cumin
- ☐ dried chilli flakes
- ☐ flour
- ☐ sesame seeds

#### FROZEN, CHILLED

- ☐ corn kernels

### HIT THE SUPERMARKET

#### PRODUCE

- ☐ avocado
- ☐ 250g baby spinach
- ☐ 2 heads broccoli
- ☐ fresh basil
- ☐ 3 red capsicums
- ☐ 4 large carrots
- ☐ cauliflower
- ☐ 3 large eggplants
- ☐ fresh coriander
- ☐ fresh parsley
- ☐ garlic
- ☐ ginger
- ☐ 2 medium kumara
- ☐ lemon
- ☐ iceberg lettuce
- ☐ 2 bags mesclun
- ☐ bag mixed salad leaves
- ☐ 3 onions
- ☐ 500g new potatoes
- ☐ 4 potatoes
- ☐ 4 small waxy potatoes
- ☐ bag rocket
- ☐ 300g snow peas or green beans
- ☐ 4 tomatoes
- ☐ 400g cherry tomatoes

#### CANNED BOTTLED, PACKAGED

- ☐ passata
- ☐ 2 x 400g cans no-added-salt chopped tomatoes
- ☐ Greek seasoning (Masterfoods)
- ☐ Dijon mustard
- ☐ green curry paste
- ☐ 400g can light coconut milk
- ☐ 225g can bamboo shoots
- ☐ 420g can no-added-salt kidney beans
- ☐ 8 extra-light flour tortillas
- ☐ Old El Paso chunky salsa
- ☐ korma curry paste
- ☐ 400g no-added-salt red lentils
- ☐ 10g almond meal

#### CHICKEN, MEAT, FISH

- ☐ 1.1kg skinless, boneless chicken thighs
- ☐ 4 (approximately 500g) firm white fish fillets such as hoki or tarakihi
- ☐ 4 x 125g lean sirloin steaks

#### EGGS, DAIRY

- ☐ 4 eggs
- ☐ 250g cottage cheese
- ☐ mozzarella
- ☐ parmesan (or use last week's leftover)
- ☐ small tub reduced-fat sour cream
- ☐ 250g plain low-fat yoghurt

#### FROZEN

- ☐ 400g bag Wattie's Mexican style frozen vegetables

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)