



week 2

MEAL PLAN & RECIPES

Welcome to Week Two of the 30-day Reset program!

As well as delicious meals, this week we also have plenty of inspirational food, health and exercise tips.

One of the biggest misconceptions about healthy eating is that you need to spend hours in the kitchen preparing meals, but it's just not true! Here at HFG, we love the 'cook once, eat twice' mantra. This means cooking a little extra at dinner to pack away and reheat for lunch the next day. Not only does this save you precious time, you also save money by not needing to buy lunch the next day. Win-win!

Most of our dinner recipes serve four, so scale the ingredients up or down, depending on how many serves you need. Less time in the kitchen means more time doing things you enjoy. So go for that gentle walk or take a yoga or Pilates class. Enjoy your week!

We'd love to hear how you're going, so connect with us on Facebook @AustralianHealthyFoodGuide or Instagram @hfgaustralia or send us an email at reset@healthyfoodguide.com.au



Here's what to do:

- 1 Save and print off this meal plan and stick it on the front of your fridge. Print off your weekly shopping list.
- 2 Choose two or three snacks from the snack list and slot them into your day wherever suits you.
- 3 Take your weekly shopping list with you to the supermarket, then fill your fridge and pantry, ready for the week ahead.

Don't like the sound of a meal? Just swap it out with a recipe from a different day. We've even included vegetarian options! Think of these meal plans as an opportunity to try new recipes and foods you wouldn't usually eat.

Plus, we've included three easily achievable nutrition-related goals for each week to help you stay on track and motivated.

Enjoy your week!



MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**

Breakfast
• **Brekkie smoothie**
200ml milk, 2 tbs Greek-style plain yoghurt, 2 tbs rolled oats, ½ cup berries & 1 banana

Lunch
• **Avo, cheese & tomato toastie**
2 slices soy-linseed bread with ¼ avocado, 1 sliced tomato & 40g reduced-fat cheddar, toasted

Dinner
• **Cheat's nasi goreng**

Breakfast
• **Tropical muesli**
½ medium mango, ½ cup Greek-style plain yoghurt & ¼ cup untoasted muesli & 1 regular skim latte

Lunch
• Leftover **Cheat's nasi goreng**

Dinner
• **Chicken & broccoli chow mein noodles**
Vego option: swap chicken for 250g tofu and replace oyster sauce with sweet soy sauce

Breakfast
• **Breakfast bruschetta**
• 1 regular skim latte

Lunch
• **Cheesy pumpkin & noodle slice** and 2 cups garden salad with drizzle extra-virgin olive oil & balsamic vinegar

Dinner
• **Black bean & mushroom bowl with loaded guacamole**

DAILY AVERAGE INTAKE
6300KJ
INCLUDING 2-3 SNACKS

Breakfast
• **Tropical muesli** (see Tuesday)
• 1 regular skim latte

Lunch
• Leftover **Cheesy pumpkin & noodle slice** and 2 cups garden salad with drizzle extra-virgin olive oil & balsamic vinegar

Dinner
• **Beef & bean enchiladas**
Vego option: omit beef mince and replace with extra can of beans

Breakfast
• **Brekkie smoothie** (see Monday)
• 1 regular skim latte

Lunch
• Leftover **Beef & bean enchiladas**
Vego option: omit beef mince and replace with extra can of beans

Dinner
• **Steak sandwich with mustard yoghurt**
Vego option: swap steak for 80g grilled haloumi

Breakfast
• **Breakfast bruschetta**
• 1 regular skim latte

Lunch
• **Chicken & avo wrap**
½ avocado, ½ cup baby spinach, 1 sliced tomato & 60g grilled chicken in a wholegrain wrap
Vego option: swap chicken for 2 hard-boiled eggs

Dinner
• **Hot smoked salmon salad with wasabi dressing**
Vego option: swap salmon for 100g marinated tofu

Breakfast
• **Banana pancakes**
Mash 1 banana with 1 egg & 2 tbs rolled oats. Cook small pancakes, then top with ½ cup Greek-style plain yoghurt, ¾ cup fresh berries & drizzle maple syrup

Lunch
• **Tuna & hoummos wrap**
1 x 95g can tuna (drained), 1 tbs hoummos, 1 sliced tomato, ½ cup baby spinach & cucumber in a wholegrain wrap
Vego option: swap tuna for 2 hard-boiled eggs

Dinner
• **Braised greens with chickpea & eggs**

GOALS!

- Try a new vegetable. Whether it's broccolini, eggplant or cherry tomatoes, add something new to your shopping trolley.
- Enjoy a cup of herbal tea after dinner. It's a great way to curb sweet cravings and wind down before bed.
- Prep snacks in advance. Pre-portion nuts, dried fruit, crackers or popcorn into reusable containers of zip-lock bags, ready to grab and go!

SHOPPING LIST *week 2*

Don't forget to check you also have everything from the **Kitchen Essentials** shopping list too!



FRUIT & VEGETABLES

- 2 bananas
- 1 mango
- 2 x 250g punnets strawberries
- 2 x 250g punnets cherry tomatoes
- 600g mushrooms
- 800g pumpkin
- 1 garlic bulb
- 1 red onion
- 1 brown onion
- 1 x 250g bag bean sprouts
- 4 spring onions
- 3 limes
- 1 lemon
- 2 long red chillies
- 1 green chilli
- 1 bunch coriander
- 5 avocados
- 3 large corn cobs
- 1 bunch radish

- 1 bunch broccolini
- 200g green beans
- 2 red capsicums
- 2 zucchini
- 2 heads broccoli
- 1 carrot
- ¼ small cabbage
- 260g baby spinach leaves
- 1 x 120g bag mixed salad leaves
- 150g baby spinach and kale salad mix
- 1 bunch fresh thyme
- 1 bunch fresh coriander
- 1 bunch fresh basil

FRIDGE & FREEZER

- 300g firm tofu
- 650g chicken breast
- 400g lean beef mince
- 400g beef minute steaks
- 1 x 200g packet frozen edamame

- 2 x 150g packets hot smoked salmon
- 80g reduced-fat feta

PANTRY

- Helga's Digestive Wellbeing Barley, Seeds & Grain Bread
- 2 x 250g packets coconut, chilli & lemongrass microwavable rice
- 1 x 250g packet microwavable brown rice
- 1 x 400g can no-added-salt chopped tomatoes
- 1 x 400g can no-added-salt black beans
- 2 x 400g can no-added-salt chickpeas
- 1 x 420g can no-added-salt Mexican-style beans
- 1 x 95g can tuna in olive oil
- 4 wholemeal Lebanese breads

- 1 x 400g can no-added-salt black beans
- 250g roasted capsicum strips
- 50g blue or regular corn chips
- 25g wasabi peas
- 1 long ciabatta or Turkish loaf

DRESSINGS & CONDIMENTS

- 1 x 250g jar enchilada sauce
- Wasabi paste
- Sesame seeds

VEGETARIAN MENU EXTRAS

- Extra tofu
- Extra 1 x 420g can no-added-salt Mexican-style beans
- 80g haloumi