



week 1

MEAL PLAN & RECIPES

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

This healthy and delicious, dietitian-approved, seven-day meal plan is filled with quick breakfasts, easy lunches and tasty dinners to excite your tastebuds!

We've done the hard work for you, so all you need to do is shop, eat and enjoy! Each day's menu has been nutritionally analysed so it amounts to 6300kJ (about 1500cal) to encourage gradual weight loss, if that's your goal. Most importantly, all meals are made with nutritious and satisfying foods to keep you feeling full and help you meet recommended nutrition targets, including five serves of vegetables and two serves of fruit every day.



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 whenever 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

Breakfast

- **Weet-Bix & fruit**
2 Weet-Bix with ¾ cup reduced-fat milk, 2 tbs reduced-fat plain yoghurt, 2 passionfruit & 30g nuts

Lunch

- **Tuna & corn salad**
1 x 95g can tuna (drained), 1 x 125g can corn kernels, 1 cup baby spinach & 10 cherry tomatoes with drizzle balsamic vinegar
Vego option: swap tuna for 1 x 125g can chickpeas (drained)

Dinner

- **Quick vegie frittata with pesto**

TUESDAY

Breakfast

- **Ricotta & strawberry toast**
2 slices soy-linseed toast topped with ½ cup reduced-fat ricotta, 10 strawberries & 2 tsp balsamic vinegar
- 1 regular skim latte

Lunch

- Leftover **Quick vegie frittata with pesto**

Dinner

- **Chinese vegetable & noodle stir-fry with egg**

WEDNESDAY

Breakfast

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

Lunch

- **Egg & hoummos crispbreads**
6 Vita-Weats 9 Grains with 1 tbs hoummos, 2 hard-boiled eggs, 10 halved cherry tomatoes & ½ cucumber

Dinner

- **Spicy pork meatballs with roasted pumpkin & cabbage salad**
Vego option: replace pork meatballs with 100g marinated tofu

THURSDAY

Breakfast

- **Weet-Bix & fruit**
(see Monday)

Lunch

- Leftover **Spicy pork meatballs with roasted pumpkin & cabbage salad**
Vego option: replace pork meatballs with 100g marinated tofu

Dinner

- **Lemony chicken & mushroom pasta**
Vego option: omit chicken and replace with an extra 200g mushrooms

FRIDAY

Breakfast

- **Ricotta & strawberry toast**
(see Tuesday)
- 1 regular skim latte

Lunch

- Leftover **Lemony chicken & mushroom pasta**
Vego option: omit chicken and replace with an extra 200g mushrooms

Dinner

- **Grilled salmon with warm peas, asparagus & cannellini beans**
Vego option: replace salmon with 80g grilled haloumi

SATURDAY

Breakfast

- **Brekkie smoothie**
(see Wednesday)

Lunch

- **Chicken & fennel sandwich**
Vego option: swap the chicken for 2 hard-boiled eggs

Dinner

- **Chicken & vegetable laksa**
Vego option: swap chicken for tofu

SUNDAY

Breakfast

- **Eggs on toast**
2 slices soy-linseed toast with 2 poached eggs, ¼ avocado & 1 cup baby spinach fried in 1 tsp olive oil

Lunch

- **Tuna & corn salad**
(see Monday)
Vego option: swap tuna for 1 x 125g can chickpeas (drained)

Dinner

- **Tomato & ricotta lasagna stack**

DAILY AVERAGE INTAKE
6300KJ
INCLUDING 2-3 SNACKS

GOALS!

- Drink eight to 10 cups of water a day (pack a large 1L water bottle in your bag and aim to finish and refill it twice).
- Cut up a bunch of raw vegie sticks, such as carrots, capsicum and cucumber, and store in the fridge to snack on with hoummos.
- Bake a batch of healthy muffins or biscuits instead of buying sweets from the cafe. There are plenty of yummy ideas at healthyfood.com

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



FRUIT & VEGETABLES

- 4 passionfruit
- 2 bananas
- 2 x 250g punnets cherry tomatoes
- 400g baby truss tomatoes
- 1 x 250g punnet strawberries
- 1 lettuce
- 1 x 120g bag mixed salad leaves
- 500g baby spinach leaves
- 100g baby rocket
- 1 garlic bulb
- Fresh ginger
- 1 red onion
- 1 brown onion
- 2 spring onions
- 3 limes
- 2 lemons
- 4 long red chillies
- 2 cucumbers
- 1 red capsicum

- 400g sugar snap peas
- 2 bunches gai lan or bok choy (or other Asian greens)
- 700g butternut pumpkin
- 1 bunch fresh coriander
- 1 bunch fresh chives
- 1 bunch fresh mint
- 1 bunch fresh parsley
- ¼ small red cabbage
- 1 large zucchini
- 1 small fennel bulb
- 1 celery stalk
- 200g Swiss brown mushrooms
- 3 bunches asparagus
- 1 bunch broccolini
- 250g sweet potato noodles
- 250g zucchini noodles
- 1 x 225g bag bean sprouts

FRIDGE & FREEZER

- 200g tub hoummos

- 500g lean pork mince
- 550g chicken breast
- 480g skinless salmon fillets
- 200g firm tofu
- 4 fresh lasagna sheets
- 250g fresh reduced-fat ricotta

PANTRY

- Helga's Digestive Wellbeing Barley White Bread
- 1 x 95g can tuna in olive oil or spring water
- 2 x 125g cans no-added-salt corn kernels
- 400g packet shelf-fresh thin hokkien noodles
- 1 x 400g can no-added-salt cannellini beans
- 1 x 400ml can light coconut milk
- Pine nuts

DRESSINGS & CONDIMENTS

- Basil pesto
- Kalamata olives
- Baby capers
- Laksa paste

VEGETARIAN MENU EXTRAS

- Extra tofu
- Extra eggs
- 80g haloumi
- Additional 200g Swiss brown mushrooms
- 2 x 125g cans chickpeas