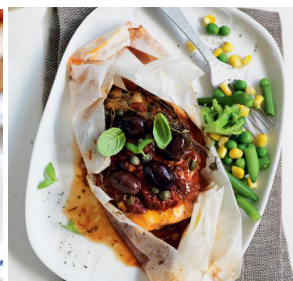


**HOW TO USE THE MEAL PLANS**

1. Save and print off your **Week 3 Meal Plan** & stick it to the fridge.
2. Choose 2-3 snacks from the **Snack List** and place into your day when it suits you. Add these to your **Weekly Shopping list**.
3. Take your **Weekly Shopping list** to the supermarket and shop for the week.
4. Get cooking with the recipes below - those underlined you'll find on the [healthyfood.com](http://healthyfood.com) website.

**MEAL PLAN WEEK 3**



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**Breakfast**

- **Almond butter toast**  
2 slices soy-linseed toast topped with 2 tbs natural almond butter & 1 sliced banana
- 1 regular skim latte

**Lunch**

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

**Dinner**

- **Chilli pumpkin & coconut soup with bread crisps**

**Breakfast**

- **Bircher muesli**

**Lunch**

- Leftover **Chilli pumpkin & coconut soup with bread crisps**

**Dinner**

- **Chicken burgers with chunky salsa\***
- \*Vego option - swap chicken pattie for a store-bought vegetarian pattie

**Breakfast**

- **Almond butter toast**  
2 slices soy-linseed toast topped with 2 tbs natural almond butter & 1 sliced banana
- 1 regular skim latte

**Lunch**

- Leftover **Chicken burgers with chunky salsa\***
- \*Vego option - swap chicken pattie for a store-bought vegetarian pattie

**Dinner**

- **Puttanesca fish parcels**
- \*Vego option - swap fish for 400g can butter beans

**Breakfast**

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

**Lunch**

- Leftover **Chilli pumpkin & coconut soup with bread crisps**  
(see Monday night)

**Dinner**

- **Warm wasabi beef & soba noodle salad\***
- \*Vego option - replace beef with 100g stir-fried tofu

**Breakfast**

- **Berry muesli**  
½ cup blueberries, ½ cup Greek-style plain yoghurt & ¼ cup untoasted muesli
- 1 regular skim latte

**Lunch**

- Leftover **Warm wasabi beef & soba noodle salad\***
- \*Vego option - replace beef with 100g stir-fried tofu

**Dinner**

- **Shakshuka**

DAILY AVERAGE INTAKE  
**6300KJ**  
\*INCLUDING 2 SNACKS

**Breakfast**

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

**Lunch**

- **Tuna & avo wrap**  
95g can tuna\*, ¼ avocado, 1 sliced tomato, ½ cucumber & baby spinach in a wholegrain wrap
- \*Vego option - swap tuna for 2 boiled eggs

**Dinner**

- **Vegetarian san choy bao**

**Breakfast**

- **Bircher muesli**

**Lunch**

- **Cheese & hommous toastie**  
1 tbs hommous, ½ avocado, 1 sliced tomato, ½ cup baby spinach & 20g feta on 2 slices soy-linseed bread, toasted

**Dinner**

- **Lamb moussaka**
- \*Vego option - swap mince for 2 x 400g cans lentils

**GOALS!**

- Aim to eat fish at least twice a week - fresh, frozen or canned, it doesn't matter!
- Cut up a bunch of vegie sticks, such as carrots, capsicum & cucumber, & store in the fridge to snack on with hoummos
- Give one of your favourite takeaways a healthy makeover. Think homemade pizza, chicken burgers or pad Thai!

**\*\*BONUS RECIPE!**  
Check our Facebook group for this week's bonus recipe from Sprout **Satay beef with stir-fried greens & rice**

# WEEK 3

## SHOPPING LIST

Don't forget to check you also have everything from the [Kitchen Essentials](#) shopping list too!

### Fruit & vegetables

- 3 bananas
- 2 avocados
- 3 tomatoes
- 1 x 250g punnet cherry tomatoes
- 1 large bag baby spinach
- 1 iceberg lettuce
- 1 cucumber
- 1 medium onion
- 1 head garlic
- 1 knob ginger
- 1 bunch flat-leaf parsley
- 1 large bunch asparagus
- 1 lemon
- 300g green beans
- 600g button mushrooms
- 2 large heads broccoli
- 1 medium zucchini
- 1 medium red capsicum
- 1 large eggplant
- 900g new potatoes
- 2 large red potatoes
- 1 bunch shallots
- 2 long red chilli
- 1 bag bean sprouts

- 1 bunch coriander
- 1 bunch basil
- 1 packet fresh thyme

### Fridge

- 1 tub hoummos
- 800g chicken breast fillets
- 600g firm white fish
- 400g lean lamb mince

### Freezer

- Frozen mixed vegetables

### Pantry

- 1 loaf soy-linseed bread
- 1 packet wholegrain wraps
- 4 wholegrain rolls
- 2 x 500g cans/pouches pumpkin soup
- 1 x 400ml can light coconut milk
- 100g pitted Kalamata olives
- 1 x 400g jar tomato passata
- 1 x 400g no-added-salt lentils
- 1 x 400g can no-added-salt chopped tomatoes
- 1 x 420g can chilli beans

- 100g rice noodles
- Shredded coconut
- Almonds or hazelnuts
- Apple juice
- Dressings & condiments
- Fish sauce
- Baby capers
- Dried oregano
- Almond butter

### FOR VEGETARIANS

- 1 x 400g can butter beans
- 2 x 400g cans no-added-salt lentils
- 4 x vegetarian patties
- 100g firm tofu
- Extra eggs

# WEEK 3

## SNACK LIST

### Calcium-rich snacks

- Calcium-rich snacks
- 150g The Culture Co Probiotic Kefir Yoghurt, Strawberry
- Tzaziki with 5 wholemeal rice crackers or vegie sticks
- Frozen banana smoothie with  
1 cup of low-fat milk & 1 tsp honey
- Handful dried figs

### Vegie-ful snacks

- 250g qukes
- Eggplant dip with vegie sticks
- Homemade baked sweet potato  
or kale chips lightly sprayed with oil
- Handful edamame beans

### Fruity snacks

- Punnet of blueberries
- Banana "ice-cream" made by pureeing  
a frozen banana in a food processor
- Sliced small apple spread with almond butter

### Protein-rich snacks

- ¼ cup of cottage cheese with 5 seedy crackers
- Small slice homemade frittata
- 1 tin tuna

### WHAT'S IN THAT SNACK?

Read labels on packaged snacks carefully to see whether what's in your snack is healthy. While your choice may have ticks and stars on the front, check the ingredients for food names you recognise.

Checking your snacks for saturated fat, sugar and salt (sodium) content is also a great idea. Look for:

- Less than 2g saturated fat per serve
- Less than 10g sugar per serve
- Less than 200mg sodium per serve