

HEALTHY  
FOOD GUIDE

Starter  
KIT



# Welcome to your Healthy Food Guide Starter Kit

Congratulations on taking your first steps towards a healthier lifestyle by subscribing to *Healthy Food Guide*.

## Getting healthy has just got easier with your 2-week Starter Kit

- The handy food and mood diary will help you keep track of what you're eating and what motivates your choices
- Our guided meal plans with breakfast, lunch and snack ideas, and shopping lists will help you plan your healthy food choices for the next two weeks, and the nutritionist-approved recipes in them will provide all your body's nutrition needs while keeping your taste buds happy
- Plus, we've included expert fitness and nutrition videos to help keep you motivated.

## Your *Healthy Food Guide* Starter Kit

### DOWNLOAD

- > Your weekly [mood and food diary](#)
- > Your [pantry staples list](#) to check you have the basics
- > Your [week one meal plan and shopping list](#) and get started
- > Your [week two meal plan and shopping list](#) and keep going
- > Your [lunch ideas](#)
- > [Healthy snack ideas](#)

### VIEW

- > Your [breakfast ideas](#)
- > [Easy throw-together dinners](#)
- > Your [fitness videos](#)
- > Watch [nutrition videos](#) with *Healthy Food Guide* nutritionist Claire Turnbull

For new recipes, expert advice, videos and tools head to [healthyfood.com](http://healthyfood.com) daily

Click '[Save to Favs](#)' at the bottom of recipe pages to keep them for later

 Save to favs  See favs



# Weekly food, mood and exercise diary

This will help you get started, so you can identify any weak spots and emotional triggers that threaten to throw you off track.

## WEEK.....

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>							
<b>Lunch</b>							
<b>Dinner</b>							
<b>Snacks</b>							
<b>EXERCISE</b>							

## Reflections and comments (make notes or simply answer yes/no)

How are you feeling today?							
Did you eat something only out of habit?							
Did you eat because you were stressed, tired, bored or because you had a bad day?							
Did you eat during the night?							
Did you eat when you were eating in front of a screen?							
Did you eat something you hadn't planned to?							

# weeks one and two

## Pantry and refrigerator staples

Check your pantry and fridge are stocked with the essentials

### CANNED, BOTTLED, PACKAGED

- brown sugar
- fish sauce
- hot sauce, chipotle
- mustard (English, wholegrain)
- oil (olive, spray, sunflower)
- oyster sauce
- peanut butter
- pickled jalapenos
- soy sauce, reduced salt
- stock, reduced-salt vegetable
- sweet chilli sauce
- vinegar, balsamic

### DRY GOODS, HERBS AND SPICES

- black pepper
- chilli flakes
- cinnamon
- couscous, wholemeal
- cumin, ground
- curry powder
- harissa mix
- red lentils
- pumpkin seeds
- quick-cook barley (or regular)
- rice (brown, basmati)
- turmeric, ground

### CHILLED AND FROZEN

- cheddar
- large pack mixed frozen veges
- parmesan
- peas
- spinach
- trim milk
- yoghurt (low fat plain, Greek)



We've compiled shopping lists for your week of dinners, so you don't have to. Just tick off what you have already in your pantry, using your **Pantry and refrigerator staples list**, then get shopping.

**MONDAY**

**MEAT FREE**



**Creamy peanut vege curry**  
healthyfood.com  
1770kJ (423cal)


**TUESDAY**

**MEAT FREE**



**Mexi tostada pizzas**  
healthyfood.com  
1750kJ (418cal)

**WEDNESDAY**



**Ricotta-stuffed chicken tray bake**  
healthyfood.com  
1730kJ (414cal)

**THURSDAY**



**Chicken and prawn fried rice**  
healthyfood.com  
1670kJ (398cal)

**FRIDAY**



**Mediterranean mince and eggplant bake**  
healthyfood.com  
1690kJ (405cal)

**SATURDAY**



**White fish, coconut and green bean curry**  
healthyfood.com  
1660kJ (396cal)

**SUNDAY**



**Sausage meatballs with spaghetti and zoodles** healthyfood.com  
1740kJ (416cal)

### 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 8700 KJ (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 ONE SHOPPING LIST

### PRODUCE

- bean sprouts
- 2 peppers/capsicums, green or red
- 160g carrot 'noodles' (or spiralise your own)
- 2 carrots
- 400g cherry tomatoes
- 250g cherry truss tomatoes
- chilli (optional)
- 400g courgette/zucchini 'zoodles' (or spiralise your own)
- 9 courgettes/zucchini
- eggplant
- fresh basil
- fresh coriander/cilantro
- garlic
- 300g green beans
- 2 lemons
- lime
- onion
- red onion
- 2 bags spinach
- 3 spring onions
- 2 tomatoes

### CANNED, BOTTLED, PACKAGED

- 400g can no-added-salt chickpeas/garbanzos
- 500g angel hair pasta
- 400ml light coconut milk
- hoisin sauce
- kalamata olives
- 200g firm tofu
- 4 wholegrain tortillas
- sundried tomato pesto
- 400g can cherry tomatoes
- 2 x 400g can no-added-salt tomatoes
- Thai curry paste

### EGGS, DAIRY

- 150g bocconcini
- 2 eggs
- ricotta

### MEAT, POULTRY, FISH

- 500g lean beef mince/ground beef
- 700g chicken breast
- 600g skinless chicken thigh fillets
- 500g white fish
- 200g peeled, deveined raw prawns
- 6 lean Italian sausages
- filo pastry

### Match with breakfast, lunch and 2 snacks from Your Starter Kit

Serves vary. Halve or double recipes where necessary, or just reuse recipes that suit your needs. *Note: Recipes serve four unless specified.*




# week two Meal plan + shopping list

We've compiled shopping lists for your week of dinners, so you don't have to. Just tick off what you have already in your pantry, using your **Pantry and refrigerator staples list**, then get shopping.


**MONDAY**

**MEAT FREE**




Lentil and sweet potato korma curry  
healthyfood.com  
1600kJ (382cal)

**TUESDAY**



Cauliflower and barley pilaf with smoked fish  
healthyfood.com  
1680kJ (402cal)

**WEDNESDAY**



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


**THURSDAY**

**MEAT FREE**



Moroccan spiced eggs  
healthyfood.com  
1740kJ (416cal)

**FRIDAY**



Creamy mustard and leek chicken with wholemeal couscous  
healthyfood.com  
1710kJ (410cal)

**SATURDAY**



One-pan sweet potato, spinach and feta frittata  
healthyfood.com  
1640kJ (391cal)

**SUNDAY**



Roasted lamb with pumpkin and dukkah  
healthyfood.com  
1680kJ (401cal)

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## WEEK TWO SHOPPING LIST

### PRODUCE

- 2 bags baby spinach
- 2 heads broccoli
- 2 red capsicums/peppers
- 3 heads cauliflower
- 200g cherry tomatoes
- fresh coriander/cilantro (or use last week's leftover)
- fresh flat-leaf parsley
- fresh rosemary
- fresh ginger
- 4 sweet potatoes (1.1kg)
- large leek
- lemon
- 2 bags mixed salad leaves
- 4 potatoes
- 750g pumpkin, skin on
- brown onion
- 2 red onions
- 2 spring onions
- sundried tomato strips
- 2 tomatoes
- 400g white button mushrooms

### CANNED, BOTTLED, PACKAGED

- korma curry paste
- small can light coconut milk
- 2 x 400g cans cherry tomatoes
- 400g can four-bean mix
- wholegrain sourdough bread
- Philadelphia Light Cream for Cooking
- dukkah

### EGGS, DAIRY

- 16 eggs
- 70g feta

### MEAT, POULTRY, FISH

- 4 x 125g lean sirloin steaks
- 500g skinless chicken breast
- 300g smoked fish
- 2 x 250g mini lamb round roasts

Match with breakfast, lunch and 2 snacks from Your Starter Kit

# Lunch builder ideas

Pick from each selection and mix and match for lunch.

- **PROTEIN** (pick one)
- **VEGETABLES** (pick at least two)
- **CARBOHYDRATE** (pick one)
- **FATS** (choose one)
- **FLAVOUR BOOSTERS** (pick as many as you like)

Match with  
**Your Starter Kit**  
Meal plans

## Fish

small can no-added-salt salmon or tuna  
or 100g-140g cooked fish or sashimi or 75g steamed salmon



1 cup lettuce + 1 tomato + 3 radishes + 1 Lebanese cucumber

4 crispbreads  
or ½ a 125g quick-cook brown rice & chia  
or ½ can cannellini beans

1 table-spoon light mayo or 1 table-spoon lemon juice  
vinaigrette

wasabi + fresh chilli  
+ 1 teaspoon sesame seeds + quick-pickled veges

## Vegetarian

100g tofu or 75g tempeh or 1 vege pattie or 2 eggs, poached or boiled



1 cup sliced red cabbage + 1 cup slaw mix + 1 cup bean sprouts

½ cup cooked brown rice or ¾ cup cooked quinoa  
or ¾ cup cooked barley

2 teaspoons nut butter or 2 teaspoons tahini

sriracha + curry powder + mint + coriander/cilantro + lemon zest

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- **FATS** (choose one)
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Match with  
**Your Starter Kit**  
Meal plans

## Chicken 100g cooked chicken



2 cups rocket + 1 cup broccoli florets + 2-3 tablespoons edamame + 1 spring onion

1 large cooked potato **or** ¾-1 cup cooked wholegrain pasta

1 tablespoon avocado **or** 1 tablespoon lite mayonnaise **or** 1 tablespoon mustard vinaigrette

capers + black pepper + fresh thyme + mustard + Tabasco sauce

## Beef or lamb 80g cooked beef or lamb



2 cups baby spinach + 1 cup green beans + ½ red capsicum/peppers + 2 cups mesclun

1 cup sweetcorn kernels **or** 1 can lentils **or** 1½ cups cooked sweet potato

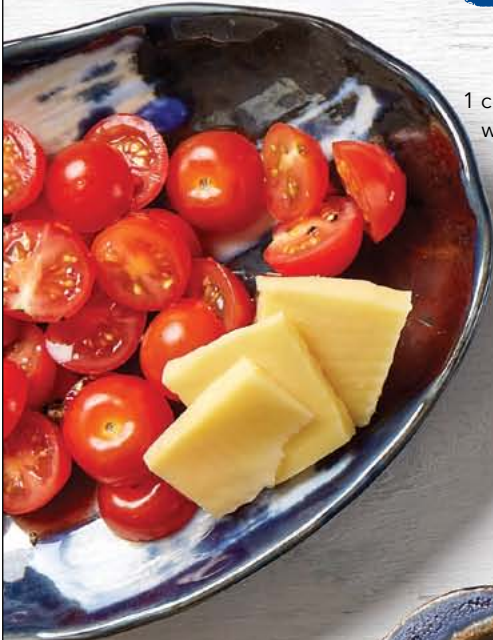
1 teaspoon sesame oil **or** 1 tablespoon toasted pumpkin seeds **or** 3 tablespoons feta or goats' cheese

balsamic vinegar + fresh chilli + smoked paprika + 1 tablespoon chipotle sauce

Keep yourself going between meals with two of these snacks a day.

# Snacks

Match with Your Starter Kit Meal plans



1 cup **cherry tomatoes** with 20g **parmesan**  
◀ 440kJ



**Tasti Made Simple Cocoa Orange bar** (or other <600kJ bar)  
522kJ



**Kiwifruit, yoghurt and molasses** 1 kiwifruit, ¼ cup reduced-fat, Greek-style yoghurt, ½ teaspoon blackstrap molasses  
▼ 510kJ



◀ 2 tablespoons **almonds**  
450kJ



**Seed crackers and hummus** 2-3 small seed-based crackers (eg Penati) with 2 tablespoons hummus  
560kJ



◀ **Toast** made with 1 slice extra-thin **Vogels**, 1 sliced **tomato** and 10g **shaved parmesan**  
520kJ





# Snacks

Keep yourself going between meals with two of these snacks a day.

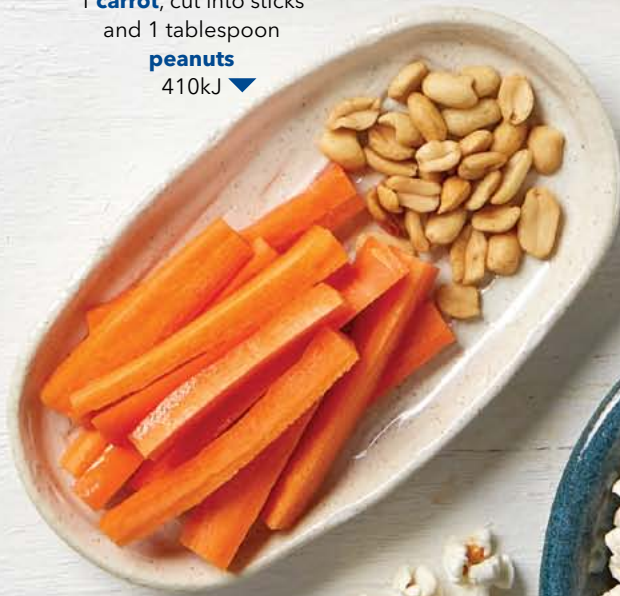
Match with  
**Your Starter Kit**  
Meal plans



◀ **Broccoli and rocket soup** made with 1 cup broccoli, 1 cup rocket, 1 spring onion, 1 clove garlic, ½ cup reduced-salt stock. 250kJ



½ cup fresh or **frozen berries** with ¼ cup **ricotta** 480kJ ▼



1 **carrot**, cut into sticks and 1 tablespoon **peanuts** 410kJ ▼



2 cups **homemade popcorn** (air-popped) with chilli and paprika sprinkle ▼ 300kJ