

WEEK **four** Meal plan + shopping list

We've compiled shopping lists for the first four weeks of dinners for the Kick-start Plan, so you don't have to. Just tick off what you have already in your pantry and cross off leftover items from the week before - [click for Pantry and refrigerator staples list](#) - then get shopping.

MONDAY

MEAT
FREE



Pumpkin spinach and ricotta cannelloni
healthyfood.co.nz
1750kJ (417cal)

TUESDAY



Roast chicken and vege freekeh pilaf
Kick-start Plan, page 21
1750kJ (418cal)

WEDNESDAY



Red Thai fish balls with rice
healthyfood.co.nz
1710kJ (408cal)

THURSDAY

MEAT
FREE



Cheesy courgette and pumpkin slice
Kick-start Plan, page 18
1540kJ (369cal)

FRIDAY



Chicken baby kale and roast tomato wholemeal pasta
healthyfood.co.nz
1730kJ (412cal)

SATURDAY



Gherkin burgers
healthyfood.co.nz
1500kJ (359cal)

SUNDAY



Mushroom and thyme crusted beef with pear salad
healthyfood.co.nz
1680kJ (402cal)

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. Eating 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 you are or how hungry you feel.

WEEK FOUR SHOPPING LIST

PRODUCE

- bag baby kale leaves (or use last week's leftover)
- bag baby spinach (or use last week's leftover)
- bag mixed salad
- broccoli
- 2 brown onions
- 500g button mushrooms
- capsicum
- 5 carrots
- cauliflower (or use last week's leftover)
- 700g cherry tomatoes
- 4 courgettes
- fresh basil (or use last week's leftover)
- fresh coriander
- fresh ginger
- fresh parsley (or use last week's leftover)
- fresh thyme (or use week two's leftover)
- 2 kumara
- 2 leeks
- 2 lemons
- lettuce
- lime
- mung bean sprouts
- pear
- pumpkin (approx 1kg)
- 2 shallots
- 2 tomatoes

EGGS, DAIRY

- 4 eggs
- ricotta

CANNED, BOTTLED, PACKAGED

- 400ml can Trident lite coconut milk
- freekeh (optional)
- fresh lasagne sheets
- gherkins
- walnuts, small bag
- wholemeal or spelt penne
- 4 wholegrain buns

MEAT POULTRY, FISH

- 4 x 120g beef fillet steaks
- 300g chicken breast fillet
- 6 chicken drumsticks, skinless
- 400g fish fillets
- 300g lean beef mince

Match with breakfast, lunch and 2 snacks from options on pages 8-11 in the **October Kick-start Plan booklet**, or at healthyfood.co.nz/KSPlan

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