

We've compiled the shopping list for week seven's dinners, so you don't have to. Just tick off what you have already in your pantry and cross off any leftover items from the week before.

MEAT FREE

MONDAY



Chilli beans and lentils on toast
(healthyfood.co.nz)
1680kJ(402cal)

TUESDAY



Chicken skewers with stir-fry greens
(healthyfood.co.nz)
1730kJ(414cal)

WEDNESDAY



Spiced fish with slaw and coconut rice
(healthyfood.co.nz)
1760kJ(421cal)

MEAT FREE

THURSDAY



Spiced vegetables and chickpeas
(healthyfood.co.nz)
1660kJ(396cal)

FRIDAY



Chicken sharwama with cucumber and dill salad
(healthyfood.co.nz) 1790kJ(427cal)

SATURDAY



Open chicken salsa burgers
(healthyfood.co.nz)
1790kJ (427cal)

SERVES ONE

SUNDAY



Mexican pork and bean stew
(healthyfood.co.nz)
1710kJ(409cal)

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.

Match with breakfast, lunch and two 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.

PANTRY AND REFRIGERATOR STAPLES

Check your pantry and fridge are stocked with the essentials

CANNED, BOTTLED, PACKAGED

- balsamic vinegar
- instant polenta
- kalamata olives
- oil (olive, peanut, rice bran, spray)
- reduced-salt chicken stock
- reduced-salt vegetable stock
- sweet chilli sauce
- wooden skewers

CHILLED

- low-fat plain yoghurt

DRY GOODS, HERBS AND SPICES

- black pepper
- chilli flakes (optional)
- garlic
- ground allspice
- ground coriander
- ground cumin
- mustard seeds
- paprika
- salt
- smoked paprika
- turmeric

HIT THE SUPERMARKET

PRODUCE

- large bag baby spinach (or use previous weeks' leftover)
- head of broccoli (or 2 bunches broccolini)
- carrot
- cauliflower
- coleslaw mix
- 2 medium courgettes
- fresh coriander
- fresh dill
- fresh ginger
- 400g kumara
- 4 Lebanese cucumbers
- 4 lemons
- long red chilli
- red cabbage (or use last week's leftover)
- 2 red capsicums
- red onions (1 large, 3 small)
- snow peas
- spring onions (or use last week's leftover)
- 2 tomatoes

CANNED, BOTTLED, PACKAGED

- 400g can black beans with chilli
- chipotle sauce or chilli sauce
- 400g can kidney beans in spring water
- mango chutney
- Mexican chilli powder
- 4 x 250g pouches

- microwavable brown rice
- 400g can no-added-salt chickpeas
- 2 x 400g cans no-added-salt chopped tomatoes
- 400g can no-added-salt crushed tomatoes
- 420g can no-added-salt lentils
- instant polenta
- reduced-salt taco seasoning
- shredded coconut
- sultanas
- wholegrain bread
- wholegrain burger buns
- wholemeal wraps or pita breads

MEAT, POULTRY

- 4 x 130g firm white fish fillets
- 500g pork shoulder
- 1.5kg skinless chicken breast fillets

DAIRY

- reduced-fat, Greek-style yoghurt

FROZEN

- chopped spinach