

WEEK twelve 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



Poached egg on polenta with tomato relish healthyfood.co.nz
1720kJ (412cal)

TUESDAY



Greek-style chicken with risoni salad healthyfood.co.nz
1720kJ (412cal)

WEDNESDAY



Smoked fish cakes with chipotle mayo
Kick-start Plan, page 23
1680kJ (402cal)

THURSDAY

MEAT
FREE



Lentil, tomato and ginger curry soup
Kick-start Plan, page 22
1570kJ (378cal)

FRIDAY



Chicken and chia lettuce cups
healthyfood.co.nz
1650kJ (395cal)

SATURDAY



Lamb and courgette skewers with yoghurt mint dressing healthyfood.co.nz
1750kJ (418cal)

SUNDAY

MEAT
FREE



Broccoli, lentil, roasted vegetable and ricotta tart healthyfood.co.nz
1540kJ (369cal)

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 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.*

WEEK TWO SHOPPING LIST

PRODUCE

- bag baby rocket (or use last week's leftover)
- 2 bags baby spinach
- brown onion, plus 2 red
- bunch broccolini or head of broccoli
- bunch spring onions
- 2 capsicums (1 red, 1 yellow)
- 9 carrots
- 625g cherry tomatoes
- 5 courgettes
- small eggplant
- fresh basil
- fresh ginger (or use last week's leftover)
- fresh herbs, optional (or use last week's leftover)
- fresh thyme
- iceberg lettuce
- leek (or use last week's leftover)
- 4 lemons
- 2 limes
- long red chilli (optional)
- potatoes, 400g agria

CANNED, BOTTLED, PACKAGED

- 420g can no-added-salt cannellini beans
- 400g can no-added-salt chickpeas
- 420g can no-added-salt lentils
- 3 x 400g cans no-added-salt chopped tomatoes
- jar oil-free roasted capsicums
- roasted unsalted peanuts
- 3 x 92g cans smoked kippers

EGGS, DAIRY

- 8 eggs
- ricotta

MEAT, POULTRY, FISH

- 1kg chicken breast
- 500g lamb leg steaks

FROZEN

- broad beans
- filo pastry (or use last week's leftover)