



week three

Meal plan + shopping list

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

MONDAY

MEAT FREE



Rosemary and fennel pumpkin rosti with fried eggs [healthyfood.com](#)
1750kJ (417cal)

TUESDAY



Chicken and new potato bake with summer herbs and yoghurt lemon dressing [healthyfood.com](#) 1670kJ (398cal)

WEDNESDAY



Japanese teriyaki fish [healthyfood.com](#)
1780kJ (425cal)

THURSDAY

MEAT FREE



Roasted tomato and lentil pasta with ricotta [healthyfood.com](#)
1620kJ (387cal)

FRIDAY



Chilli chicken stir fry with noodles [healthyfood.com](#)
1770kJ (424cal)

SATURDAY



Pork schnitzel with fresh apple slaw [healthyfood.com](#)
1800kJ (401cal)

SUNDAY



Beef saag [healthyfood.com](#)
1750kJ (397cal)

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 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 or hungry you feel.

WEEK THREE SHOPPING LIST

PRODUCE

- green apple
- 750g butternut pumpkin
- 2 red capsicums
- 5 lemons
- ½ red cabbage
- bag baby salad leaves
- bag mesclun salad
- telegraph cucumber
- avocado
- fresh basil
- fresh ginger (or use last week's leftover)
- fresh mint
- fresh flat-leaf parsley (or use last week's leftover)
- fresh rosemary (or use last week's leftover)
- 500g new potatoes
- 600g potatoes
- 3x 250g punnets cherry tomatoes
- 4 medium tomatoes
- 2 large carrots
- 200g button mushrooms
- leek
- 250g baby spinach
- 3 long red chillis
- 500g bag prepared coleslaw mix
- brown onion
- 240g green beans or snow peas

CANNED, BOTTLED, PACKAGED

- teriyaki sauce
- rice wine vinegar
- 420g can no-added-salt lentils
- 2 x 175g shelf-fresh wholegrain noodles
- 2 naan breads

EGGS, DAIRY

- 6 eggs
- ricotta

MEAT, POULTRY, FISH

- 600g blade steak
- 500g chicken breast
- 500g skinless, boneless chicken thighs
- 500g thin pork steaks
- 500g firm white fish

Match with breakfast, lunch and 2 snacks from options in the October Kick-start Plan booklet, or at [healthyfood.com/KSPlan](#)