



week seven 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, then get shopping.

MONDAY



MEAT FREE

Green pea, feta and mint fritters
(healthyfood.com)
1750kJ(418cal)

TUESDAY



Lemon grilled fish burger with roasted tomato salsa (HFG, page 68)
1730kJ(414cal)

WEDNESDAY



Chicken shawarma with cucumber and dill salad (healthyfood.com)
1790kJ(427cal)

THURSDAY



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

FRIDAY



Smoky beef rissoles with couscous salad
(healthyfood.com)
1650kJ(394cal)

SATURDAY



MEAT FREE

Vege quesadillas
(healthyfood.com)
1750kJ (418cal)

SUNDAY



Lebanese lamb-stuffed eggplants
(healthyfood.com)
1720kJ(410cal)

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 SEVEN SHOPPING LIST

PANTRY AND REFRIGERATOR STAPLES

CANNED, BOTTLED, PACKAGED

- balsamic vinegar
- brown rice
- brown sugar
- chipotle or other chilli sauce
- olive oil
- spray oil

DRY GOODS, HERBS AND SPICES

- allspice
- chilli powder
- ground cumin
- paprika
- self-raising flour

FROZEN, CHILLED

- frozen peas

HIT THE SUPERMARKET

PRODUCE

- avocado
- 2 bags baby spinach
- 2 red capsicum
- carrot
- 250g cherry tomatoes
- 5 courgettes
- fresh coriander
- fresh dill
- fresh mint
- garlic
- ginger
- 4 Lebanese cucumbers
- 3 lemons
- lime
- mung bean sprouts
- 3 red onions
- 2 cups rocket leaves
- bag salad greens
- 2 shallots
- bag ready-made slaw
- 4 tomatoes

EGGS, DAIRY

- 2 eggs
- 75g feta
- reduced-fat cheese
- small tub light sour cream
- small tub low-fat Greek-style yoghurt
- small tub plain low-fat yoghurt
- trim milk

CANNED BOTTLED, PACKAGED

- 400g can light coconut milk
- 400g can no-added-salt red kidney beans
- fish sauce
- lemon juice
- peanut oil
- Thai red curry paste
- 4 whole grain burger buns
- wholegrain bread
- 4 large wholegrain tortillas
- 90g wholemeal couscous
- 4 wholemeal wraps, or pita bread

CHICKEN, MEAT, FISH

- 500g lean beef mince
- 880g firm white fish fillets
- 600g chicken breast fillets

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