



week eight 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.

MEAT FREE


MONDAY



Summer roasted vege pasta
(healthyfood.com)
1800kJ (429cal)

MEAT FREE

TUESDAY



Mexi tostada pizzas
(healthyfood.com)
1750kJ (418cal)


WEDNESDAY



Tuna and white bean salad with lemon mayo (healthyfood.com)
1640kJ (392cal)

MEAT FREE

THURSDAY



Herbed ricotta and chargrilled vegetable stacks (healthyfood.com)
1630kJ (390cal)

FRIDAY



Lamb tacos
(healthyfood.com)
1630kJ (390cal)

SATURDAY



Hot and spicy chicken noodle soup
(healthyfood.com)
1620kJ (386cal)

SUNDAY



Sausage meatballs with spaghetti and zoodles (healthyfood.com)
1740kJ (416cal)

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 EIGHT SHOPPING LIST

PANTRY AND REFRIGERATOR STAPLES

CANNED, BOTTLED, PACKAGED

- olive oil
- spray oil
- reduced-salt chicken stock

DRY GOODS, HERBS AND SPICES

- chilli flakes
- cracked black pepper
- cumin
- dried oregano
- ground chipotle powder

FROZEN, CHILLED

- peas

HIT THE SUPERMARKET

PRODUCE

- 10 asparagus spears
- bag baby rocket
- 450g peeled butternut pumpkin
- ¼ cabbage
- 4 red capsicums
- 160g carrot noodles (or make your own)
- 4 carrots
- 600g coleslaw bag
- fresh coriander
- 400g courgette noodles (or make your own)
- 7 courgettes
- fresh basil
- garlic
- Lebanese cucumber
- lemongrass
- 3 lemons
- lime
- bag mixed salad greens
- 4 medium-large flat mushrooms
- 2 onions
- 2 medium red onions
- 4 radishes
- bag spinach
- 2 spring onions
- 1 punnet cherry tomatoes
- 3 tomatoes

EGGS, DAIRY

- 6 bocconcini
- 1 egg
- 50g Noble cheddar
- parmesan
- ricotta
- small tub low-fat Greek-style yoghurt
- small tub low-fat plain yoghurt

CANNED BOTTLED, PACKAGED

- grainy bread
- 400g can cannellini beans
- chipotle chilli sauce
- lemon juice (or use fresh)
- 180g dried egg noodles
- 500g pasta shapes, eg, penne, shells
- 160g angel hair pasta
- peanut oil
- pickled jalapenos
- 4 large wholemeal pitas
- reduced-fat mayonnaise
- 400g sweetcorn kernels
- 8 hard taco shells
- 2 x 400g cans no-added-salt chopped tomatoes
- 4 flour wholegrain tortillas

CHICKEN, MEAT, FISH

- 800g chicken breast
- 400g minced lamb
- 425g can tuna in spring water

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