



week four 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.

MEAT FREE

MONDAY



Tasty tofu burgers
healthyfood.com
1700kJ (403cal)

TUESDAY



Lamb with beetroot, feta, lentil and broccolini salad
healthyfood.com
1760kJ (420cal)

WEDNESDAY



Lemon pepper chicken with risoni rocket salad
healthyfood.com
1710kJ (411cal)

THURSDAY



Char kway teow
healthyfood.com
1780kJ (425cal)

FRIDAY



Lime and ginger fish tacos
healthyfood.com
1660kJ (398cal)

SATURDAY



Mexican beef and capsicum with rainbow rice
healthyfood.com
1740kJ (416cal)

SUNDAY



HFG creamy chicken and leek pie
healthyfood.com
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. 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 FOUR SHOPPING LIST

PRODUCE

- 2 avocados
- 400g bok choy
- 550g broccolini
- ½ cabbage
- 5 red capsicums
- 6 carrots
- courgette
- telegraph cucumber
- fresh coriander
- fresh ginger (or use last week's leftover)
- fresh tarragon
- fresh thyme
- 2 leeks
- 3 lemons
- lime
- 2 bags mesclun salad mix
- mung bean sprouts
- onion
- 4 spring onions
- red onion
- 2 bags rocket leaves
- 250g cherry tomatoes
- 8 large tomatoes

EGGS, DAIRY

- 2 eggs
- 170g feta
- 125g reduced-fat sour cream

CANNED, BOTTLED, PACKAGED

- 250g pack cooked beetroot (LeaderBrand)
- 450g can beetroot slices
- dried rice noodles
- 4 x grainy burger buns
- 2 x 420g no-added-salt lentils
- sambal paste (international aisle or Asian supermarket)
- taco shells
- 300g firm tofu

MEAT POULTRY, FISH

- 350g lean beef steak
- 500g chicken breast fillets
- 6 skinless chicken thigh fillets
- 400g lamb leg steaks
- 150g lean pork sausages
- 12 medium-sized prawns
- 400g tarakihi

FROZEN

- filo pastry

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