

KEY

* An asterisk means these calories are an average and variable, depending on your preferences.



FRESH START 6 WEEK PROGRAMME

WEEKLY MEAL PLAN

WEEK 4



Use this meal plan as a guide on how to build your daily intake! Use your welcome booklet to understand how many servings of each food group your body needs, as well as a rough guide for how many calories to aim for as a starting point. Make sure to fuel up with our "Extra" ideas if you need to. Click on the buttons to get these exclusive recipes from our blog, and head to our Kitchen Range in your account area for any Kitchen items.

MONDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Rocket, Cottage Cheese & Balsamic Mushrooms	CLICK	298	1.5 0 2 0 0.5
LUNCH	Crunchy Thai Quinoa Salad By Resolution Retreats with 100g shredded chicken (available in kitchen)	CLICK	392	1.5 0 2 1 0
DINNER	FRESH START DINNER		450*	3 0 1 1.5 0
FIRST SNACK	1 peice of very thin vogels with vegemite		67	0 0 1 0 0
SECOND SNACK	1 x apple + 1 x banana chopped up with 1/2 cup greek yoghurt		305	0 2 0 0 0.75
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1612	6 2 6 2.5 2.25

TUESDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Salted Caramel Oats By Resolution Retreats	CLICK	449	0 1 2 0 0.5
LUNCH	Crunchy Thai Quinoa Salad By Resolution Retreats with 100g shredded chicken (available in kitchen)	CLICK	392	1.5 0 2 1 0
DINNER	FRESH START DINNER		450*	3 0 1 1.5 0
FIRST SNACK	2 x mandarins		125	0 1 0 0 0
SECOND SNACK	Celery sticks with 2 tbsp hummus (available in kitchen)		114	1 0 0 0.5 0
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1630	5.5 2 5 3 1.5

WEDNESDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Rocket, Cottage Cheese & Balsamic Mushrooms	CLICK	298	1.5 0 2 0 0.5
LUNCH	Wholemeal Mushroom and Broccoli Pizzas	CLICK	385	2 0 1 0 0.5
DINNER	FRESH START DINNER		450*	3 0 1 1.5 0
FIRST SNACK	2 x Tom and Luke Beetroot Brownie bliss balls		112	0 0 0 0.5 0
SECOND SNACK	Banana Berry Smoothie	CLICK	234	0 2 0 0 1
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1579	6.5 2 4 2 3

THURSDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Salted Caramel Oats By Resolution Retreats topped with 1 cup berries defrosted	CLICK	449	0 1 2 0 0.5
LUNCH	Wholemeal Mushroom and Broccoli Pizzas	CLICK	385	2 0 1 0 0.5
DINNER	FRESH START DINNER		450*	3 0 1 1.5 0
FIRST SNACK	Apple		95	0.5 0 0 1 0
SECOND SNACK	Celery sticks with 2 tbsp hummus (available in kitchen)		114	0 1 0 0 0
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1593	6 2 4 2 2

FRIDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Purple Smoothie	CLICK	285	0 2 0 0 1
LUNCH	Tofu Sushi Bowl	CLICK	447	2 0 2 1 0
DINNER	FRESH START DINNER		450*	3 0 1 1.5 0
FIRST SNACK	2 rice thins topped with 1 tbsp hummus and half a tomato		106	0.5 0 0.5 0.5 0
SECOND SNACK	1 piece very thin vogels topped with 1 x boiled egg		133	0 0 1 0.5 0
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1521	5.5 2 4.5 3.5 2

SATURDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	1/2 cup yoghurt + peice of fruit		200	0 1 0 0 0.75
LUNCH	Brunch out at cafe		540	2 0 2 1 1
DINNER	Jackie's Curried Prawn Laksa - with handful of extra greens	CLICK	410	2 0 1 1 0
FIRST SNACK	none - late brunch		-	0 0 0 0 0
SECOND SNACK	Glass of wine and 4 squares dark chocolate		276	0 0 0 0 0
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1526	4 1 3 2 2.75

SUNDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Potato and Parsnip Hash with Poached Eggs	CLICK	367	2 0 0 1 1
LUNCH	Jackie's Curried Prawn Laksa - leftovers	CLICK	393	1.5 0 1 1 0
DINNER	Resolution Retreats' Fish Taco Lettuce Cups With Beetroot Chips & Yoghurt Tartare		367	2.5 0 0 1 1
FIRST SNACK	1 cup canned fruit salad (no added sugar), drained		95	0 1 0 0 0
SECOND SNACK	40g edam cheese (about 2 slices) on wholegrain crackers and an apple		265	0 1 1 0 0
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1587	6 2 2 3 4

(~130kcal) Extra protein ideas

1 cup (150 g) cooked or canned beans, lentils chickpeas, or split peas
170 g tofu
30 g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)
100 g cooked fish fillet (about 115 g raw) or one small can of fish
2 large (2 x 60 g = 120 g) eggs
80 g cooked lean chicken (100 g raw)
65 g cooked lean meat such as beef, lamb, pork, veal (90-100 g raw) - no more than 500 g cooked (700-750 g) red meat each week.

(~130kcal) Extra milk/milk product ideas

1 cup (250 ml) low or reduced fat fresh milk
½ cup (200 g) low- or reduced-fat yoghurt
1 cup (250 ml) calcium-fortified plant based milk alternatives (eg. soy, rice, almond, oat milk) (with at least 100 mg of added calcium per 100 ml).
2 slices (40 g) or 4 x 3 x 2 cm piece of cheese such as Edam

(~25-85kcal) Extra veggies idea

½ cup cooked vegetables (eg. silverbeet, pumpkin, cauliflower, carrot, broccoli, bok choy, cabbage or leaves)
½ cup canned vegetables (eg. beetroot, tomato, sweet corn)
1 cup green leafy or raw salad vegetables
½ medium potato or kūmara
1 medium tomato/capsicum/carrot/beetroot

(all ~120kcal) Extra grain ideas

1 slice wholegrain toast
1/2 medium wholegrain roll
1/2 flatbread
1/2 cup diced or canned fruit (drained and with no added sugar), eg. pineapple, papaya
1/2 cup cooked porridge
1/4 cup muesli
3 crackers/corn thins/rice cakes

(~85kcal) Extra fruit ideas

1 medium apple, banana, orange or pear
2 small apricots, kiwifruit or plum
1 cup frozen fruit, eg. mango, berries.