

# KEY

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



## FRESH START 6 WEEK PROGRAMME

# WEEKLY MEAL PLAN

### WEEK 2



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	Avocado & Kimchi Toast	<a href="#">CLICK</a>	217	0 0 2 0 0
LUNCH	Beetroot, Lentil & Feta Salad	<a href="#">CLICK</a>	434	2 0 0 1 1
DINNER	<b>FRESH START DINNER</b>		450*	3 0 1 1.5 0
FIRST SNACK	Apple Pecan Caramel Oat Slice	<a href="#">CLICK</a>	263	0 1 1 0 0
SECOND SNACK	1 cup of frozen berries defrosted & 1/2 cup of collective yoghurt		187	0 1 0 0 0.5
COFFEE	Small milky coffee		100	0 0 0 0 1
<b>TOTAL</b>			<b>1651</b>	5 2 4 2.5 2.5

TUESDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	1/2 cup Fresh Start Bircher Mix + 1 banana + 1 cup defrosted berries + 1/2 cup milk of your choice		401	0 2 1 0 0.5
LUNCH	Beetroot, Lentil & Feta Salad	<a href="#">CLICK</a>	434	2 0 0 1 1
DINNER	<b>FRESH START DINNER</b>		450*	3 0 1 1.5 0
FIRST SNACK	2 x Tom and Luke bliss balls (in kitchen)		117	0 0 0 0 0
SECOND SNACK	1/2 pack beta snacking carrots + 1 tbsp hummus (both in kitchen)		90	1 0 0 0.5 0
COFFEE	Small milky coffee		100	0 0 0 0 1
<b>TOTAL</b>			<b>1592</b>	6 2 2 3 2.5

WEDNESDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Avocado & Kimchi Toast	<a href="#">CLICK</a>	217	0 0 2 0 0
LUNCH	Easy Lunch Grain Bowl	<a href="#">CLICK</a>	449	2 0 0.5 0.5 0.5
DINNER	<b>FRESH START DINNER</b>		450*	3 0 1 1.5 0
FIRST SNACK	Apple Pecan Caramel Oat Slice	<a href="#">CLICK</a>	263	0 1 1 0 0
SECOND SNACK	2 x Mandarins (in kitchen)		90	0 1 0 0 0
COFFEE	Small milky coffee		100	0 0 0 0 1
<b>TOTAL</b>			<b>1569</b>	5 2 4.5 2 1.5

THURSDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	1/2 cup Fresh Start Bircher Mix + 1 cup defrosted berries + 1/2 cup		320	0 1 1 0 0.5
LUNCH	Miso Noodle Soup	<a href="#">CLICK</a>	329	1 0 1 0.5 0
DINNER	<b>FRESH START DINNER</b>		450*	3 0 1 1.5 0
FIRST SNACK	2 x Tom and Luke bliss balls + 1 small piece of fruit (in kitchen)		187	0 1 0 0 0
SECOND SNACK	1/2 pack beta snacking carrots + 1 tbsp hummus (both in kitchen)		90	1 0 0 0.5 0
COFFEE	Small milky coffee		100	0 0 0 0 1
<b>TOTAL</b>			<b>1476</b>	6.25 2 5 2.5 2

FRIDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Banana berry smoothie + add handful of spinach before blending	<a href="#">CLICK</a>	220	1 1.5 0 1 1
LUNCH	Miso Noodle Soup	<a href="#">CLICK</a>	329	1 0 1 1 0.5
DINNER	<b>FRESH START DINNER</b>		450*	3 0 1 1.5 0
FIRST SNACK	Apple Pecan Caramel Oat Slice	<a href="#">CLICK</a>	263	0 1 1 0 0
SECOND SNACK	1 std glass of wine		120	0 0 0 0 0
COFFEE	Small milky coffee		100	0 0 0 0 1
<b>TOTAL</b>			<b>1482</b>	5 2.5 3 3 2

SATURDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Quinoa Breakfast Bowls With Boiled Eggs	<a href="#">CLICK</a>	368	2 0 0.5 1 0
LUNCH	Bean Stuffed Capsicums	<a href="#">CLICK</a>	199	2 0 0 0 0.5
DINNER	<b>Roast Pumpkin &amp; Feta Frittata With Balsamic Tomatoes</b>	<a href="#">CLICK</a>	409	3 0 3 1.5 1.5
FIRST SNACK	Small scone from cafe		350	0 0 0 0 0
SECOND SNACK	2 x Mandarins (in kitchen)		90	0 1 0 0 0
COFFEE	Small milky coffee		100	0 0 0 0 1
<b>TOTAL</b>			<b>1516</b>	7 1 3.5 2.5 3

SUNDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Buckwheat Crepes With Smoked Salmon + and 1 cup wilted spianch	<a href="#">CLICK</a>	276	1 1 2 1 0
LUNCH	Roast Pumpkin & Feta Frittata With Balsamic Tomatoes	<a href="#">CLICK</a>	409	3 0 3 1.5 1.5
DINNER	<b>Sunday Roast meal with family and friends</b>		750	3 0 1 1.5 0.5
FIRST SNACK	Apple Pecan Caramel Oat Slice	<a href="#">CLICK</a>	263	0 1 1 0 0
SECOND SNACK	-		-	0 0 0 0 0
COFFEE	Small milky coffee		100	0 0 0 0 1
<b>TOTAL</b>			<b>1522</b>	7 2 8 4 3.5

#### (~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 a 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 musli  
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 cooked or canned fruit (drained and with no added sugar), eg. pineapple, papaya  
1 cup frozen fruit, eg. mango, berries.