

8 Week Challenge

WEEKLY PLAN



HOW TO USE

Use this meal plan as a guide on how to build your daily calories, depending on how many you've been allocated from the goal setting survey. Click on underlined recipe titles to get these exclusive recipes from our blog, or to learn more about that meal. If you're a Lite 5 customer, you'll have four recipes with one that spreads over two nights rather than five different Fresh Start dinners. For more snack ideas, check out our blog [here](#).

KEY

Underlined? Click on the link to get exclusive content!

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

Fresh Start Dinner = Your Fresh Start Dinner

CORE MEAL PLAN CAL TOTAL 1400-1600

	Mon	Cals	Tue	Cals	Wed	Cals	Thur	Cals	Fri	Cals	Sat	Cals	Sun	Cals
Breakfast	The Easiest Overnight Oats	299	Sliced Pear & Ricotta on Toast	230	The Easiest Overnight Oats	299	Tomato on Toast	191	Sliced Pear & Ricotta on Toast	230	Eggs & Avo on Toast	399	Banana Oaty Pancakes	275
Lunch	Tofu Sushi Bowl	447	Tofu Sushi Bowl	447	Chinese Chicken & Cabbage Salad	303	Chinese Chicken & Cabbage Salad	303	Egg & Veggie Wrap	329	Nicoise Open Sandwich	425	Roast Pumpkin & Feta Frittata with Balsamic Tomatoes	407
Dinner	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Smoked Salmon, Dill & Lemon Sour Cream Pizza with Quinoa Base	429	Mexican Chicken Bowl with Avocado & Black Bean Salsa	416
First Snack	Tahini Espresso Choc Cookies	120	Tahini Espresso Choc Cookies	120	Tahini Espresso Choc Cookies	120	Tahini Espresso Choc Cookies	120	Tahini Espresso Choc Cookies	120	1 carrot + 2 Tbsp hummus	103	2 rice cakes with 2 Tbsp hummus	133
Second Snack	2 rice cakes + 2 Tbsp peanut butter	234	1 nut & seed based muesli bar + 1 mandarin	200*	1 carrot + 2 Tbsp hummus	103	2 rice cakes + 2 Tbsp hummus + 1 tomato	156	1 nut & seed based muesli bar + 1 mandarin	200*	1 banana + 2 Tbsp raw cashew nuts	193	1 pear	60
Coffee	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*

WANT ANOTHER SNACK? CAL TOTAL 1700-1800

Third Snack	1 nut & seed based muesli bar + 1 banana	+240*	Banana Milkshake	+226	1 pear + 2 Tbsp raw cashew nuts	+186	10 raw almonds + 4 squares dark chocolate	+213	2 rice cakes with 2 Tbsp hummus	+133	1 std glass (147 ml each) white wine	+122	1 slice very thin Vogels + ¼ avocado	+143
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STILL HUNGRY? CAL TOTAL 1800-2100

Extra Carbs	1 cup edamame beans, shelled	+186	½ cup cooked brown rice	+144	40g (½ bundle) soba noodles	+139	1 wholemeal pita pocket	+205	250g roast beetroot & parsnip	+139	200g oven baked kumara chips	+226	1 wholemeal wrap	+128
Extra Protein	100g pan-fried tofu	+91	1 cup edamame beans, shelled	+186	2 Tbsp peanut butter	+187	2 soft-boiled eggs	+124	100g cooked, shredded chicken breast	+165	½ cup chickpeas	+141	50g smoked salmon	+132