

The Programme Plus⁺

WEEKLY PLAN

fresh START 

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.

 = 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	Porridge topped with Banana & Greek Yoghurt	362	Eggs on Toast	291	Porridge topped with Banana & Greek Yoghurt	362	Eggs on Toast	291	Chocolate Hazelnut Smoothie	292	Eggs & Cherry Tomatoes on Toast	323	Salmon Omelette with Dill	241
Lunch	Haloumi & Pesto Wrap	378	Haloumi & Pesto Wrap	378	Niçoise Salad	310	Soba Salad with Avocado Tahini Dressing	444	Soba Salad with Avocado Tahini Dressing	444	Tuna Pita Pocket	424	Leftovers from dinner	428
Dinner	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Chicken & Thyme Pie	428	Korean Style Chicken with Quick Cucumber Kimchi & Cauli Rice	400
First Snack	1 Yoghurt Bran Fruit Muffin	178	1 Yoghurt Bran Fruit Muffin	178	1 Yoghurt Bran Fruit Muffin	178	1 Yoghurt Bran Fruit Muffin	178	1 Yoghurt Bran Fruit Muffin	178	2 Ryvita crispbread + 2 Tbsp hummus	152	1 slice very thin Vogels + ¼ avocado	143
Second Snack	2 Ryvita crispbread + 2 Tbsp hummus + ½ tomato	165	2 stalks celery + 2 Tbsp nut butter	147	2 Ryvita crispbread + 4 slices cucumber + 1 slice edam cheese (~15g)	128	2 stalks celery + 2 Tbsp hummus	93	2 Ryvita crispbread + 2 Tbsp hummus + ½ tomato	165	Banana bread – café bought (approx. palm size)	250*	1 banana	90
Coffee	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*

WANT ANOTHER SNACK? CAL TOTAL 1700-1800

Third Snack	15 raw almonds + 3 dried apricots	+157	2 Ryvita crispbread + 2 Tbsp hummus + ½ tomato	+165	1 slice very thin Vogels + ¼ avocado	+143	2 Ryvita crispbread + 2 Tbsp hummus + 1 slice edam cheese (~15g)	+208	1 std glass (147ml) red wine + 2 squares dark chocolate	+194	15 raw almonds + 3 dried apricots	+157	2 stalks celery + 2 Tbsp nut butter	+147
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STILL HUNGRY? CAL TOTAL 1800-2100

Extra Carbs	½ cup uncooked oats	+154	200g roast kumara	+226	200g roast kumara	+226	40g (½ bundle) soba noodles	+139	40g (½ bundle) soba noodles	+139	1 dark rye bread roll	+111	2 slices very thin Vogels	+126
Extra Protein	100g cooked, shredded chicken breast	+165	90g can tuna	+132	50g haloumi	+161	1 cup edamame beans (shelled)	+186	1 serving protein powder	+130	50g cooked salmon	+119	1 hard-boiled egg	+62