

KEY

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



FRESH START 6 WEEK PROGRAMME

WEEKLY MEAL PLAN

WEEK 5



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	Egg Smash Toast + 1/2 cup wilted spinach	CLICK	276	1 0 2 1 0
LUNCH	Chicken Bacon & Corn Soup + Wholegrain Bread Roll - Available in the Kitchen		317	1 0 2 0 0
DINNER	FRESH START DINNER		450*	3 0 1 1.5 0
FIRST SNACK	Red Smoothie	CLICK	221	0 2 0 0 0.5
SECOND SNACK	1 cup plain greek yoghurt - Available in the Kitchen		248	0 2 0 0 0.75
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1612	5 2 5 2.5 2.5

TUESDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Egg Smash Toast + 1/2 cup wilted spinach	CLICK	276	1 0 2 1 0
LUNCH	Winter Chicken Caesar with Smoky Cauliflower	CLICK	410	3 0 0 1 0.5
DINNER	FRESH START DINNER		450*	3 0 1 1.5 0
FIRST SNACK	2 slices (40g) low fat cheese on 3 x rice thins		197	0 0 1 0 1
SECOND SNACK	Fruit salad with 1 chopped banana + 1 mandarin + 1/2 apple		180	0 2 0 0 0
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1613	7 2 4 3.5 2.5

WEDNESDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Red Smoothie + 1 serving of protein powder	CLICK	321	0 2 0 1 0.5
LUNCH	Chicken Bacon & Corn Soup + Wholegrain Bread Roll - Available in the Kitchen		317	1 0 2 0 0
DINNER	FRESH START DINNER		450*	3 0 1 1.5 0
FIRST SNACK	1/2 pack beta snacking carrots + 1 tbsp hummus - Available in the Kitchen		90	3 0 1 1.5 0
SECOND SNACK	40g colby cheese on 3 x rice thins	CLICK	197	1 0 0 0.5 0
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1475	5 2 4 3 2.5

THURSDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	1/2 cup Fresh Start Bircher Mix + 1 cup defrosted berries + 1/2 cup milk of your choice		310	0 1 1 0 0.5
LUNCH	Winter Chicken Caesar with Smoky Cauliflower	CLICK	410	3 0 0 1 0.5
DINNER	FRESH START DINNER		450*	3 0 1 1.5 0
FIRST SNACK	1 medium banana		95	0 1 0 0 0
SECOND SNACK	Honey Nut & Raspberry Yoghurt Bark	CLICK	194	0 0 0 1 0.25
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1559	6 2 2 3.5 2.25

FRIDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Red Smoothie	CLICK	221	0 2 0 1 0.5
LUNCH	Cafe Veggie Sandwich with Cheese		560	2 0 2 0 1
DINNER	FRESH START DINNER		450*	3 0 1 1.5 0
FIRST SNACK	20g Sea Salt Serious Popcorn - Available in Kitchen		105	0 0 1 0 0
SECOND SNACK	Honey Nut & Raspberry Yoghurt Bark	CLICK	194	0 0 0 1 0.25
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1630	5 2 4 3.5 2.75

SATURDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Fruit salad with 1 chopped banana + 1 pear + 1 apple		270	0 3 0 0 0
LUNCH	Green Shakshuka With Feta & Cumin	CLICK	288	3 0 1 1 1
DINNER	Korean Style Chicken With Quick Cucumber Kimchi & Cauli Rice	CLICK	449	3 0 0 1.5 0
FIRST SNACK	20g Sea Salt Serious Popcorn - Available in Kitchen		105	0 0 1 0 0
SECOND SNACK	Honey Nut & Raspberry Yoghurt Bark	CLICK	194	0 0 0 1 0.25
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1406	6 3 2 3.5 2.25

SUNDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Banana Pancakes	CLICK	221	0 1 0 1 0.25
LUNCH	Korean Style Chicken With Quick Cucumber Kimchi & Cauli Rice - leftovers	CLICK	449	3 0 0 1.5 0
DINNER	2 slices of takeaway pizza with 2 cups leafy side salad with 1 tbsp balsamic vinegar Example dinner with friends/family		565	2 0 1 0.5 0
FIRST SNACK	20g colby cheese + 4 wholegrain rice crackers (kitchen)		105	0 0 1 0 0.5
SECOND SNACK	Glass of wine with dinner		210	0 1 1 0 0
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1650	5 1 2 3 1.75

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