

Fresh Start 6 Week RESET

WEEKLY MEAL PLAN • WEEK 1 •



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. 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	Breakfast Blueberry Smoothie	192	Summer Smoothie Bowl	295	Feta, Tomato & Pesto on Toast	228	Feta, Tomato & Pesto on Toast	228	Summer Smoothie Bowl	295	Mixed Berry Smoothie	220	Eggs & Avo on Toast	399
Lunch	Capsicum & Corn Fish Cakes	360	Capsicum & Corn Fish Cakes	360	Quinoa Summer Veggie Salad	327	Quinoa Summer Veggie Salad	327	Beetroot, Lentil & Feta Salad	434	Tuna Melt	439	Puy Lentil Salad with Haloumi	277
Dinner	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Tofu Sushi Bowl	447	Honey Soy Ginger Chicken with Vermicelli Salad	375
First Snack	1 portion of Chai Spiced Loaf	204	1 portion of Chai Spiced Loaf	204	1 portion of Chai Spiced Loaf	204	1 portion of Chai Spiced Loaf	204	1 portion of Chai Spiced Loaf	204	2 corn thins + 2 Tbsp hummus + 6-8 cucumber slices	138	Savoury scone (café bought, approx. palm size)	250*
Second Snack	2 corn thins + 1 tomato + 2 tbsp feta cheese	188	2 corn thins + 1 tomato + 2 Tbsp feta cheese	188	5 strawberries + 1 cup plain yoghurt	171	5 strawberries + 1 cup plain yoghurt	171	1 carrot + 2 tbsp hummus	103	2 dates + 2 Tbsp raw cashew nuts	154	1 nectarine and 2 Tbsp raw almonds	183
Coffee	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*

WANT ANOTHER SNACK? CAL TOTAL 1700-1800

Third Snack	3 x Tom and Luke Bliss Balls + 1 plum	+230	2 dates + 2 Tbsp raw cashew nuts	+154	3 x Tom and Luke Bliss Balls + 1 plum	+230	Banana Milkshake	+226	2 dates + 2 tbsp raw cashew nuts	+154	1 std glass (147ml) white wine + 2 squares of dark chocolate	+210	1 cup plain yoghurt	+145
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STILL HUNGRY? CAL TOTAL 1800-2100

Extra Carbs	200g roast pumpkin	+107	200g roast kumara	+172	40g quinoa	+154	40g quinoa	+154	1 wholemeal pita pocket	+205	½ cup cooked brown rice	+144	1 wholemeal pita pocket	+205
Extra Protein	50g haloumi cheese	+161	50g haloumi cheese	+161	90g can tuna	+132	100g pan-fried tofu	+91	100g cooked, shredded chicken breast	+155	1 serving protein powder	+130	50g haloumi cheese	+161