

## 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
<b>Breakfast</b>	<a href="#">Breakfast Blueberry Smoothie</a>	<b>192</b>	<a href="#">Banana Nut Smoothie</a>	<b>283</b>	<a href="#">Feta, Tomato &amp; Pesto on Toast</a>	<b>228</b>	<a href="#">Feta, Tomato &amp; Pesto on Toast</a>	<b>228</b>	<a href="#">Banana Nut Smoothie</a>	<b>283</b>	<a href="#">Mixed Berry Smoothie</a>	<b>220</b>	<a href="#">Eggs &amp; Avo on Toast</a>	<b>399</b>
<b>Lunch</b>	<a href="#">Haloumi &amp; Pesto Wrap</a>	<b>378</b>	<a href="#">Haloumi &amp; Pesto Wrap</a>	<b>378</b>	<a href="#">Broccoli &amp; Peanut Noodles</a>	<b>443</b>	<a href="#">Broccoli &amp; Peanut Noodles</a>	<b>443</b>	<a href="#">Beetroot, Lentil &amp; Feta Salad</a>	<b>434</b>	<a href="#">Tuna Melt</a>	<b>439</b>	<a href="#">Puy Lentil Salad with Haloumi</a>	<b>277</b>
<b>Dinner</b>	Fresh Start Dinner	<b>450*</b>	Fresh Start Dinner	<b>450*</b>	Fresh Start Dinner	<b>450*</b>	Fresh Start Dinner	<b>450*</b>	Fresh Start Dinner	<b>450*</b>	<a href="#">Japanese Beef Steaks with Slaw &amp; Miso</a>	<b>431</b>	<a href="#">Honey Soy Ginger Chicken with Vermicelli Salad</a>	<b>375</b>
<b>First Snack</b>	<a href="#">1 portion Banana Bread</a>	<b>203</b>	<a href="#">1 portion Banana Bread</a>	<b>203</b>	<a href="#">1 portion Banana Bread</a>	<b>203</b>	<a href="#">1 portion Banana Bread</a>	<b>203</b>	<a href="#">1 portion Banana Bread</a>	<b>203</b>	2 corn thins + 2 Tbsp hummus + 6-8 cucumber slices	<b>138</b>	Savoury scone (café bought, approx. palm size)	<b>250*</b>
<b>Second Snack</b>	1 carrot + 2 Tbsp hummus	<b>103</b>	2 corn thins + 1 tomato + 2 Tbsp feta cheese	<b>188</b>	2 dates + 2 Tbsp raw cashew nuts	<b>154</b>	2 corn thins + 2 Tbsp hummus + 6-8 cucumber slices	<b>138</b>	2 corn thins + 1 tomato + 2 Tbsp feta cheese	<b>188</b>	2 dates + 2 Tbsp raw cashew nuts	<b>154</b>	1 carrot + 2 Tbsp hummus	<b>103</b>
<b>Coffee</b>	Coffee	<b>100*</b>	Coffee	<b>100*</b>	Coffee	<b>100*</b>	Coffee	<b>100*</b>	Coffee	<b>100*</b>	Coffee	<b>100*</b>	Coffee	<b>100*</b>

## WANT ANOTHER SNACK? CAL TOTAL 1700-1800

<b>Third Snack</b>	1 Tasti Made Simple Protein muesli bar + 1 apple	<b>+196</b>	2 dates + 2 Tbsp raw cashew nuts	<b>+154</b>	1 Tasti Made Simple Protein muesli bar + 1 apple	<b>+196</b>	<a href="#">Banana Milkshake</a>	<b>+226</b>	1 Tasti Made Simple Protein muesli bar + 1 carrot + 2 Tbsp hummus	<b>+239</b>	1 std glass (147ml) white wine + 2 squares dark chocolate	<b>+191</b>	2 dates + 2 Tbsp raw cashew nuts	<b>+154</b>
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## STILL HUNGRY? CAL TOTAL 1800-2100

<b>Extra Carbs</b>	200g roast pumpkin	<b>+107</b>	200g roast kumara	<b>+226</b>	40g (½ bundle) soba noodles	<b>+139</b>	40g (½ bundle) soba noodles	<b>+139</b>	1 wholemeal pita pocket	<b>+205</b>	½ cup cooked brown rice	<b>+144</b>	1 wholemeal pita pocket	<b>+205</b>
<b>Extra Protein</b>	50g haloumi cheese	<b>+161</b>	50g haloumi cheese	<b>+161</b>	90g can tuna	<b>+132</b>	100g pan-fried tofu	<b>+91</b>	100g cooked, shredded chicken breast	<b>+165</b>	1 serving protein powder	<b>+130</b>	50g haloumi cheese	<b>+161</b>