

KEY

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



FRESH START 6 WEEK PROGRAMME

WEEKLY MEAL PLAN

WEEK 3

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	Caprese toast	CLICK	360	1 0 2 0 1.5
LUNCH	Roasted Cauliflower & Leek Soup & small wholemeal bread roll		423	2 0 1 0.5 0
DINNER	FRESH START DINNER		450*	3 0 1 1.5 0
FIRST SNACK	Egg muffin	CLICK	92	0.5 0 0 1 0
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			1605	6.5 2 4 3 2.5

TUESDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	1 serving of porridge kit (Available in kitchen)		385	0 1 1.5 0 1
LUNCH	Roasted Cauliflower & Leek Soup & small wholemeal bread roll	CLICK	423	2 0 1 0.5 0
DINNER	FRESH START DINNER		450*	3 0 1 1.5 0
FIRST SNACK	Egg muffin	CLICK	92	0.5 0 0 1 0
SECOND SNACK	1 peice of fruit + 1/2 cup plain The Collective Greek Yoghurt (available		200	0 1 0 0 0.75
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1650	5.5 2 3.5 3 2.75

WEDNESDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Caprese toast	CLICK	360	1 0 2 0 1.5
LUNCH	6 x shop bought meat and vegetable sushi		375	1 0 1 0.5 0
DINNER	FRESH START DINNER		450*	3 0 1 1.5 0
FIRST SNACK	Egg muffin	CLICK	92	0.5 0 0 1 0
SECOND SNACK	1 apple topped with 2 tbsp peanut butter		205	0 1 0 1 0
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1582	5.5 1 4 4 2.5

THURSDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	1 serving of porridge kit (Available in kitchen) milk of your choice		385	0 1 1.5 0 1
LUNCH	Honey Soy Ginger Chicken With Vermicelli Salad	CLICK	342	2 0 0.5 1 0
DINNER	FRESH START DINNER		450*	3 0 1 1.5 0
FIRST SNACK	Egg muffin	CLICK	92	0.5 0 0 1 0
SECOND SNACK	20g Serious Popcorn Sea Salt Flavour + plus 1 small piece of fruit		190	0 1 1 0 0
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1559	5.5 2 4 3.5 2

FRIDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Raspberry, Strawberry & Yoghurt Fool topped with small banana	CLICK	215	0 2 0 0.5 1
LUNCH	Honey Soy Ginger Chicken With Vermicelli Salad	CLICK	342	2 0 0.5 1 0
DINNER	FRESH START DINNER		450*	3 0 1 1.5 0
FIRST SNACK	20g Serious Popcorn Sea Salt Flavour (from the Kitchen)		195	0 1 1 0 0
SECOND SNACK	Carrot sticks + 2 tbsp hummus		125	1 0 0 0.5 0
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1427	6 3 2.5 3.5 2

SATURDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Fresh Start Protein Pancakes with 1/4 cup The Collective Greek yoghurt - available in kitchen & 1 cup of defrosted berries		390	0 1 0 1 0.5
LUNCH	Bakery chicken salad sandwich		380	2 0 2 1 0
DINNER	Jackie's Malaysian-Style Chicken Peanut Satay	CLICK	396	2 0 1 1.5 0
FIRST SNACK	2 x mandarins		85	0 1 0 0 0
SECOND SNACK	1 x Raspberry Choc Pot (Week 3 Prize)		317	0 0 0 1 0
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1668	4 2 3 4.5 1.5

SUNDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Nordic Savory Yoghurt Bowl	CLICK	345	1 0 0 1 1
LUNCH	Jackie's Malaysian-Style Chicken Peanut Satay - leftovers		396	2 0 1 1.5 0
DINNER	Tofu Sushi Bowl	CLICK	447	2 0 2 1 0
FIRST SNACK	Apple		85	0 1 0 0 0
SECOND SNACK	1 piece very thin vogels topped with 1 x boiled egg		133	0 0 1 0.5 0
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1506	5 1 4 4 2

(~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) or 4 x 3 x 2 cm piece of cheese such as Edam
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 cooked buckwheat, bulgur wheat, quinoa, pasta, rice
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.