

KEY

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



FRESH START 6 WEEK PROGRAMME

WEEKLY MEAL PLAN

WEEK 6



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	Nadia's Winter Wake Up Smoothie & 1 scoop Fresh Start Protein Powder	CLICK	331	0 2 0 1 0
LUNCH	Spinach and Cucumber Tzatziki with Wholemeal Pita Chips	CLICK	401	2 0 1 0 1
DINNER	FRESH START DINNER		450*	3 0 1 1.5 0
FIRST SNACK	1 x Bliss Ball (Beetroot and Chocolate Love Balls)	CLICK	195	0 0 0 1 0
SECOND SNACK	40g colby cheese on 3 x rice thins		197	0 0 1 0 1
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1674	5 2 3 3.5 3

TUESDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Nadia's Winter Wake Up Smoothie & 1 scoop Fresh Start Protein Powder	CLICK	331	0 2 0 1 0
LUNCH	Fresh Start Lunch Wrap Ideas - Chicken Wrap	CLICK	411	1.5 0 1 1 0
DINNER	FRESH START DINNER		450*	3 0 1 1.5 0
FIRST SNACK	1 x Bliss Ball (Beetroot and Chocolate Love Balls)	CLICK	195	0 0 0 1 0
SECOND SNACK	1 cup of frozen berries defrosted & 1/4 cup of collective yoghurt		125	0 1 0 0 0.5
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1612	4.5 3 2 4.5 1.5

WEDNESDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Peanut Butter and Banana on Toast	CLICK	266	0 0.5 1 1 0
LUNCH	Spinach and Cucumber Tzatziki with Wholemeal Pita Chips	CLICK	401	2 0 1 0 1
DINNER	FRESH START DINNER		450*	3 0 1 1.5 0
FIRST SNACK	1 x Bliss Ball (Beetroot and Chocolate Love Balls)	CLICK	195	0 0 0 1 0
SECOND SNACK	1 chopped apple & 1/4 cup of collective yoghurt	CLICK	135	1 0 0 0.5 0
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1547	5 1.5 3 3.5 2.5

THURSDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Peanut Butter and Banana on Toast	CLICK	266	0 0.5 1 1 0
LUNCH	Fresh Start Lunch Wrap Ideas - Veggie wrap	CLICK	346	2 0 1 1 0
DINNER	FRESH START DINNER		450*	3 0 1 1.5 0
FIRST SNACK	1 x Bliss Ball (Beetroot and Chocolate Love Balls)	CLICK	195	0 0 0 1 0
SECOND SNACK	Zingy Pineapple Smoothie - add 1 cup of trim milk	CLICK	178	0.5 2 0 0 1
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1535	5.5 2.5 3 4.5 2

FRIDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	2 slices of very thin vogels + 2 eggs		240	0 0 2 1 0
LUNCH	Freekeh Salad With Grapes, Feta & Cauliflower	CLICK	205	1.5 0.5 1 0 0
DINNER	FRESH START DINNER		450*	3 0 1 1.5 0
FIRST SNACK	1 x Bliss Ball (Beetroot and Chocolate Love Balls)	CLICK	195	0 0 0 1 0
SECOND SNACK	Coconut Green Smoothie	CLICK	323	1 2 0 0.5 0
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1513	5.5 2.5 4 4 1

SATURDAY	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		320	0 1 1 1 0.5
LUNCH	Freekeh Salad With Grapes, Feta & Cauliflower	CLICK	205	1.5 0.5 1 0 0
DINNER	Superfood Salad with Pan-Fried Halloumi And Avocado	CLICK	391	2 0 0.5 0 1
FIRST SNACK	Banana topped with 2 tbsp peanut butter		310	0 0 0 0 0
SECOND SNACK	4 squares dark chocolate		139	0 0 0 0 0
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1465	3.5 1.5 2.5 0 2.5

SUNDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Turkish Eggs	CLICK	394	1 0 1 1 1
LUNCH	Superfood Salad with Pan-Fried Halloumi And Avocado - leftovers	CLICK	391	2 0 0.5 0 0
DINNER	Kumara And Beef Lasagne With Creamy Cauliflower Cheese Sauce	CLICK	385	2 0 0 1 0
FIRST SNACK	Small savory cheese scone from cafe (3/4 palm size)		290	0 0 0 0 1
SECOND SNACK	2 small pieces of fruit		160	0 2 0 0 0
COFFEE	Small milky coffee		100	0 0 0 0 1
TOTAL			1720	5 2 1.5 2 4

(~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 musli
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 frozen fruit, eg. mango, berries.