

# Fresh Start 6 Week RESET

## WEEKLY MEAL PLAN • WEEK 5 •



fresh  
START

HEALTHY  
MADE  
EASY

### 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

**In bold?** These products are available in our Kitchen, via 'Plan Your Week' in your Account area.

\*\* Bliss Balls – We recommend the Tom & Luke brand, or check out our [blog](#) for recipes to make your own.

### CORE MEAL PLAN CAL TOTAL 1400-1600

	Mon	Cals	Tue	Cals	Wed	Cals	Thur	Cals	Fri	Cals	Sat	Cals	Sun	Cals
Breakfast	<a href="#">Bircher Muesli</a>	307	<a href="#">Tomato on Toast + 30g feta cheese</a>	265	<a href="#">Bircher Muesli</a>	307	<a href="#">Tomato on Toast + 30g feta cheese</a>	265	<a href="#">Bircher Muesli</a>	307	<a href="#">Eggs &amp; Avo on Toast</a>	399	<a href="#">Caprese Omlette</a>	267
Lunch	<a href="#">Chicken Hummus Wrap</a>	420	<a href="#">Chicken Hummus Wrap</a>	420	<a href="#">Superfood Salad</a>	449	<a href="#">Superfood Salad</a>	449	<a href="#">Veggie Filled Wrap</a>	346	<a href="#">Sticky Turmeric Tofu Spring Rolls</a>	320	Leftover dinner	449
Dinner	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Fresh Start Dinner	450*	<a href="#">Crunchy Thai Quinoa Salad + 100g cooked chicken breast</a>	449	<a href="#">Lemongrass Fish Curry w Cauliflower Rice</a>	410
First Snack	<a href="#">Spiced Apple &amp; Walnut Crumble Muffins</a>	104	<a href="#">Spiced Apple &amp; Walnut Crumble Muffins</a>	104	<a href="#">Spiced Apple &amp; Walnut Crumble Muffins</a>	104	<a href="#">Spiced Apple &amp; Walnut Crumble Muffins</a>	104	<a href="#">Spiced Apple &amp; Walnut Crumble Muffins</a>	104	1 nut & seed based muesli bar	150*	2 corn thins + 1 tomato + 2 Tbsp hummus	230
Second Snack	2 corn thins + 1 tomato + 1 slice edam cheese (~15g)	124	2 snacking carrots + 2 Tbsp hummus	125	2 corn thins + 1 tomato + 1 slice edam cheese (~15g)	124	2 snacking carrots + 2 Tbsp hummus	125	2 corn thins + 1 tomato + 2 Tbsp hummus	151	2 snacking carrots + 2 Tbsp hummus	125	20g Serious Popcorn Sea Salt flavour	105
Coffee	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*

### WANT ANOTHER SNACK? CAL TOTAL 1700-1800

Third Snack	20 raw almonds + 2 plums	+230	<a href="#">Blueberry Smoothie</a> + ½ cup plain yoghurt	+242	3 Tom & Luke Bliss Balls + 1 nectarine	+255	1 banana + 2 Tbsp raw cashew nuts	+230	2 std glass (147ml each) white wine	+244	<a href="#">Blueberry Smoothie</a>	+192	Café bought oaty muesli slice	+175*
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### STILL HUNGRY? CAL TOTAL 1800-2100

Extra Carbs	¼ cup roasted chickpeas	+70	2 slices very thin Vogel's	+116	1 wholemeal pita pocket	+205	¾ cup cooked quinoa	+121	1 banana	+90	¾ cup cooked quinoa	+121	125g microwave brown rice	+209
Extra Protein	2 Tbsp peanut butter	+187	30g feta cheese	+74	2 Tbsp hummus	+83	50g haloumi	+161	100g pan-fried tofu	+127	50g smoked salmon	+132	1 extra egg in omlette	+75