

The Programme Plus⁺

WEEKLY PLAN

fresh START 

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. If you're a Lite 5 customer, you'll have four recipes with one that spreads over two nights rather than five different Fresh Start dinners. 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	Quinoa Breakfast Bowl	368	Quinoa Breakfast Bowl	368	Tomato on Toast	191	Eggs on Toast	291	Broccoli, Capsicum & Feta Omelette	269	Ricotta Pancakes	279	Smoked Salmon & Radish Toast	323
Lunch	2 fritartlets + handful of greens	430	2 fritartlets + handful of greens	430	Easy Grain Lunch Bowl	448	Easy Grain Lunch Bowl	448	Tuna Pita Pocket	424	Niçoise Open Sandwich	425	Creamed Corn & Vogels Open Toastie	395
Dinner	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Lentil & Cashew Burgers	444	Korean Sticky Beef & Kimchi Lettuce Cups	441
First Snack	1 pottle natural yoghurt + 1 kiwifruit + 1 Tbsp sliced almonds	201	1 banana + 2 Tbsp raw cashew nuts	193	1 pottle natural yoghurt + 1 kiwifruit + 1 Tbsp sliced almonds	201	1 fritartlet	207	1 apple + 2 Tbsp raw almonds	173	1 fritartlet	207	1 apple	68
Second Snack	1 Peanut Butter Oaty Cookie	135	1 Peanut Butter Oaty Cookie	135	1 Peanut Butter Oaty Cookie	135	1 Peanut Butter Oaty Cookie	135	1 Peanut Butter Oaty Cookie	135	2 stalks celery + 2 Tbsp nut butter	147	Banana bread – café bought (approx. palm size)	250*
Coffee	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*

WANT ANOTHER SNACK? CAL TOTAL 1700-1800

Third Snack	2 stalks celery + 2 Tbsp nut butter	+147	1 pottle natural yoghurt + 2 Tbsp frozen berries + 1 Tbsp sliced almonds	+170	1 fritartlet	+207	1 banana + 2 Tbsp raw cashew nuts	+193	1 pottle natural yoghurt + 2 Tbsp frozen berries + 1 Tbsp sliced almonds	+170	4 squares dark chocolate	+139	1 banana + 2 Tbsp raw cashew nuts	+193
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STILL HUNGRY? CAL TOTAL 1800-2100

Extra Carbs	250g roast beetroot & parsnip	+139	¾ cup cooked quinoa	+121	¾ cup cooked wild rice	+108	1 wholemeal pita pocket	+205	2 slices dark rye toast	+119	200g roast kumara chips	+226	1 cup cooked vermicelli	+210
Extra Protein	50g smoked salmon	+132	50g smoked salmon	+132	2 soft-boiled eggs	+124	100g cooked, shredded chicken breast	+165	2 Tbsp hummus	+83	½ cup roasted chickpeas	+141	2 Tbsp peanut butter	+141