

The Programme Plus⁺ **fresh** START

WEEKLY PLAN

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](#).

CORE MEAL PLAN CAL TOTAL 1400-1600

	Mon	Cals	Tue	Cals	Wed	Cals	Thur	Cals	Fri	Cals	Sat	Cals	Sun	Cals
Breakfast	Berry & Almond Topped Porridge	282	Kiwifruit & Walnut Topped Porridge	315	Berry & Almond Topped Porridge	282	Almond Butter & Banana on Toast	322	Kiwifruit & Walnut Topped Porridge	315	Almond Butter & Banana on Toast	322	Caprese Omelette	267
Lunch	Spicy Chipotle Chicken & Quinoa Soup + 2 slices dary rye bread	328	Spicy Chipotle Chicken & Quinoa Soup + 2 slices dary rye bread	328	Smoked Salmon Bowl	366	Smoked Salmon Bowl	366	Chicken Wrap	411	Roast Pumpkin & Feta Frittata with Balsamic Tomatoes	407	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*	Chicken & Eggplant Parmigiana + handful of greens	435	Kumara & Beef Lasagne	385
First Snack	1 Savoury Muffin	167	1 Savoury Muffin	167	1 Savoury Muffin	167	1 Savoury Muffin	167	1 Savoury Muffin	167	1 apple	68	1 carrot + 2 Tbsp hummus	103
Second Snack	1 apple + 1 Tbsp almond butter	142	1 Bliss Ball** + 1 mandarin	154*	1 apple + 1 Tbsp almond butter	142	1 carrot + 2 Tbsp hummus	103	1 Bliss Ball** + 1 mandarin	154*	2 Bliss Balls**	260*	Date scone – café bought (approx. palm size)	300*
Coffee	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*

WANT ANOTHER SNACK? CAL TOTAL 1700-1800

Third Snack	1 Pure Delish Primal Snack Bar	+327	1 slice very thin Vogels + 1 Tbsp almond butter	+122	2 Bliss Balls**	+260*	2 hard boiled eggs	+124	1 slice very thin Vogels + ¼ avocado	+143	2 std glass (147 ml each) white wine	+244	2 Bliss Balls**	+260*
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STILL HUNGRY? CAL TOTAL 1800-2100

Extra Carbs	½ cup red kidney beans	+122	1 dark rye bread roll	+111	1 cup edamame beans, shelled	+186	125g microwave brown rice	+209	½ cup uncooked oats	+154	200g roast kumara	+226	2 slices very thin Vogels	+126
Extra Protein	100g cooked, shredded chicken breast	+165	½ cup chickpeas	+141	50g hot smoked salmon	+132	50g hot smoked salmon	+132	2 Tbsp hummus	+83	30g feta cheese	+74	90g can tuna	+132

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

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