

Fresh Start 6 Week RESET

WEEKLY MEAL PLAN • WEEK 2 •



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](#).

CORE MEAL PLAN CAL TOTAL 1400-1600

	Mon	Cals	Tue	Cals	Wed	Cals	Thur	Cals	Fri	Cals	Sat	Cals	Sun	Cals
Breakfast	Summer Smoothie Bowl	295	Summer Smoothie Bowl	295	Tomato on Toast	191	Eggs on Toast	291	Creamy Avocado Smoothie	222	Ricotta Pancakes	279	Smoked Salmon & Radish Toast	323
Lunch	2 fritartlets + handful of greens	430	2 fritartlets + handful of greens	430	Creamed Corn Summer Pasta	437	Creamed Corn Summer Pasta	437	Tuna Pita Pocket	424	Niçoise Open Sandwich	425	Tofu Sushi Bowl	447
Dinner	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Fresh Start Dinner	450*	Easy Courgette Fritters	337	Korean Sticky Beef & Kimchi Lettuce Cups	441
First Snack	1 pottle natural yoghurt + 1 peach + ½Tbsp sliced almonds	201	1 nectarine + 2 Tbsp cashew nuts	189	1 pottle natural yoghurt + 1 peach + ½Tbsp sliced almonds	201	1 fritartlet	207	1 nectarine + 2 Tbsp raw almonds	173	1 fritartlet	207	1 nectarine	89
Second Snack	2 Tbsp Turkish Kitchen Greek Yoghurt Cucumber Dip + 2 snacking carrots	120	2 Tbsp Turkish Kitchen Greek Yoghurt Cucumber Dip + 2 snacking carrots	120	2 Tbsp Turkish Kitchen Greek Yoghurt Cucumber Dip + 2 snacking carrots	120	2 Tbsp Turkish Kitchen Greek Yoghurt Cucumber Dip + 2 snacking carrots	120	2 Tbsp Turkish Kitchen Greek Yoghurt Cucumber Dip + 2 snacking carrots	120	Red Smoothie	222	½ muffin - café bought (approx. palm size)	135*
Coffee	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*	Coffee	100*

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.

WANT ANOTHER SNACK? CAL TOTAL 1700-1800

Third Snack	2 stalks celery + 2 Tbsp nut butter	+147	1 pottle natural yoghurt + 3 Tbsp blueberries + 1 Tbsp sliced almonds	+170	1 fritartlet	+207	1 pottle natural yoghurt + 3 Tbsp blueberries + 1 Tbsp sliced almonds	+170	Banana Nut Froyo	+231	4 squares dark chocolate	+139	2 Tom & Luke Beetroot Brownie Bliss Balls	+117
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STILL HUNGRY? CAL TOTAL 1800-2100

Extra Carbs	250g roast beetroot & parsnip	+139	¾ cup cooked quinoa	+121	½ cup extra pulse pasta	+179	½ ciabatta roll	+80	1 wholemeal pita	+205	2 slices dark rye toast	+119	1 cup cooked vermicelli	+210
Extra Protein	50g smoked salmon	+132	50g smoked salmon	+132	50g cooked, shredded chicken breast	+77	50g fresh mozzarella	+140	2 soft-boiled eggs	+124	2 Tbsp hummus	+83	2 Tbsp peanut butter	+141