

# KEY

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



## FRESH START 6 WEEK PROGRAMME

# WEEKLY MEAL PLAN

## WEEK 1



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	Coconut Red Rice Pudding	<a href="#">CLICK</a>	239	0  0.5  0.5  0  0
LUNCH	Puy Lentil Salad With Haloumi	<a href="#">CLICK</a>	227	2  0  0  0.5  1
DINNER	<b>FRESH START DINNER</b>		450*	3  0  1  1.5  0
FIRST SNACK	Healthier Savoury Muffins x 1 & piece of fruit (palm sized)	<a href="#">CLICK</a>	239	0.25  1  1  0  1
SECOND SNACK	1 slice of very thin vogels topped with 1 x small banana and 1/2 tbsp peanut butter		205	0  1  1  0.5  0
COFFEE	Small milky coffee		100	0  0  0  0  1
<b>TOTAL</b>			<b>1559</b>	5.25  2.5  5.5  3  3

FRIDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Banana milkshake + 1/2 cup oats added (see Fresh Start Smoothie ideas)	<a href="#">CLICK</a>	291	1  0  1  0  0
LUNCH	Easy Lunch Grain Bowl	<a href="#">CLICK</a>	326	2  0  2  1  0
DINNER	<b>FRESH START DINNER</b>		450*	3  0  1  1.5  0
FIRST SNACK	Healthier Savoury Muffins x 1 & piece of fruit (palm sized)	<a href="#">CLICK</a>	239	0.25  1  1  0  1
SECOND SNACK	1 piece of fruit (palm sized)		187	0  1  0  0  0.5
COFFEE	Small milky coffee		100	0  0  0  0  1
<b>TOTAL</b>			<b>1593</b>	6.25  2  5  2.5  2.5

TUESDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Creamy Oat Milk Mushrooms On Toast	<a href="#">CLICK</a>	291	1  0  1  0  0
LUNCH	Curried Lentil and Coconut Soup and 1 piece of wholemeal toast	<a href="#">CLICK</a>	326	2  0  2  1  0
DINNER	<b>FRESH START DINNER</b>		450*	3  0  1  1.5  0
FIRST SNACK	Healthier Savoury Muffins x 1 & piece of fruit (palm sized)	<a href="#">CLICK</a>	239	0.25  1  1  0  1
SECOND SNACK	1 cup of frozen berries defrosted & 1/2 cup of collective yoghurt		187	0  1  0  0  0.5
COFFEE	Small milky coffee		100	0  0  0  0  1
<b>TOTAL</b>			<b>1593</b>	6.25  2  5  2.5  2.5

SATURDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Peanut Butter & Banana Fresh Toast - NEW	<a href="#">CLICK</a>	442	0  1  2  1  0
LUNCH	Smashed Chickpea Wrap	<a href="#">CLICK</a>	337	2  0  1  0.25  0.5
DINNER	<b>DINNER OUT WITH FRIENDS</b>		Approx 550	3  0  3  1.5  0
FIRST SNACK	1 piece of fruit (palm sized)		75	0  1  0  0  0
SECOND SNACK	-		-	0  0  0  0  0
COFFEE	Small milky coffee		100	0  0  0  0  1
<b>TOTAL</b>			<b>1504</b>	5  2  6  2.75  2.5

WEDNESDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Coconut Red Rice Pudding	<a href="#">CLICK</a>	239	0  0.5  0.5  0  0
LUNCH	Puy Lentil Salad With Haloumi	<a href="#">CLICK</a>	227	2  0  0  0.5  1
DINNER	<b>FRESH START DINNER</b>		450*	3  0  1  1.5  0
FIRST SNACK	4 corn thins topped with 1 x small banana and 1/2 tbsp peanut butter		270	0  1  2  0.5  0
SECOND SNACK	1 cup of frozen berries defrosted & 1/2 cup of collective yoghurt		187	0  1  0  0  0.5
COFFEE	Small milky coffee		100	0  0  0  0  1
<b>TOTAL</b>			<b>1473</b>	5  2.5  3.5  2.5  2.5

SUNDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Creamy Avocado Smoothie	<a href="#">CLICK</a>	222	1  1  2  0  1
LUNCH	Smashed Chickpea Wrap	<a href="#">CLICK</a>	337	2  0  1  0.25  0.5
DINNER	<b>GREEN PULSE PASTA</b>		339	3  0  1  1  0.5
FIRST SNACK	Smoothie: 1/2 cup oat milk + 1 cup berries + 1/2 tbsp nut butter + 1/2 tbsp pumpkin seeds + 1 FS serving pea protein powder (Kitchen)	<a href="#">CLICK</a>	371	0  1  0  2  0
SECOND SNACK	20g colby cheese + 4 wholegrain rice crackers (Kitchen)		105	0  0  1  0  0.5
COFFEE	Small milky coffee		100	0  0  0  0  1
<b>TOTAL</b>			<b>1474</b>	6  2  5  3.25  3.5

THURSDAY	MEALS	SEE RECIPE	CALORIES	FOOD GROUP
BREAKFAST	Creamy Oat Milk Mushrooms On Toast	<a href="#">CLICK</a>	291	1  0  1  0  0
LUNCH	Curried Lentil and Coconut Soup and 1 piece of wholemeal toast	<a href="#">CLICK</a>	326	2  0  2  1  0
DINNER	<b>FRESH START DINNER</b>		450*	3  0  1  1.5  0
FIRST SNACK	Healthier Savoury Muffins x 1 & piece of fruit (palm sized)	<a href="#">CLICK</a>	239	0.25  1  1  0  1
SECOND SNACK	Banana milkshake (see Fresh Start Smoothie ideas)		210	0  1  0  0  1
COFFEE	Small milky coffee		100	0  0  0  0  1
<b>TOTAL</b>			<b>1616</b>	6.25  2  5  2.5  2

<p><b>(~130kcal)</b> <b>Extra protein ideas</b></p> <p>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.</p>	<p><b>(~130kcal)</b> <b>Extra milk/milk product ideas</b></p> <p>1 cup (250 ml) low or reduced fat fresh milk ¾ 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 a 4 x 3 x 2 cm piece of cheese such as Edam</p>	<p><b>(~25-85kcal)</b> <b>Extra veggies idea</b></p> <p>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</p>	<p><b>(all ~120kcal)</b> <b>Extra grain ideas</b></p> <p>1 slice wholegrain ideas 1/2 medium wholegrain roll 1/2 flatbread 1/2 cup cooked buckwheat, bulgur wheat, quinoa, pasta, rice 1/2 cup cooked porridge 1/4 cup muesli 3 crackers/corn thins/rice cakes</p>
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