



week 3

MEAL PLAN & RECIPES

Welcome to Week Three of the 30-day Reset program!

You're now more than halfway through the program, so you should be feeling lighter, healthier and more energetic. This week's delicious meal plan includes haloumi burgers, creamy pasta bake, lasagna and fish curry... yum!

Have you been following the suggested weekly goals? Now's the time to think about some healthy habits you'd like to continue once the program finishes. Setting goals is easy – delivering on them can be a different story when busy lives get in the way. **To help make new healthy habits stick:**

- Praise yourself when you make better choices.
- Encourage accountability by letting friends, family, flatmates and colleagues know of your new intentions. They can also help you stay on track.



Here's what to do:

- 1 Save and print off this meal plan and stick it on the front of your fridge. Print off your weekly shopping list.
- 2 Choose two or three snacks from the snack list and slot them into your day wherever suits you.
- 3 Take your weekly shopping list with you to the supermarket, then fill your fridge and pantry, ready for the week ahead.

Don't like the sound of a meal? Just swap it out with a recipe from a different day. We've even included vegetarian options! Think of these meal plans as an opportunity to try new recipes and foods you wouldn't usually eat.

Plus, we've included three easily achievable nutrition-related goals for each week to help you stay on track and motivated.

Enjoy your week!



MONDAY

Breakfast

• Weet-Bix & fruit

2 Weet-Bix with ¼ cup reduced-fat milk, 2 tbs reduced-fat plain yoghurt, 2 passionfruit & 30g nuts

Lunch

• Tuna & avo wrap

1 x 95g can tuna (drained), ¼ avocado, 1 sliced tomato, ½ cup baby spinach & cucumber in a wholegrain wrap
Vego option: swap tuna for 2 hard-boiled eggs

Dinner

• Chilli haloumi burgers

TUESDAY

Breakfast

• Summer granola parfait

Lunch

• Leftover Chilli haloumi burgers

Dinner

• One-pan sweet potato, spinach & feta frittata

WEDNESDAY

Breakfast

• Almond butter toast

2 slices soy-linseed toast topped with 2 tbs natural almond butter & 1 sliced banana
• 1 regular skim latte

Lunch

• Leftover One-pan sweet potato, spinach & feta frittata

Dinner

• Chicken, pumpkin & ricotta lasagne

Vego option: omit chicken

THURSDAY

Breakfast

• Summer granola parfait

Lunch

• Leftover Chicken, pumpkin & ricotta lasagne

Vego option: omit chicken

Dinner

• Quick fish curry

Vego option: replace fish with 250g firm tofu

DAILY
AVERAGE INTAKE
6300KJ
INCLUDING
2-3 SNACKS

FRIDAY

Breakfast

• Almond butter toast

(see Wednesday)
• 1 regular skim latte

Lunch

• Leftover Chicken, pumpkin & ricotta lasagne

Vego option: omit chicken

Dinner

• Creamy tuna & broccoli pasta bake

Vego option: omit tuna

SATURDAY

Breakfast

• Eggs on toast

2 slices soy-linseed toast with 2 poached eggs, ¼ avocado & 1 cup baby spinach fried in 1 tsp olive oil

Lunch

• Chicken & avo wrap

½ avocado, ½ cup baby spinach, 1 sliced tomato & 60g grilled chicken in a wholegrain wrap
Vego option: swap chicken for 2 hard-boiled eggs

Dinner

• Egg & tofu stir-fried noodles

SUNDAY

Breakfast

• Weet-Bix & fruit

(see Monday)

Lunch

• Healthier club sandwich

Dinner

• Grilled chicken skewers with houmous yoghurt

Vego option: replace chicken with 250g firm tofu

GOALS!

→ Swap white rice for brown rice or quinoa for a hunger-busting fibre and protein boost.

→ Try at least one meat-free meal by swapping chicken or mince for tofu or chickpeas.

→ Give a favourite takeaway a healthy makeover. Think homemade pizza, chicken burgers or pad Thai! See healthyfood.com for inspiration.

Don't forget to check you also have everything from the **Kitchen Essentials** shopping list too!



FRUIT & VEGETABLES

- 4 passionfruit
- 4 bananas
- 1 avocados
- 3 tomatoes
- 1 cucumber
- 350g baby spinach
- 200g mixed salad leaves
- 120g fresh rocket
- 700g butternut pumpkin
- 500g broccoli
- 2 bunches broccolini
- 4 zucchini
- 2 carrots
- 2 red capsicums
- 120g red cabbage
- 300g green beans
- 4 corn cobs
- 3 spring onions
- 1 bulb garlic

- 2 brown onions
- 1 red onion
- 3 medium sweet potatoes (kumara)
- 1 bunch fresh rosemary
- 1 bunch fresh basil
- 2 bunches gai lan or other Asian greens
- 2 large bunches spinach
- 1 peach
- 1 mango
- 1 lemon

FRIDGE & FREEZER

- 800g chicken breast fillets
- 450g white fish fillets
- 100g chilli haloumi
- 500g frozen spinach
- 250g reduced-fat ricotta
- 150g chicken tenders
- 175g grated mozzarella

- 70g reduced-fat feta
- 300g firm tofu
- 2 unsmoked lean bacon rashers

PANTRY

- Wholemeal bread
- 50g macadamia nuts
- 95g can tuna in spring water or olive oil
- 185g can tuna in spring water
- 4 wholegrain bread rolls
- 8 dried wholemeal lasagne sheets
- 300ml light coconut milk
- 2 x 250g packets microwavable brown rice
- 400g can no-added-salt chickpeas
- 175g shelf-fresh wholegrain noodles

DRESSINGS & CONDIMENTS

- Basil pesto
- Extra-light mayonnaise
- Korma curry paste
- 100g roasted red capsicum
- 120g sun-dried tomato strips
- Wholegrain mustard

VEGETARIAN MENU EXTRAS

- Extra eggs
- Extra 500g firm tofu