



# week 4

## MEAL PLAN & RECIPES

### Welcome to Week Four of the 30-day Reset program!

What have you enjoyed most about our weekly menus so far? Not having to think about what's for dinner? The nourishing snacks? Or cooking delicious new dishes you can easily add to your repertoire?

It's now time to think about how to make your healthy new eating habits stick beyond the Reset program. Good health is a lifestyle, so hopefully you've picked up helpful tips and inspiration to continue making healthy choices in the weeks and months to come.

Reflect on the positive changes you've made in the last 30 days and write down how you feel – perhaps words like 'proud', 'energised', 'strong' and 'happy' come to mind. Capturing these feelings will keep you motivated for the future. Thank you for joining us on this important journey, and enjoy your week!



*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 whenever 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!

# MEAL PLAN *week 4*



## MONDAY

### Breakfast

- **Avo & tomato toast**  
2 slices soy-linseed toast topped with ½ small avocado, 1 sliced tomato & 20g crumbled feta
- 1 regular skim latte

### Lunch

- **Indian-style chickpea toastie**

### Dinner

- **Quick Thai green pork curry**  
Vego option: swap pork for 100g stir-fried tofu

## TUESDAY

### Breakfast

- **Brekkie smoothie**  
200ml milk, 2 tbs Greek-style plain yoghurt, 2 tbs rolled oats, ½ cup berries & 1 banana

### Lunch

- **Feta & caramelised onion frittata**

### Dinner

- **Chilli lime chicken lettuce cups**  
Vego option: swap chicken for 200g stir-fried tofu

## WEDNESDAY

### Breakfast

- **Easy Bircher**  
½ cup rolled oats, 1 tbs chia seeds, 1 sliced banana, ½ cup berries, 200ml milk & 2 tbs Greek-style plain yoghurt

### Lunch

- Leftover **Feta & caramelised onion frittata**

### Dinner

- **Lemony chicken & mushroom pasta**  
Vego option: omit chicken and replace with an extra 200g mushrooms

## THURSDAY

### Breakfast

- **Avo & tomato toast** (see Monday)
- 1 regular skim latte

### Lunch

- Leftover **Lemony chicken & mushroom pasta**  
Vego option: omit chicken and replace with an extra 200g mushrooms

### Dinner

- **Moroccan salmon traybake**  
Vego option: replace salmon with extra 400g can chickpeas

## FRIDAY

### Breakfast

- **Brekkie smoothie** (see Tuesday)

### Lunch

- **Takeaway sushi**  
2 salmon & avocado or vegetarian rolls, plus 1 cup edamame beans

### Dinner

- **Steak sandwich with mustard yoghurt**  
Vego option: swap steak for 80g grilled haloumi

DAILY  
AVERAGE INTAKE  
**6300KJ**  
INCLUDING  
2-3 SNACKS

## SATURDAY

### Breakfast

- **Easy Bircher** (see Wednesday)

### Lunch

- **Tuna & feta salad**  
1 x 95g can tuna (drained), 1 cup baby spinach, 10 cherry tomatoes, ½ cucumber, ¼ avocado & 20g feta with drizzle balsamic dressing  
Vego option: swap tuna for 125g can chickpeas (drained)

### Dinner

- **Prawn, tomato & basil pizza**  
Vego option: replace prawns with 2 cups roasted vegetables (such as pumpkin & zucchini)

## SUNDAY

### Breakfast

- **Banana pancakes**  
Mash 1 banana with 1 egg & 2 tbs rolled oats. Cook small pancakes, then top with ½ cup Greek-style plain yoghurt, ¾ cup berries & drizzle maple syrup

### Lunch

- **Indian-style chickpea toastie**

### Dinner

- **Black bean & mushroom bowl with loaded guacamole**

## GOALS!

- Aim to eat fish at least twice a week. Fresh, frozen or canned, it doesn't matter what kind!
- Mix up your toast toppings. Swap jam or Vegemite for nut butter, avocado or ricotta with sliced strawberries.
- Add toasted nuts, such as flaked almonds or pine nuts, to your usual salad for a delicious crunch and hit of healthy fats.



# SHOPPING LIST *week 4*

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



## FRUIT & VEGETABLES

- 5 bananas
- 1 x 250g punnet strawberries
- 3 x 250g punnets cherry tomatoes
- 2 tomatoes
- 5 red onions
- 1 brown onion
- 2 spring onions
- 1 garlic bulb
- 2 lemons
- 4 limes
- 2 avocados
- 500g sweet potatoes (kumara)
- 300g pumpkin
- 400g baby potatoes
- 400g mixed salad leaves
- 280g baby spinach or rocket
- 1 large cos or iceberg lettuce
- 200g Swiss brown mushrooms
- 1 bunch asparagus

- 1 bunch broccolini
- 150g mushrooms, halved
- 1 corn cob
- 7 yellow or red capsicums
- 2 cucumbers
- 3 carrots
- 4 zucchini
- 2 shallots
- 150g snow peas
- 200g snow pea sprouts
- 1 bunch fresh basil
- 1 bunch fresh coriander
- 1 bunch fresh chives
- 1 bunch Thai basil
- Kaffir lime leaves
- 1 long red chilli

## FRIDGE & FREEZER

- ½ cup grated mozzarella
- 25g ricotta
- 250g peeled prawns

- 650g chicken breast fillets
- 400g beef minute steaks
- 500g lean pork fillet
- 600g skinless salmon fillets

## PANTRY

- Wholegrain bread
- 220g pizza base
- 400g can no-added-salt black beans
- 2 x 400g can no-added-salt chickpeas
- 250g jar enchilada sauce
- 250g packet microwavable brown rice
- 50g blue or regular corn chips
- 1 long ciabatta or Turkish loaf
- 225g can bamboo slices
- 200ml light coconut milk

## DRESSINGS & CONDIMENTS

- Thai green curry paste
- Moroccan seasoning

## VEGETARIAN MENU EXTRAS

- Extra 200g Swiss brown mushrooms
- 125g can chickpeas
- 80g haloumi
- 300g firm tofu
- 400g can no-added-salt chickpeas