

# Kinela



## Sample meal plan

Ricky, Kinela member with  
Joshua, Health Promoter

# Sample 4 week meal plan

Kinela meal plans are designed by our dietitians and nutritionists to meet your specific health and lifestyle needs. We offer a variety of delicious and nutritious meals, delivered directly to your door each week.

If you love spicy food, prefer vegetarian, or have particular requests, we customise your plan just for you. Your four-week plan will help to turn healthy eating into a habit.



Jessica, Kinela member

Weekly	Weekly Co-Pay
7 mains	\$14
7 mains + 7 snacks	\$21
10 mains	\$20
14 mains	\$28
<b>14 mains + 7 snacks</b>	<b>\$35</b>
21 mains	\$42
21 mains + 7 snacks	\$49
21 mains + 14 snacks	\$56



Sample Week: 14 mains (lunch or dinner) + 7 snacks							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>							
<b>Morning Snack</b>	Raspberry Coconut Muffin		Vegetable Slice		Apricot, Almond & Amaranth Bar		Banana Cinnamon Muffin
<b>Lunch</b>	Roast Beef & Seeded Mustard Gravy	Pork Chow Mein	Fish Pie	Lamb Tagine	Braised Country Beef	Smoked Salmon Penne	Italian Ravioli Bolognese
<b>Afternoon Snack</b>		Date, Walnut & Cacao Bar		Chobani Mango Yoghurt		Oat & Berry Pikelets	
<b>Dinner</b>	Chicken Nourish Salad	Naked Beef Burger & Wedges	Buffalo Chicken Poppers & Sticky BBQ Sauce	Spinach & Chickpea Falafels	Chicken & Leek Pie	Lamb & Ancient Grains Salad	Classic Chicken Parmigiana

To find out what you should be eating in addition to your Kinela meals and snacks, book a consultation with one of our friendly dietitians.

Better health belongs to you.



Contact our team to get started

1300 448 100

kinela.com

