

KICSTART™

to healthy weight VLCD

Shakes & Soups

SERVING SUGGESTIONS

Supporting **your journey to the healthier version of you.**

KicStart™ VLCD shakes and soups are easily prepared nutritionally complete total meals. Each flavour variety contains the protein, carbohydrate, fibre, vitamins, minerals, electrolytes and trace elements you need for a well-rounded meal.

Replacing a normal meal with KicStart™ enables a greater reduction in the total energy intake (kilojoules / calories) than can be easily achieved with a self-prepared meal.

To prepare a KicStart™ shake

- Add 200 ml (or more) of cold water (and ice cubes if you wish) to the shaker provided, or to a blender, then add the sachet of KicStart™ powder to the water.
- Shake or blend for 30 seconds or until the consistency of the liquid is smooth and slightly frothy.



To prepare a KicStart™ soup

- Add 200 ml (or more) of cold water, not hot water, to the shaker provided, or to a blender, then add the sachet of KicStart™ powder to the water.
- Shake or blend for 30 seconds or until the consistency of the liquid is smooth and slightly frothy.
- Pour the mixed soup into a heatproof container and gently heat in the microwave or in a small saucepan on a stove top until warm. Do not boil the soup.



Variety is the spice of life!



We all need a little variety at times, so if you are looking for ideas to jazz up your favourite KicStart™ soups and shakes read on!

We have only used ingredients from the Free Food list in our recipes to ensure that your KicStart™ shake or soup remains within the calorie range for a complete VLCD meal replacement.

KicStart™ Soup General Tips

Some general tips for variety include adding your favourite herbs and spices to the soups. You can mix in leftover vegetables from dinner the night before or warm some frozen vegetables to mix in to your KicStart™ soup once you have prepared it.

Remember that we do not recommend mixing anything hot in the shaker, so always start with 200ml of cold water, add the KicStart™ soup powder, secure the lid and shake.

The soup can then be warmed in a saucepan over a medium heat, or in the microwave in short bursts until warm but not boiling. Heat your vegetables separately and add to your prepared soup just before you sit down to eat it.

Leafy greens like spinach, rocket and shallots, or vegetables such as fresh diced tomato or bean sprouts don't need cooking and can just be added straight to your soup. A small tin of peeled chopped tomatoes or a generous dollop of tomato passata works well too.

There are some great fresh herb pastes available in your supermarket. Look for brands such as Gourmet Garden for flavours like Chilli, Basil, Ginger, Italian Herbs or Thai Seasoning. Usually a generous squeeze into the water in your shaker before you add the KicStart™ soup powder will be enough to add that extra dash of flavour. Remember with anything spicy it is best to start with a small amount first – you can always add more if you like stronger flavours!

Condiments such as Tabasco or Worcestershire Sauce can also add some zing to your soups. Just mix into the water in your shaker before adding the KicStart™ soup powder.

If you are not sure what to try, or prefer a recipe to follow, we have put together some suggestions that have been given to us by HWFL members and graduates.



KicStart™ Soup Recipe Ideas

We have only used ingredients from the Free Food list in these recipes to ensure that your KicStart™ soup remains within the calorie range for a complete VLCD meal

Italian Arrabbiata Soup

Arrabbiata sauce is a spicy sauce made from garlic, tomatoes, and dried red chilli peppers.

Ingredients:

1 x sachet Italian Style Tomato KicStart™ soup
200ml cold water
¼ tsp dried chilli or 1 small fresh red chilli sliced finely
¼ tsp garlic powder or 1 small clove fresh garlic crushed and finely diced
¼ tsp dried basil or 6 fresh basil leaves
Black pepper to serve

Method:

1. Add the water into your HWFL shaker
2. Add the KicStart™ soup powder
3. Add chilli and garlic
4. Secure the lid and shake vigorously until well mixed
5. Pour the soup into a heat proof bowl and microwave gently until warm but not boiling. (Can also be heated over a medium heat in a saucepan)
6. Tear the basil leaves (this releases the flavours more intensely than chopping with a knife) and stir through the soup
7. Garnish with a grind of black pepper and serve

Rich Tomato Soup

Create a sweet rich flavour with a boost of extra tomato and herbs

Ingredients:

1 x sachet Italian Style Tomato KicStart™ soup
200ml cold water
100ml tomato passata or 1 tablespoon tomato paste
¼ tsp dried oregano
¼ tsp dried basil
1 x medium tomato diced and black pepper to serve

Method:

1. Add the water into your HWFL shaker
2. Mix in the passata or tomato paste and stir with a fork
3. Add the KicStart™ soup powder, oregano and basil
4. Secure the lid and shake vigorously until well mixed
5. Pour the soup into a heat proof bowl and microwave gently until warm but not boiling. (Can also be heated over a medium heat in a saucepan)
6. Stir through the diced fresh tomato and garnish with a grind of black pepper

Mexican Style Italian Tomato Soup

For something super quick and easy which is bursting with flavour! You can enjoy the left-over Salsa with crunchy carrot and celery sticks as a tasty free food snack

Ingredients:

1 x sachet Italian Style Tomato KicStart™ soup
200ml cold water
2 tablespoons store bought Salsa
Squeeze of lime

Method:

1. Add the water into your HWFL Shaker
2. Mix in the Salsa and stir with a fork
3. Add the KicStart™ soup powder
4. Secure the lid and shake vigorously until well mixed
5. Pour the soup into a heat proof bowl and microwave gently until warm but not boiling. (Can also be heated over a medium heat in a saucepan)
6. Serve with a squeeze of fresh lime juice

Roast Capsicum & Tomato Soup

Boost your immune system with red capsicum – rich in Vitamin C

If you don't have time to roast your own you can find jars of roasted capsicum/peppers in the Pickled Vegetables section of your supermarket – these are already cooked so just add at Step 5. They will be bottled in oil so please drain well first)

Ingredients:

1 x sachet Italian Style Tomato KicStart™ soup
200ml cold water
½ x small red capsicum – seeds removed
6 x roma tomatoes, halved
1 small clove fresh garlic
1 tbsp Balsamic vinegar
1 tsp dried basil
Black pepper

Method:

1. Preheat oven to 200°C
2. Place the capsicum, tomatoes and garlic on a baking tray
3. Drizzle with balsamic vinegar and sprinkle on the basil
4. Bake for 25 to 30 minutes then allow to cool
5. When cool slice the capsicum, tomatoes and garlic finely or blend together
6. Add the water into your HWFL shaker
7. Add the KicStart™ soup powder and roasted vegetable mix
8. Secure the lid and shake vigorously until well mixed
9. Pour the soup into a heat proof bowl and microwave gently until warm but not boiling. (Can also be heated over a medium heat in a saucepan)
10. Garnish with a grind of black pepper and serve

Madras Curried Chicken

Spice up your chicken soup with this spicy Indian twist – if you really like it hot why not sprinkle in chilli flakes as well!

Ingredients:

1 x sachet Creamy Chicken KicStart™ soup
200ml cold water
1 teaspoon Madras Curry Powder (or to taste)
A few sprigs fresh coriander leaf and a squeeze of lime juice to serve

Method:

1. Add the water into your HWFL Shaker
2. Add the KicStart™ soup powder and the curry powder
3. Secure the lid and shake vigorously until well mixed
4. Pour the soup into a heat proof bowl and microwave gently until warm but not boiling. (Can also be heated over a medium heat in a saucepan)
5. Serve with a squeeze of fresh lime juice and fresh chopped coriander leaves

Creamy Chicken "Stroganoff"

Be sure to brown the mushrooms well for the best flavour in this re-imagining of an old favourite!

Ingredients:

1 x sachet Creamy Chicken KicStart™ soup
200ml cold water
1 tablespoon Dijon mustard
6 Button mushrooms sliced
Chopped parsley or chives to serve

Method:

1. Fry the mushrooms in a non-stick pan until golden
2. Add the water into your HWFL Shaker
3. Stir in the mustard and whisk to mix
4. Add the KicStart™ soup powder
5. Secure the lid and shake vigorously until well mixed
6. Pour the soup into a heat proof bowl and add the mushrooms
7. Microwave gently until warm but not boiling. (Can also be heated over a medium heat in a saucepan)
8. Serve with fresh chopped parsley or chives

Moroccan Cauliflower Chicken

Roasted cauliflower and fresh brussels sprouts really bulk up your meal into a fragrant and satisfying soup. You won't use all the roasted vegetables in the soup, and the leftovers make a delicious free food snack hot or cold.

Ingredients:

1 x sachet Creamy Chicken KicStart™ soup
200ml cold water
½ head cauliflower
10 brussels sprouts (optional)
1 tbsp ground cumin or cumin seeds
1 tblsp ground coriander
Squeeze of lemon juice to serve

Method:

1. Pre-heat oven to 190°C
2. Chop cauliflower and brussels sprouts – make the chunks even sized and not too big
3. Spread out on a baking tray and sprinkle over the cumin and coriander
4. Roast until cooked through and starting to brown and crisp at the edges – about 20 minutes depending on how small your chunks are.
5. Add the water into your HWFL Shaker
6. Add the KicStart™ soup powder
7. Secure the lid and shake vigorously until well mixed
8. Pour the soup into a heat proof bowl and microwave gently until warm but not boiling. (Can also be heated over a medium heat in a saucepan)
9. Stir in your desired quantity of the roasted vegetables and serve with a squeeze of lemon juice

Hearty Winter Chicken & Vegetable Soup

Classic flavours make this a favourite that can be served any time of the year! We have used a frozen vegetable mix and a herb mix from the supermarket, but fresh steamed veggies or fresh herbs would work a treat too!

Ingredients:

1 x sachet Creamy Chicken KicStart™ soup
200ml cold water
1 cup frozen winter vegetable mix (green beans, carrot, cauliflower, broccoli)
½ tsp dried mixed herbs (thyme, rosemary, marjoram, basil, oregano, sage)

Method:

1. Toss the herbs through the frozen vegetables in a heat proof bowl and steam in the microwave until warmed through
2. Add the water into your HWFL Shaker
3. Add the KicStart™ soup powder into the shaker
4. Secure the lid and shake vigorously until well mixed
5. Pour the soup into the heat proof bowl with the vegetables and stir
6. Microwave gently until warm but not boiling. (Can also be heated over a medium heat in a saucepan)

Chop Suey Soup

Chop suey (or tsaâp sui) is Cantonese for “mixed small bits or odds and ends”, so if you want to use different vegetables go ahead!

Ingredients:

1 x sachet Asian Beef KicStart™ soup
200ml cold water
2 tsps black bean sauce
1 small tin sliced water chestnuts
1 small tin sliced bamboo shoots
1 small tin mushrooms

Method:

1. Add the water into your HWFL Shaker
2. Stir in the black bean sauce
3. Add the KicStart™ soup powder
4. Secure the lid and shake vigorously until well mixed
5. Pour the soup into a heat proof bowl and stir in your desired quantity of drained water chestnuts, bamboo shoots and mushrooms
6. Microwave gently until warm but not boiling. (Can also be heated over a medium heat in a saucepan)

Thai Basil Beef Soup

Basil, coriander, ginger and lemongrass with a touch of lime give warmth and flavour without setting your mouth on fire! We used the Gourmet Garden Thai Seasoning paste which is located with the fresh herbs in most supermarkets

Ingredients:

1 x sachet Asian Beef KicStart™ soup
200ml cold water
1 tblsp Thai seasoning paste
6 leaves basil
¼ red capsicum sliced thinly
¼ red onion sliced thinly
Squeeze fresh lime to serve

Method:

1. In a non-stick pan on high heat, stir fry the onion and capsicum for 3 minutes in the seasoning paste
2. Turn off the heat and stir through the fresh basil which will wilt
3. Add the water into your HWFL Shaker
4. Add the KicStart™ soup powder
5. Secure the lid and shake vigorously until well mixed
6. Pour the soup into a heat proof bowl, add the stir fried vegetables and microwave gently until warm but not boiling. (Can also be heated over a medium heat in a saucepan)

Sunshine Pumpkin Soup

Carrot and ginger kicks the flavour up a notch of our traditional pumpkin soup to brighten up your day! Start with a small amount of ginger as it can be quite a strong flavour. For an extra burst of orange add a sprinkle of turmeric at step 2.

Ingredients:

1 x sachet Pumpkin & Herb KicStart™ soup
200ml cold water
1 small carrot chopped
1cm fresh ginger root chopped or ¼ tsp dried or minced ginger
¼ tsp turmeric (optional)

Method:

1. Pour 200ml cold water into blender
2. Add the chopped carrot and ginger and turmeric (optional)
3. Secure the lid and blend until smooth
4. Switch off the blender and open the lid to add the KicStart™ soup powder
5. Secure the lid and blend again
6. Pour the soup into a heat proof bowl, and microwave gently until warm but not boiling. (Can also be heated over a medium heat in a saucepan)

Smoky Roast Pumpkin Soup

A rich, smoky, pumpkin packed mouthful of flavour! My favourite is Kent, but you can use butternut or jap pumpkin if you prefer. For the best flavour we suggest roasting a whole baking tray of pumpkin, so you have plenty of pumpkin leftovers for free snacking or to try in a Creamy Chicken KicStart™ soup tomorrow!

Ingredients:

1 x sachet Pumpkin & Herb KicStart™ soup
200ml cold water
½ Kent pumpkin peeled, cut into 3cm pieces
2 tsps paprika
(alternative: 1 cup chopped steamed pumpkin with ½ tsp paprika stirred through)

Method:

1. Preheat oven to 190°C
2. Spread pumpkin out on baking tray and sprinkle with paprika
3. Roast until golden and tender – approx. 35 to 40 minutes
4. Pour 200ml cold water into your HWFL shaker
5. Add the KicStart™ soup powder to the shaker
6. Secure the lid and shake until smooth
7. Pour the soup into a heat proof bowl, and microwave gently until warm but not boiling. (Can also be heated over a medium heat in a saucepan)
8. Stir in the desired quantity of smoky roasted pumpkin

Sweet Tomato & Pumpkin Soup

If tomato seeds are not your friends, use the tinned option and press through a sieve to remove the seeds. Choose between fresh, tinned or pureed tomato options.

Ingredients:

1 x sachet Pumpkin & Herb KicStart™ soup
200ml cold water
6 to 10 fresh tomatoes diced, or
¼ tin of peeled chopped tomatoes, or
¼ cup tomato passata
10cm section of leek sliced
A few sprigs fresh thyme, or ¼ tsp dried thyme

Method:

1. In a non-stick pan on medium heat, gently fry the leek with thyme until soft and fragrant
2. Pour 200ml cold water into your HWFL shaker
3. Add the tomatoes
4. Add the KicStart™ soup powder to the shaker
5. Secure the lid and shake until smooth
6. Pour the soup into a heat proof bowl and microwave gently until warm but not boiling. (Can also be heated over a medium heat in a saucepan)
7. Stir in the leek mix and serve

KicStart™ Shakes General Tips

Some general tips for variety include adding fresh or frozen berries from the Free Food list to your shakes.

You will want to make this in a blender and remember to always put the water in your blender first, then add the berries plus an ice cube or two if you like it extra chilled and thick, and then the KicStart™ shake powder.

Secure the blender lid, and whizz until you have a deliciously thick and creamy and satisfying shake.

Some people like a warm shake on a cold winter's morning, and the shakes can be gently heated. However you must always first mix with cold or room temperature water, then transfer to a heatproof mug or saucepan and heat in the microwave or on the stove top. If using a microwave, we recommend short bursts until the shake is warm but not boiling.

If you prefer a little more flavour, you can experiment with powdered ginger, cinnamon, or essences such as peppermint, almond or even rosewater.

The HWFL team tried the Twinings In'fuse range of 'teabags' to see how these might pep up the shakes. We popped the teabag into 600ml of water which is enough for 3 shakes. Here is our pick of the flavours.



Rose Lemonade

Worked well with Vanilla Bean and Chocolate Deluxe. Tasted a little like a Turkish delight!



Watermelon, Strawberry & Mint

Worked best with Strawberry Sundae, adding a mild watermelon taste. We tried with Vanilla but felt the mint was quite strong.



Passionfruit, Mango & Blood Orange

Worked well with Chocolate Deluxe, was a bit like a Jaffa!



If you are not sure or prefer a recipe to follow, we have put together some suggestions that have been given to us by HWFL members and graduates.

KicStart™ Shake Serving Suggestions

We have only used ingredients from the Free Food list in these recipes to ensure that your KicStart™ shake remains within the calorie range for a complete VLCD meal replacement.

Morning KISS

Some mornings it is best to Keep It Simple Smoothie!

Ingredients:

1 x sachet KicStart™ shake – great for any of our 6 delicious flavours
200ml cold water
2 or 3 ice cubes (or more!)

Method:

1. Add the water into a blender
2. Add the KicStart™ shake powder
3. Add the ice cubes
4. Secure the lid firmly and blend until thick and smooth
5. Pour into a tall glass and enjoy!

Tutti Frutti Smoothie

Create an explosion of flavour and colour– frozen berries are available all year round and make your smoothie extra thick and delicious!

Ingredients:

1 x sachet KicStart™ shake – best in the Vanilla Bean, Strawberry Sundae or Tropical Banana flavours
200ml cold water
1 cup frozen berries – single flavour or mixed, optional to substitute fresh berries

Method:

1. Add the water into a blender
2. Add the KicStart™ shake powder
3. Add the berries
4. Secure the lid firmly and blend until thick and smooth
5. Pour into a tall glass and enjoy!

Addicted to Coffee

Need a little caffeine to get you going in the morning? Choose from Mocha (with Chocolate Deluxe), Creamy Cappuccino (with Vanilla Bean), Double Shot (with Café Latte) or Caramel Latte (with Caramel Fudge)

Ingredients:

1 x KicStart™ shake of your choice
200ml cold water
1 shot espresso or ½ tp instant coffee
2 or 3 ice cubes

Method:

1. Add the water into a your HWFL shaker or a blender
2. Add the KicStart™ shake powder
3. Add the ice cubes
4. Secure the lid firmly and blend until thick and smooth
5. Pour into a tall glass and enjoy!

Banana Carrot Breakfast Boost

Bursting with flavour and so full of nutrients, this will give your morning a real boost!

Ingredients:

1 x Tropical Banana KicStart™ shake
200ml cold water
2 or 3 ice cubes
1 small carrot grated
½ tsp ginger (powder of freshly grated)
¼ tsp cinnamon

Method:

1. Add the water into a blender
2. Add the KicStart™ shake powder
3. Add the carrot, ginger, cinnamon and ice cubes
4. Secure the lid firmly and blend until smooth
5. Pour into a tall glass and enjoy!

“Golden Milk” Turmeric Latte

It might sound like an unusual mix but jazz up your morning with this golden latte – if the flavour is too subtle you can bump up the spices to ½ tsp each.

Ingredients:

1 x sachet Vanilla Bean KicStart™ shake
Vanilla Bean or Café Latte
200ml cold water
2 or 3 ice cubes
¼ tsp ginger
¼ tsp turmeric
A grind of black pepper

Method:

1. Add the water into a blender
2. Add the KicStart™ shake powder
3. Add the pepper and spices and the ice cubes
4. Secure the lid firmly and blend until smooth
5. Pour into a tall glass and enjoy

Middle Eastern Magic Smoothie

Weave some magic into your morning with these aromatic spices. Cardamom gives a hint of lemon and mint, Cinnamon lends a sweet woody taste and fragrance

Ingredients:

1 x sachet KicStart™ shake – these flavours work best in Chocolate Deluxe, Vanilla Bean or Café Latte
200ml cold water
2 or 3 ice cubes
1 tsp cardamom
½ tsp cinnamon

Method:

1. Add the water into a blender
2. Add the KicStart™ shake powder
3. Add the spices and the ice cubes
4. Secure the lid firmly and blend until smooth
5. Pour into a tall glass and enjoy!

Peppermint Power

For many, a cup of peppermint tea is a calming daily ritual. Herbal teas are a great way to stay hydrated and can also be used as a base to mix with your favourite KicStart™ shake. Just brew 2 cups in the evening, enjoy one before bed and pop the other in the fridge ready for the morning!

Ingredients:

1 x Chocolate Deluxe KicStart™ shake
200ml peppermint tea, cooled

Method:

1. Add the tea into your HWFL shaker
2. Add the KicStart™ shake powder
3. Secure the lid firmly and shake vigorously
4. Pour into a glass and enjoy



Contact us

Phone: 1800 226 180

SMS: 0429200622

Email: info@primahealth.com.au

Web: HealthyWeightForLife.com.au