

Plan

Nutrition

Breakfast


















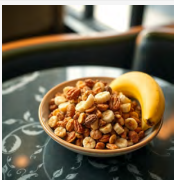



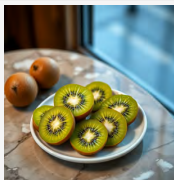

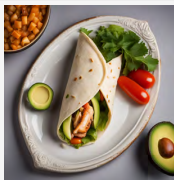
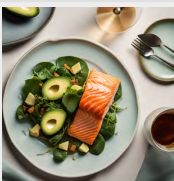
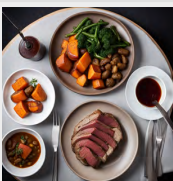



1st Snack

Lunch

2nd Snack

Dinner

3rd Snack

Calories 1644	Calories 1681	Calories 1621	Calories 1615	Calories 1625	Calories 911	Calories 1101
Carbs 129g Fat 72g Protein 122g Fiber 33g	Carbs 137g Fat 74g Protein 119g Fiber 26g	Carbs 176g Fat 48g Protein 122g Fiber 33g	Carbs 179g Fat 46g Protein 124g Fiber 22g	Carbs 146g Fat 65g Protein 124g Fiber 31g	Carbs 99g Fat 11g Protein 103g Fiber 14g	Carbs 42g Fat 56g Protein 105g Fiber 11g
						
Granola, Yoghurt, and protein coffee	Scrambled eggs with ham and mushrooms	Oats and protein coffee	creamy banana protein smoothie	fruit yoghurt bowl (copied)	creamy banana protein smoothie	low carb protein pancakes
						
protein iced coffee	Nut mix		Kiwifruit			
						
Beef and mixed vegies	Simple chicken Sandwich	Beef and Avocado Sandwich	Chicken, Rice and Veggies	chicken & veg wrap	Chicken and Veggies	Scrambled Eggs (5 eggs)
						
Nut mix and banana	Fruit snack	Apple and pear Furit snack	Banana	Kiwifruit	tuna & rice crackers (2 cans)	chicken & veg wrap
						
Salmon, Avocado and Greens	Beef, roast sweet potato and vegies	Pork, mash potatoes and vegies	Steak, Egg and sweet potato fries	tortilla pizza, with a side of vegies		

Plan Notes

The last two days of the meal plan can be used to incorporate a cheat day. These plans allocate a larger portion of your daily energy expenditure for the evening. How you use this energy allowance is up to you; however, be sure to include some protein in your evening meal to help you meet your protein goals.

Granola, Yoghurt, and protein coffee



Servings: 1 Total Time: 10 mins

Nutrition Per Serving

Energy 444 kcal, Total Fat 13g, Total Carbohydrates 44g, Protein 35g

Ingredients

- Muesli, toasted, added dried fruit & nuts, unfortified (50 g)
- Yoghurt, vanilla flavoured, (2% fat) (50 g)
- Beverages, protein powder whey based (30 g)
- Milk, cow, standard 3.3% fat, fluid (150 g)

Directions

Mix Granola and Greek yoghurt together.

Choose from one of the following options

- Protein powder (1 scoop) with milk and water (if needed) mixed together.
- Mix protein powder with water and make 1-2 coffees with the milk divided between them
- Mix protein powder and milk together. Next, divide the mixture between 1-2 cups, then add coffee and hot water

Tips

Vanilla-flavored protein powder works well with coffee.



protein iced coffee

This is a super easy way to add protein to your day!

Servings: 1 Total Time: 5 mins

Nutrition Per Serving

Energy 60 kcal, Total Fat 1g, Total Carbohydrates 1g, Protein 12g

Ingredients

- Coffee, brewed (1 small (360g))
- Protein powder, whey & vanilla flavoured, 100% whey protein wpc/wpi, balance (15 grams)
- Sugar substitute, stevia, liquid (1 quantity not specified (0.6g))

Directions

1. Begin by gathering all the necessary ingredients for the protein iced coffee recipe.
2. Prepare your coffee mix in your preferred manner, using either instant coffee or brewed coffee.
3. While the coffee is brewing, prepare the rest of the ingredients. In a blender, add 1 cup of the brewed coffee, 1/2 scoop of protein powder, 1 packet of stevia, and a handful of ice.
4. Blend the ingredients until smooth and well combined.
5. Pour the protein iced coffee into a cup and enjoy immediately. If desired, you can add extra ice cubes for a colder drink.

Tips

- The stevia is optional, and you can adjust the amount to suit your taste preferences.
- Use any flavor of protein powder you enjoy; vanilla, chocolate, or caramel would work best.
- If you're not a coffee drinker, you can skip the coffee and simply enjoy a protein shake.

Beef and mixed vegies

Servings: 1 Total Time: 15 mins



Nutrition Per Serving

Energy 298 kcal, Total Fat 4g, Total Carbohydrates 34g, Protein 31g

Ingredients

- Beef, rump steak, lean, raw (110 g)
- Vegetables, mixed, frozen, unprepared (250 g)
- Salt, table, iodised (2 ½ g)
- Oil, canola (5 g)

Directions

1. In a pan lightly greased with canola oil, Cook the steak (with excess fat removed) to your liking on medium heat.
2. In a pot boil the mixed vegetables until cooked.
3. Serve meat and veggies, then add salt for seasoning.

Nut mix and banana

Servings: 1 Total Time: 1 mins



Nutrition Per Serving

Energy 418 kcal, Total Fat 27g, Total Carbohydrates 37g, Protein 10g

Ingredients

- Sunflower seeds, plain, unsalted (20 g)
- Nut, cashew, roasted, no salt added (20 g)
- Brazil nuts (10 g)
- Banana (120 g)

Salmon, Avocado and Greens

Servings: 1 Total Time: 20 mins



Nutrition Per Serving

Energy 424 kcal, Total Fat 27g, Total Carbohydrates 14g, Protein 34g

Ingredients

- Fish, salmon, raw (130 g)
- Green beans, raw (50 g)
- Broccoli, raw (50 g)
- Avocado, raw (77 g)
- Spinach, mature (100 g)

Directions

1. Preheat oven to 200°C (400°F).
2. Wrap Salmon in tin foil, and onto an oven safe baking dish.
3. Place salmon into the oven and bake for 12-15 minutes, or until cooked through.
4. Boil the green vegetables until ready
5. Slice avocado and set aside.
6. Add all items to a plate and serve

Tips

1/2 a medium size Avocado weighs approximately 77 grams

Scrambled eggs with ham and mushrooms

Servings: 1 Total Time: 15 mins



Nutrition Per Serving

Energy 315 kcal, Total Fat 17g, Total Carbohydrates 6g, Protein 33g

Ingredients

- Egg, chicken, whole, raw (180 g)
- Mushroom, common, fresh, raw (30 g)
- Onion, mature, brown skinned, peeled, raw (70 g)
- Ham, leg, lean (50 g)

Directions

Cut the onions, mushrooms, and ham into small pieces, then cook in a lightly greased pan.

Crack the eggs into a bowl and scramble. Add the eggs to the pan once the onions and capsicums are cooked.

Serve once the eggs are cooked

Tips

3 medium-sized Eggs weigh approximately 180 grams

1/2 a medium-sized onion weighs approximately 70grams

Nut mix

Servings: 1 Total Time: 1 mins



Nutrition Per Serving

Energy 277 kcal, Total Fat 24g, Total Carbohydrates 11g, Protein 8g

Ingredients

- Sunflower seeds, plain, unsalted (20 g)
- Nut, cashew, roasted, no salt added (15 g)
- Brazil nuts (10 g)

Simple chicken Sandwich

Servings: 1 Total Time: 15 mins



Nutrition Per Serving

Energy 499 kcal, Total Fat 10g, Total Carbohydrates 55g, Protein 43g

Ingredients

- Chicken, breast, flesh, lean, raw (100 g)
- Bread, from wholemeal flour (140 g)
- Lettuce, raw (75 g)
- Cheese, edam (15 g)

Directions

1. Preheat oven to 180°C (356°F).
2. Place chicken breast on a baking sheet and bake for 25-30 minutes or until fully cooked.
3. Assemble the two sandwiches' by dividing the cooked chicken, lettuce, and cheese between them.

Tips

4 slices of bread weighs approximately 140grams

Fruit snack

Servings: 1 Total Time: 1 mins



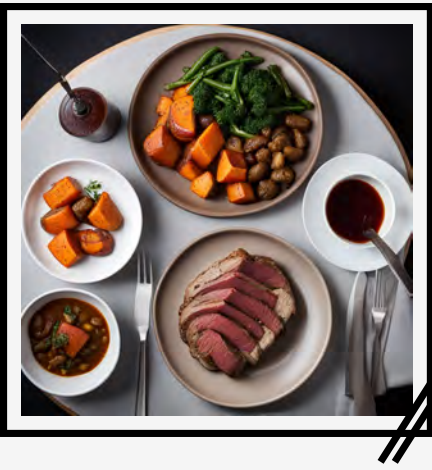
Nutrition Per Serving

Energy 84 kcal, Total Fat 1g, Total Carbohydrates 22g, Protein 0g

Apple, flesh & skin, raw, red delicious (160 g)

Beef, roast sweet potato and vegies

Servings: 1 Total Time: 45 mins



Nutrition Per Serving

Energy 507 kcal, Total Fat 22g, Total Carbohydrates 43g, Protein 35g

Ingredients

- Beef, steak, ribeye, lean only eaten (100 g)
- Sweet potato, raw, flesh only (150 g)
- Peas, green, raw (50 g)
- Broccoli, raw (75 g)
- Onion, mature, brown skinned, peeled, raw (50 g)
- Oil, avocado (7 ½ g)

Directions

1. Peel and cut the Sweet potatoes to the desired size for roasting. Lightly brush the Avocado oil over the sweet potatoes (Save any remaining oil to cook the meat). Place the sweet potatoes in a preheated oven to roast.
2. In a pot, boil the peas and broccoli.
3. Cook the beef to your liking in a pan with the remaining oil on medium heat.
4. Cut the onions and cook along with the beef.

Oats and protein coffee

Rolled oats with Yoghurt for extra flavor and the option of a protein-packed coffee.



Servings: 1 Total Time: 10 mins

Nutrition Per Serving

Energy 491 kcal, Total Fat 11g, Total Carbohydrates 59g, Protein 35g

Ingredients

- Oats, rolled, uncooked (70 g)
- Beverages, whey protein powder isolate (30 g)
- Milk, reduced fat (2%) (200 g)
- Yoghurt, vanilla, low fat. (40 g)

Directions

Cook oats in the required amount of water

once the oats are cook add the yoghurt on top and serve

Choose from one of the following options

-Mix protein powder (1 scoop, approx. 30 grams) with milk and water (if needed) together.

-Mix protein powder with water, then make 1-2 coffees with the milk divided between them

-Mix protein powder and milk together. Next, divide the mixture between 1-2 cups, then add coffee and hot water

A variation on this recipe.

If you do not wish to add the protein powder to your morning beverage or drink it by itself, you can add it to the rolled oats.

To do this, add the required amount of liquid for your oats to a protein shaker, then add the protein powder and shake until combined. Then use this mixture to make your oats.

Tips

Vanilla-flavored protein powder works well with coffee.

Beef and Avocado Sandwich



This Beef and Avocado Sandwich is unique because it combines the savory taste of beef with the creamy texture of avocado, while also providing a good source of protein and healthy fats, making it a satisfying and nutritious meal option.

Servings: 1 Total Time: 15 mins

Nutrition Per Serving

Energy 514 kcal, Total Fat 27g, Total Carbohydrates 30g, Protein 38g

Ingredients

- Avocado, flesh, fresh, raw, hass, new zealand (38 g)
- Bread, from wholemeal flour (70 g)
- Beef, steak, ribeye, lean only eaten (100 g)
- Lettuce, iceberg, raw (40 g)
- Cheese, edam (10 g)

Directions

1. Slice the avocado and set aside.
2. Heat a pan over medium-high heat and cook the steak for 2-3 minutes on each side for medium-rare.
3. Slice the cooked beef and set aside.
4. Assemble the sandwich by layering the bread, avocado, beef, lettuce, and cheese.

Tips

Quarter a medium avocado is approximately 38 grams
2 slices of bread is approximately 70 grams

Apple and pear Furit snack

Servings: 1 Total Time: 1 mins



Nutrition Per Serving

Energy 158 kcal, Total Fat 1g, Total Carbohydrates 40g, Protein 1g

Ingredients

- Apple, flesh & skin, raw, red delicious (160 g)
- Pears, raw, flesh and skin (170 g)

Pork, mash potatoes and vegies

Servings: 1 Total Time: 30 mins



Nutrition Per Serving

Energy 458 kcal, Total Fat 9g, Total Carbohydrates 47g, Protein 48g

Ingredients

- Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw (150 g)
- Potato, pale skin, peeled, raw (150 g)
- Milk, cow, lite 1.5% fat, fluid (100 g)
- Broccoli, fresh, raw (75 g)
- Mixed vegetables, carrots, corn & peas, frozen, raw, composite (150 g)
- Parsnip, peeled, fresh, raw (50 g)

Directions

Cook the pork in the oven in a covered dish.

Peel and cut the potatoes and parsnips, place them in a pot of water and boil until soft.

Boil the mixed veggies in a pot of water or cook in a pan.

Once the potatoes and parsnips are soft, drain the water and add the milk to the pot. Next, mash the potatoes and parsnips together.

Serve once all items are cooked.

creamy banana protein smoothie

Servings: 1 Total Time: 5 mins



Nutrition Per Serving

Energy 330 kcal, Total Fat 2g, Total Carbohydrates 42g, Protein 34g

Ingredients

- Banana, raw (1 banana (126g))
- Protein powder, whey & vanilla flavoured, 100% whey protein wpc/wpi, balance (30 grams)
- Milk, cow, trim 0.5% fat, fluid (250 g)

Directions

1. Gather all the ingredients needed for the creamy banana protein smoothie:
 - 1 ripe banana
 - 1 scoop of vanilla protein powder
 - 1 cup of milk
 - A few ice cubes
2. Peel the banana and cut it into small chunks for easier blending.
3. In a blender, add the banana chunks, vanilla protein powder, milk.
4. For a creamier consistency, add a few ice cubes to the blender.
5. Close the blender and blend all the ingredients until smooth.
6. Once the smoothie reaches your desired consistency, pour it into a glass.
10. Serve the creamy banana protein smoothie immediately and enjoy!

Tips

(using a frozen banana will make the smoothie even more thick and creamy)

Kiwifruit

Servings: 1 Total Time: 5 mins



Nutrition Per Serving

Energy 93 kcal, Total Fat 1g, Total Carbohydrates 22g, Protein 2g

Directions

Remove the skin from the fruit and enjoy

Tips

2 medium-sized kiwifruits weigh approximately 160 grams

Kiwifruit, green, raw (160 g)

Chicken, Rice and Veggies



Servings: 1 Total Time: 30 mins

Nutrition Per Serving

Energy 510 kcal, Total Fat 9g, Total Carbohydrates 61g, Protein 44g

Ingredients

- Chicken, breast, flesh, roasted (130 g)
- Rice, brown, uncooked (50 g)
- Classic mixed vegetables, frozen, cooked, no added fat (200 g)
- Broccoli, raw (50 g)

Directions

1. Preheat oven to 375°F (190°C).
2. Place chicken breast in a baking dish and season with salt and pepper.
3. Bake chicken in the preheated oven until cooked through, about 25-30 minutes.
4. While the chicken is cooking, prepare the rice according to package instructions.
5. Boil the broccoli and Frozen vegetables until cooked.
6. Once the rice is cooked, combine it with the cooked mixed vegetables and broccoli in a large bowl.
7. Slice the cooked chicken and add it to the bowl with the rice and vegetables.
8. Toss everything together to combine.



Banana

a simple banana

Servings: 1 Total Time: 5 mins

Nutrition Per Serving

Energy 107 kcal, Total Fat 0g, Total Carbohydrates 27g, Protein 1g

Directions

Remove the skin from the fruit and enjoy

Tips

1 medium-sized Banana weighs approximately 120 grams

Bananas, raw (120 g)

Steak, Egg and sweet potato fries

Servings: 1 Total Time: 25 mins



Nutrition Per Serving

Energy 575 kcal, Total Fat 34g, Total Carbohydrates 26g, Protein 43g

Ingredients

- Sweet potato, raw, flesh only (120 g)
- Organic coconut oil (3 teaspoons)
- Beef, steak, sirloin, lean only eaten (120 g)
- Egg, chicken, whole, raw (60 g)

Directions

Sweet Potato Fries cooking Steps:

1. Begin by preheating your oven to 200°C (400°F) or use an air fryer if available. This will ensure that your sweet potato fries cook evenly and to the desired crispness.
2. Next, wash and peel the sweet potato. Using a sharp knife, cut the sweet potato into thin fries-like strips. Make sure they are all similar in size to ensure even cooking.
3. In a mixing bowl, combine the sweet potato strips with 2 teaspoons of organic coconut oil. Toss the sweet potato strips well to ensure they are evenly coated with the oil.
4. Prepare a baking sheet by lining it with parchment paper. This will prevent the fries from sticking and make for easier clean-up.
5. Spread the sweet potato strips in a single layer on the lined baking sheet. This will allow them to cook evenly and become crispy.
6. Place the baking sheet in the preheated oven or air fryer and cook for 15-20 minutes, flipping the fries once halfway through. This will ensure that both sides are evenly cooked and crispy.
7. After 15-20 minutes, check for doneness by piercing a fry with a fork. If it is tender, they are ready to be removed from the oven.
8. For added flavor, sprinkle with salt, pepper, or your favorite seasoning before serving.

Steak and Egg cooking instructions

1. Gease a pan with 1 teaspoon of coconut oil.
2. Cook the steak and egg to your liking and serve alongside the sweet potato fries.

Tips

- 1 small-medium sweet potato = 100 grams
- 1 medium egg = 60 grams

fruit yoghurt bowl (copied)

Servings: 1 Total Time: 15 mins



Nutrition Per Serving

Energy 511 kcal, Total Fat 24g, Total Carbohydrates 37g, Protein 37g

Ingredients

- Yoghurt, greek style, fresh'n'fruity (1 cup (250 ml))
- Strawberry, raw (4 fruit mediums)
- Blueberry, raw (80 g)
- Banana, raw (½ banana (63g))
- Protein powder, whey & vanilla flavoured, 100% whey protein wpc/wpi, balance (30 g)

Directions

1. Take a bowl and add 1 cup (250 mL) of Greek-style yoghurt then mix in a scoop of protein powder
2. Wash the fruits: 4 medium-sized strawberries and 80 g of blueberries.
3. Slice the strawberries and add them to the yoghurt.
4. Peel the banana and cut it into slices (½ banana, 63g). Add the banana slices to the yoghurt.
5. Mix gently to combine all the ingredients.
6. Serve immediately and enjoy your Fruit Yoghurt Bowl.

chicken & veg wrap

Servings: 1 Total Time: 10 mins



Nutrition Per Serving

Energy 508 kcal, Total Fat 29g, Total Carbohydrates 21g, Protein 38g

Ingredients

- Sandwich wrap, nfs (75 g)
- Chicken, deli cooked, thigh (100 grams)
- Avocado, raw (½ avocado medium)
- Romaine lettuce, raw (¼ cup (12g))
- Tomatoes, raw (¼ cup (45g))
- Cucumber, raw (¼ cup (30g))
- Cheese, edam (10 g)

Directions

Fill wrap with all ingredients (can substitute lettuce, tomatoes, cucumber to any vegetables you enjoy).

Tips

1 sandwich wrap = approximately 75 grams

tortilla pizza, with a side of vegies



Servings: 1 Total Time: 20 mins

Nutrition Per Serving

Energy 513 kcal, Total Fat 11g, Total Carbohydrates 65g, Protein 47g

Ingredients

- Tortilla, wheat, soft (60 grams)
- Organic tomato paste (1 tablespoon)
- Cheese, mozzarella (1 tablespoon)
- Chicken, deli cooked, breast (100 grams)
- Onions, raw (40 g)
- Red capsicum (40 g)
- Mixed vegetables (200 g)

Directions

1. Dice the chicken and onions to your desired size and precook them in a pan.
2. Preheat the oven to 375°F (190°C).
3. Place the frozen vegetables into a pot with water, bring to a boil, and cook until tender.
4. Place the tortilla on a baking sheet and put it in the oven. Bake just until the tortilla becomes slightly crispy, keeping a close eye on it to avoid overcooking.
5. When the tortilla is ready, remove it from the oven.
6. Once the chicken and onions are cooked, spread tomato paste over the tortilla. Chop the capsicum and then spread the chicken, onions, and capsicum over the tortilla. Finish by evenly spreading the cheese on top.
7. Place the tortilla pizza back in the oven and bake for a few more minutes until the cheese is melted.
8. Once the cheese has melted, remove the pizza from the oven. Drain the vegetables if they are done.
9. Serve the tortilla pizza with a side of vegetables.

Tips

- 1/4 of a medium size onion is approximately 40grams
- 1/4 of a medium size capsicum is approximately 40grams

Additional vegetables can be added to the pizza

Chicken and Veggies

cooked chicken with mixed vegetables



Servings: 1 Total Time: 30 mins

Nutrition Per Serving

Energy 292 kcal, Total Fat 6g, Total Carbohydrates 27g, Protein 33g

Ingredients

- Chicken, breast, flesh, roasted (100 g)
- Classic mixed vegetables, frozen, cooked, no added fat (200 g)
- Broccoli, raw (50 g)

Directions

1. Preheat oven to 375°F (190°C).
2. Place chicken breast in a baking dish and season with salt and pepper.
3. Bake chicken in the preheated oven until cooked through, about 25-30 minutes.
4. While the chicken is cooking, boil the broccoli and Frozen vegetables until cooked.
6. Once the mixed vegetables and broccoli are cooked, add them to a large bowl.
7. Slice the cooked chicken and add it to the bowl with the vegetables.

tuna & rice crackers (2 cans)

Servings: 1 Total Time: 2 mins



Nutrition Per Serving

Energy 308 kcal, Total Fat 3g, Total Carbohydrates 32g, Protein 38g

Ingredients

- Snacks, rice cakes, brown rice, multigrain (40 g)
- Fish, tuna, canned (180 g)

Directions

1. Open the can of tuna and drain the liquid.
2. Divide tuna evenly over 4 rice cakes

Tips

The type of tuna and rice cakes used can change the nutritional information for this meal.

low carb protein pancakes

these pancakes are low carb and high protein, making them perfect for any sugar free or low carb diet!



Servings: 1 Total Time: 10 mins

Nutrition Per Serving

Energy 254 kcal, Total Fat 6g, Total Carbohydrates 12g, Protein 37g

Ingredients

- Protein powder, whey & vanilla flavoured, 100% whey protein wpc/wpi, balance (30 g)
- Baking powder (1/2 teaspoon (3ml))
- Cinnamon, ground (1/4 teaspoon)
- Eggs, grade a, large, egg whole (1 piece (50g))
- Vanilla extract (1 tsp (4.2g))
- Yogurt, greek, plain, nonfat (1/4 cup (63g))
- Syrups, sugar free (2 tbsps (30g))
- Sugar substitute, stevia, powder (1 teaspoon (3g))

Directions

1. Begin by preheating a nonstick pan over medium heat.
2. In a mixing bowl, whisk together 1 egg, 1/4 cup of plain Greek yogurt, and 1/2 teaspoon of vanilla extract until smooth.
3. Add 1 scoop (30g) of your preferred protein powder, 1/4 teaspoon of cinnamon, 1/2 teaspoon of baking powder, and 1 tablespoon of your desired sweetener to the bowl. Stir until all ingredients are well combined.
4. Once the pan is heated, pour the pancake batter onto the pan in small circles, about 2-3 inches in diameter.
5. Cook the pancakes for 2-3 minutes on each side, or until golden brown.
6. If using an oven, preheat it to 375°F (190°C) and place the pancakes on a lightly greased baking sheet. Bake for 8-10 minutes, turning halfway through, until cooked through.
7. Once the pancakes are cooked, top them with a drizzle of your favourite sugar-free syrup.
8. Serve immediately, or store for a snack later

Tips

- 30g of protein powder is usually 1 scoop (check the back of the packet).
- use a protein powder you like the taste of. Vanilla will work best, however you can you chocolate and omit the cinnamon and add cocoa powder.

Scrambled Eggs (5 eggs)

Servings: 1 Total Time: 15 mins



Nutrition Per Serving

Energy 426 kcal, Total Fat 26g, Total Carbohydrates 10g, Protein 39g

Ingredients

- Egg, chicken, whole, raw (300 g)
- Capsicum, red, raw (120 g)
- Onions, raw (35 g)

Directions

1. Crack the 240 g of eggs into a bowl.
2. Beat the eggs until the white and yolk are fully combined.
3. Set aside.
4. Dice the 120 g of red capsicum into small pieces.
5. Finely chop the 35 g of onions.
6. Heat a non-stick pan over medium heat (180°C/356°F).
7. Add the diced capsicum and chopped onions to the pan.
8. Cook the vegetables for 2-3 minutes until they begin to soften.
9. Pour the beaten eggs into the pan with the vegetables.
10. Stir the eggs and vegetables continuously until the eggs are fully cooked and no longer runny.
11. Remove the pan from heat and serve.

Tips

- 5 medium size eggs weigh approximately 240 grams
- 3/4 of a medium-sized capsicum weights approximately 120 grams
- 1/4 of a medium-sized onion weights approximately 35 grams