



4 Week Meal Guide

WEEK 1

PREPARATION SCHEDULE

Day	Preparation	Notes
0 Sun	Grocery shop	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have
	Freeze the trout and ½ of the chicken breasts	You'll be reminded later on in the week when to set them out to thaw
	Make Overnight Bircher Muesli	Divide between jars or containers for easy-grab-and-go breakfasts in the mornings
	Make the Salmon Cucumber Bites	Store in the fridge for snacking
	Portion out hummus, almond butter, crackers and celery	Store in small containers for snacks this week
1 Mon	Pack your meals if you're on-the-go	Overnight Bircher Muesli, Crackers & Hummus, Lentil & Feta Tabbouleh and Salmon Cucumber Bites
	Make Penne with Burst Cherry Tomato Sauce for dinner	Store leftovers in an airtight container in the fridge for lunch tomorrow
2 Tues	Pack your meals if you're on-the-go	Overnight Bircher Muesli, Crackers & Hummus, Penne with Burst Cherry Tomato Sauce and Salmon Cucumber Bites
	Make Greek Chicken Salad for dinner	Store leftovers in an airtight container in the fridge for lunch tomorrow
3 Wed	Pack your meals if you're on-the-go	Overnight Bircher Muesli, Apple with Almond Butter, Greek Chicken Salad and Celery & Hummus
	Make Roasted Carrots with Lentils & Tahini for dinner	Store leftovers in an airtight container in the fridge for lunch tomorrow

PREPARATION SCHEDULE

Day	Preparation	Notes
	Take trout out of the freezer	Let thaw in the fridge for dinner tomorrow
4 Thur	Make Post Workout Green Smoothie for breakfast	Pour into a glass or a portable cup if you're on-the-go
	Pack your meals if you're on-the-go	Post Workout Green Smoothie, Apple with Almond Butter, Roasted Carrots with Lentils & Tahini and Celery & Hummus
	Make the One Pan Mediterranean Trout with Quinoa for dinner	Set aside one serving of quinoa for dinner on Sunday. Store remaining leftovers in an airtight container in the fridge for lunch tomorrow
	Make Yogurt & Berries Snacks	Divide between containers or layer into jars and store in the fridge for snacking
5 Fri	Make Post Workout Green Smoothie for breakfast	Pour into a glass or a portable cup if you're on-the-go
	Pack your meals if you're on-the-go	Post Workout Green Smoothie, Yogurt & Berries, One Pan Mediterranean Trout with Quinoa and Apple Slices & Hummus
	Make Greek Kale Chickpea Salad for dinner	Transfer leftovers to a container and store in the fridge for lunch tomorrow
6 Sat	Make Hummus Toast with Avocado	Enjoy for breakfast!
	Pack your meals if you're on-the-go	Hummus Toast with Avocado, Yogurt & Berries, Green Kale Chickpea Salad and Apple Slices with Hummus

PREPARATION SCHEDULE

Day	Preparation	Notes
	Make the Mediterranean Tuna Pasta Salad for dinner	Transfer leftovers to a container and store in the fridge for lunch tomorrow
	Take frozen chicken breast out of the freezer	Let thaw in the fridge for dinner tomorrow
7 Sun	Make Hummus Toast with Avocado	Enjoy for breakfast!
	Pack your meals if you're on-the-go	Hummus Toast with Avocado, Yogurt & Berries, Mediterranean Tuna Pasta Salad and Apple Slices & Hummus
	Shop and prep for the week ahead	Don't forget to set aside some time to meal plan and shop for next week
	Make Grilled Bruschetta Chicken for dinner. Serve with leftover Quinoa	Enjoy!

SHOPPING LIST

Fruit

- 11 ½ Apples
- 3 Avocados
- 2 Bananas
- 4 ¾ Lemons

Breakfast

- 125g Almond Butter

Seeds, Nuts & Spices

- 2g Black Pepper
- 5g Cinnamon
- 19g Greek Seasoning
- 20g Ground Flax Seed
- 140g Hemp Seeds
- 3g Italian Seasoning
- 2g Paprika
- 6g Sea Salt
- 54g Sliced Almonds
- 64g Sunflower Seeds

Frozen

- 1.1kg Frozen Berries

Baking

- 18g Nutritional Yeast
- 243g Oats
- 62g Raisins
- 30g Unsweetened Shredded Coconut

Vegetables

- 160g Arugula
- 120g Baby Spinach
- 175g Basil Leaves
- 8 Stalks Celery
- 1.3kg Cherry Tomatoes
- 2 ½ Cucumbers
- 1g Fresh Dill
- 6 Garlic
- 1 Green Bell Pepper
- 12 Heirloom Carrots
- 252g Kale Leaves
- 122g Parsley
- 120g Red Onion
- 7 ½ Tomatos

Boxed & Canned

- 262g Brown Rice Fusilli
- 227g Chickpea Pasta
- 328g Chickpeas
- 594g Lentils
- 255g Quinoa
- 1 Can Tuna
- 200g Whole Grain Crackers

Bread, Fish, Meat & Cheese

- 794g Chicken Breast
- 125g Feta Cheese
- 1.4kg Hummus
- 4 Rainbow Trout Fillet
- 8 Slices Rye Bread
- 200g Smoked Salmon

Condiments & Oils

- 390g Artichoke Hearts
- 52ml Balsamic Vinegar
- 15ml Coconut Oil
- 421ml Extra Virgin Olive Oil
- 67g Green Olives
- 202g Pitted Kalamata Olives
- 15ml Red Wine Vinegar
- 27g Sun Dried Tomatoes
- 45g Tahini

Cold

- 1.5kg Plain Greek Yogurt
- 360ml Unsweetened Almond Milk
- 675g Unsweetened Coconut Yogurt

Other

- 49g Vanilla Protein Powder
- 1.5l Water

OVERNIGHT BIRCHER MUESLI


6 servings


8 hours

Ingredients

243g Oats (rolled)
30g Unsweetened Shredded Coconut
54g Sliced Almonds
20g Ground Flax Seed
62g Raisins
60g Hemp Seeds
2g Cinnamon
360ml Unsweetened Almond Milk
675g Unsweetened Coconut Yogurt
1 ½ Apples (medium, grated)



Method

1. In a large bowl, combine the oats, shredded coconut, almonds, flax seeds, raisins, hemp seeds, and cinnamon.
2. Stir in the almond milk, yogurt, and grated apple. Mix well. Cover and let soak in the fridge overnight.
3. Divide into bowls or jars in the morning, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to 4 days.

Prep Ahead: The dry muesli mix can be scaled up and stored in a jar in your cupboard for up to 2 months.

Likes It Sweet: Serve with fresh berries and/or a drizzle of maple syrup or honey.

More Protein: Make with Greek yogurt instead of coconut yogurt.

Nutritional amount per serving



430 kcals



21g fat



53g carbs



13g protein



10g fiber

POST WORKOUT GREEN SMOOTHIE


2 servings


5 minutes

Ingredients

24g Vanilla Protein Powder
474ml Water (cold)
½ Avocado
1 Banana (frozen)
60g Baby Spinach

Notes

No Spinach: Use kale instead

No Protein Powder: Add a few spoonfuls of hemp seeds.



Method

1. Add all the ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Nutritional amount per serving



182 kcals



8g fat



20g carbs



12g protein



6g fiber

HUMMUS TOAST WITH AVOCADO

 **2 servings**
 **10 minutes**

Ingredients

- 4 Slices Rye Bread (toasted)
- 246g Hummus
- 1 Avocado (sliced or mashed)
- 32g Sunflower Seeds
- Sea Salt & Black Pepper (to taste)



Notes

No Sunflower Seeds: Use hemp seeds, sesame seeds or pumpkin seeds instead.

Method

1. Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

CRACKERS & HUMMUS

 **2 servings**
 **5 minutes**

Ingredients

- 100g Whole Grain Crackers
- 123g Hummus

Notes

Crackers: Choose whole grain or gluten-free crackers, rice crackers, sprouted grain, almond flour, or your own homemade crackers!



Method

1. Dip the crackers into the hummus and enjoy!

Nutritional amount per serving



675 kcals



46g fat



55g carbs



19g protein



18g fiber

Nutritional amount per serving



387 kcals



21g fat



43g carbs



8g protein



5g fiber

APPLE WITH ALMOND BUTTER


2 servings


5 minutes

Ingredients

- 2 Apples
- 63g Almond Butter

Notes

Nut-Free: Use sunflower seed butter instead of almond butter.



Method

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmmm!

YOGURT & BERRIES


2 servings


5 minutes

Ingredients

- 452g Plain Greek Yogurt
- 373g Frozen Berries (thawed)

Notes

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries: Use any type of fresh fruit instead.



Method

1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit at the bottom). Enjoy!

Nutritional amount per serving



287 kcals



18g fat



31g carbs



7g protein



8g fiber

Nutritional amount per serving



261 kcals



5g fat



32g carbs



23g protein



5g fiber

LENTIL & FETA TABBOULEH


2 servings


10 minutes

Ingredients

198g Lentils (cooked)
1 Tomato (medium, diced)
50g Feta Cheese (crumbled)
122g Parsley (chopped)
40g Red Onion (finely diced)
30ml Extra Virgin Olive Oil
¼ Lemon (juiced)
3g Cinnamon (ground)
Sea Salt & Black Pepper (to taste)



Method

1. Toss all the ingredients in a large bowl until evenly combined. Add sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

Dairy-Free: Omit the feta and use sliced olives or capers instead.

Storage: Store in an airtight container in the fridge for up to 3 days.

SALMON CUCUMBER BITES


4 servings

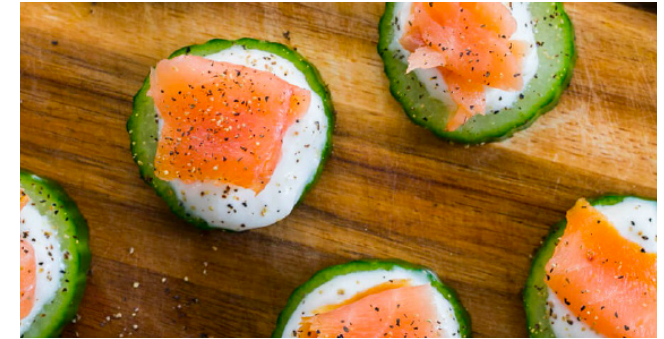

5 minutes

Ingredients

113g Plain Greek Yogurt
1 Cucumber (sliced)
200g Smoked Salmon (sliced)
1g Black Pepper

Notes

No Greek Yogurt: Use cheese, plain coconut yogurt, sheep's yogurt or cottage cheese instead.



Method

1. Add a dollop of yogurt to each cucumber slice and top with a small slice of smoked salmon. Sprinkle with black pepper. Refrigerate until ready to serve. Enjoy!

Nutritional amount per serving



344 kcals



20g fat



30g carbs



15g protein



11g fiber

Nutritional amount per serving



93 kcals



3g fat



4g carbs



12g protein



0g fiber

CELERY & HUMMUS



4 servings



5 minutes

Ingredients

4 Stalks Celery (cut into sticks)

123g Hummus

1g Paprika (optional)



Method

1. Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

APPLE SLICES & HUMMUS



2 servings



5 minutes

Ingredients

2 Apples

123g Hummus

Notes

No Apple: Use pear slices instead.



Method

1. Slice apples and cut out the core. Serve with hummus for dipping and enjoy!

Nutritional amount per serving



159 kcals



11g fat



12g carbs



5g protein



5g fiber

Nutritional amount per serving



240 kcals



11g fat



34g carbs



5g protein



8g fiber

PENNE WITH BURST CHERRY TOMATO SAUCE

 **4 servings**  **30 minutes**

Ingredients

227g Chickpea Pasta (dry)
118ml Extra Virgin Olive Oil
894g Cherry Tomatoes
4 Garlic Cloves (minced)
Sea Salt & Black Pepper (to taste)
85g Basil Leaves (chopped)
18g Nutritional Yeast



Method

1. Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
2. In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
3. Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

Notes

No Chickpea Pasta: Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken or chickpeas, hemp seeds.

No Nutritional Yeast: Use parmesan or omit completely.

GREEK CHICKEN SALAD

 **4 servings**  **45 minutes**

Ingredients

19g Greek Seasoning
1 Lemon (juiced)
59ml Extra Virgin Olive Oil
567g Chicken Breast (boneless, skinless)
447g Cherry Tomatoes (halved)
1 Cucumber (diced)
40g Red Onion (finely diced)
134g Pitted Kalamata Olives (chopped)
45ml Balsamic Vinegar
Sea Salt & Black Pepper (to taste)



Method

1. Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
2. Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
3. While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
4. Divide the salad and chicken between plates. Enjoy!

Notes

More Carbs: Mix quinoa into the salad or serve with roasted potatoes.

Cheese Lover: Sprinkle with feta cheese.

No Greek Seasoning: Use Italian seasoning instead.

Nutritional amount per serving



494 kcals



31g fat



44g carbs



19g protein



12g fiber

Nutritional amount per serving



376 kcals



21g fat



13g carbs



7g protein



2g fiber

ROASTED CARROTS WITH LENTILS & TAHINI

 **4 servings**  **25 minutes**

Ingredients

12 Heirloom Carrots (washed)
15ml Coconut Oil
3g Sea Salt
45g Tahini
1 Lemon (juiced)
59ml Water
30ml Extra Virgin Olive Oil (divided)
168g Kale Leaves (finely sliced)
15ml Red Wine Vinegar
396g Lentils (cooked, drained and rinsed)



Method

1. Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper. Rub the carrots with coconut oil then season with sea salt. Bake for 20 minutes. (Note: You can leave the green tops on or slice them off before roasting.)
2. Meanwhile, in a small jar combine the tahini, lemon juice, water and half the olive oil. Cover with a lid and shake vigorously until well mixed. Set aside.
3. Add the finely sliced kale to a large bowl and massage with the remaining olive oil and red wine vinegar. Divide between bowls and top with lentils. Add roasted carrots overtop and drizzle with tahini dressing. Enjoy!

Notes

Prep Ahead: Slice the kale and massage it in the olive oil and red wine vinegar. Drain and rinse the lentils. Store both covered in the fridge until ready to prep the rest.

Leftovers: Store covered in the fridge for up to 3 days.

Nutritional amount per serving



365 kcals



18g fat



43g carbs



14g protein



16g fiber

ONE PAN MEDITERRANEAN TROUT

 **4 servings**  **25 minutes**

Ingredients

85g Basil Leaves
½ Lemon (juiced)
1 Garlic Clove
2g Sea Salt
40g Hemp Seeds
59ml Extra Virgin Olive Oil
4 Rainbow Trout Fillets (about 5 oz. each)
390g Artichoke Hearts
67g Pitted Kalamata Olives
4 Tomatoes (Large, quartered)



Method

1. Preheat oven to 450°F (232°C) and line a baking sheet with parchment.
2. Make pesto by combining basil, lemon juice, garlic, sea salt, hemp seeds and olive oil together in a small food processor. Pulse until smooth.
3. Lay rainbow trout on baking sheet and arrange the artichokes, olives and tomatoes on the baking dish around the fillets. Top each piece of trout with a generous spoonful of pesto.
4. Bake for 15 minutes or until fish is cooked through. Divide onto plates and enjoy!

Notes

No Trout: Use salmon fillets instead.

More Carbs: Serve with rice or quinoa.

Nutritional amount per serving



427 kcals



26g fat



10g carbs



39g protein



6g fiber

QUINOA



6 servings



15 minutes

Ingredients

255g Quinoa (uncooked)
533ml Water



Method

1. Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

GREEK KALE CHICKPEA SALAD



4 servings



15 minutes

Ingredients

1g Fresh Dill (chopped)
59ml Extra Virgin Olive Oil
1 Lemon (juiced)
2g Sea Salt
725mg Black Pepper
328g Chickpeas (cooked, drained and rinsed)
1/2 Cucumber (diced)
1 Tomato (diced)
1 Green Bell Pepper (diced)
84g Kale Leaves (finely sliced)
75g Feta Cheese (crumbled)



Method

1. In a jar combine dill, olive oil, lemon juice, sea salt and black pepper. Put a lid on it and shake well. Set aside.
2. In a large salad bowl, combine chickpeas, cucumber, tomato, green pepper and kale. Add desired amount of dressing and toss well. Divide between bowls and top with feta cheese. Enjoy!

Notes

No Chickpeas: Use lentils or kidney beans instead.

Extra Greek: Add chopped black olives.

No Kale: Use spinach or any dark leafy green instead.

Nutritional amount per serving



156 kcals



3g fat



27g carbs



6g protein



3g fiber

Nutritional amount per serving



330 kcals



20g fat



29g carbs



11g protein



8g fiber

MEDITERRANEAN TUNA PASTA SALAD



4 servings



15 minutes

Ingredients

262g Brown Rice Fusili (cooked)
59ml Extra Virgin Olive Oil
1 Lemon (juiced)
3g Italian Seasoning
Sea Salt & Black Pepper (to taste)
67g Green Olives (sliced)
27g Sun Dried Tomatoes (sliced)
1 can Tuna (drained & flaked)
160g Arugula
40g Hemp Seeds



Method

1. Cook the brown rice pasta according to directions on the package.
2. While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
3. When the pasta is done cooking, drain it and rinse with cold water until cooled.
4. In a large bowl, toss the pasta, olives, sun dried tomatoes, tuna, arugula, hemp seeds and dressing until well combined. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate for up to 3 days.

Canned Tuna: One can of tuna is equal to 165g (5.8 ounces).

Vegan: Use chickpeas or lentils instead of tuna.

GRILLED BRUSCHETTA CHICKEN



2 servings



30 minutes

Ingredients

227g Chicken Breast
Sea Salt & Black Pepper (to taste)
1 1/2 Tomatoes (medium, diced)
40g Red Onion (finely diced)
1 Garlic Clove (minced)
5g Basil Leaves (chopped)
7ml Extra Virgin Olive Oil
7ml Balsamic Vinegar



Method

1. Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
2. In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
3. To serve, top the chicken breasts with the bruschetta mix. Enjoy!

Notes

Serve It With: Serve with grilled or roasted vegetables, quinoa or rice or your favorite leafy green.

Cheese Lover: Sprinkle with feta, goat cheese or shredded mozzarella before serving.

No Grill: Bake the chicken breasts in the oven at 350°F (177°C) for 30 minutes.

Nutritional amount per serving



350 kcals



22g fat



29g carbs



16g protein



3g fiber

Nutritional amount per serving



193 kcals



7g fat



6g carbs



27g protein



1g fiber