



4 Week Meal Guide
WEEK 2

WEEK 2

Hi there, it's Angela here just popping in to see how week 1 has gone for you so far? I am sure you have made changes and are doing amazing. We know you have lots to fit into your busy schedule, so any changes you have made in the right direction are great, keep going!



I asked one thing in your opening week: Yes, you remembered! To stay motivated. I said that this guide would steer your boat to your goal point, as you were already doing great with weight loss. Keep in mind the end goal.

I was looking at the fabulous meals we have put together for you and wondered how delicious the Apple Slices with Almond Butter snack was? Or for those who prefer a savory treat, we offered crackers and hummus to keep you going during the day.

For dinner, there was Penne with Burst Cherry Tomato Sauce that was only 35 minutes prep time, so you are not spending the whole night at the stove. We know you don't have time for that!

Don't worry if some of the recipes don't work for you, just add in more of the ones that your taste buds (and your schedule) will love as well.

Have a great week 2!

Angela

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 sirloin steak, half of the ground beef, and half of the salmon fillets	This guide will remind you to thaw them later in the week
	Make One Pan Lemon & Chive Salmon	Divide between containers and store in the fridge for meals
	Make Chia Oats with Kiwi	Divide between containers and store in the fridge for snacks
	Portion out Tuna Salad Plate	Divide between containers and store in the fridge for snacks
1 Mon	Make Creamy Blueberry Smoothie	Pour into a glass or a portable cup if you're on-the-go
	Pack your meals if you are on-the-go.	Creamy Blueberry Smoothie, Tuna Salad Plate, One Pan Lemon & Chive Salmon, Chia Oats with Kiwi
	Make Cuban Beef Picadillo for dinner	Enjoy and store leftovers in the fridge for lunch tomorrow.
2 Tue	Make Creamy Blueberry Smoothie	Pour into a glass or a portable cup if you're on-the-go
	Pack your meals if you are on-the-go.	Creamy Blueberry Smoothie, Chia Oats with Kiwi, Cuban Beef Picadillo, Tuna Salad Plate
	Enjoy leftover One Pan Lemon & Chive Salmon for dinner	Reheat in the microwave or in a pan
	Take half of the ground beef out of the freezer	Thaw on a plate in the fridge for dinner tomorrow

PREPARATION SCHEDULE

Day	Preparation	Notes
	Make Orange Tumeric Overnight Oats	Divide between containers and store in the fridge for breakfasts
	Portion out Yogurt & Peaches	Divide between small containers and store in the fridge for snacks
3 Wed	Pack your meals if you are on-the-go	Orange Tumeric Overnight Oats, Yogurt & Peaches, One Pan Lemon & Chive Salmon, Chia Oats with Kiwi
	Make Taco Salad with Beef for dinner	Enjoy and store leftovers in the fridge for lunch tomorrow
	Make Tuna Salad Lettuce Wraps	Divide between small containers and store in the fridge for snacks
4 Thu	Pack your meals if you are on-the-go	Orange Tumeric Overnight Oats, Tuna Salad Lettuce Wraps, Taco Salad with Beef, Yogurt & Peaches.
	Make Spiced Cauliflower Rice Bowl for dinner	Enjoy and store leftovers in the fridge for lunch tomorrow
	Make Bell Peppers with Guacamole	Divide between small containers and store in the fridge for snacks
	Take the sirloin steak out of the freezer	Thaw on a plate in the fridge for dinner tomorrow
5 Fri	Pack your meals if you are on-the-go	Orange Tumeric Overnight Oats, Bell Peppers with Guacamole, Spiced Cauliflower Rice Bowl, Tuna Salad Lettuce Wraps
	Make One Pan Steak, Asparagus & Mushrooms for dinner	Enjoy and store leftovers in the fridge
	Make Coconut Chia Seed Yogurt	Divide between small containers and store in the fridge for breakfasts

PREPARATION SCHEDULE

Day	Preparation	Notes
	Take the salmon fillets out of the freezer	Thaw on a plate in the fridge for dinner tomorrow
6 Sat	Pack your meals if you are on-the-go	Coconut Chia Seed Yogurt, Oatmeal with Raspberries, One Pan Steak, Asparagus & Mushrooms, Bell Peppers with Guacamole
	Make Arugula Salad with Salmon for dinner	Store leftovers in the fridge for lunch tomorrow
7 Sun	Pack your meals if you are on-the-go	Coconut Chia Seed Yogurt, Bell Peppers with Guacamole, Arugula Salad with Salmon, Oatmeal with Raspberries
	Shop and prep for next week	
	Enjoy leftover One Pan Steak, Asparagus & Mushrooms for dinner	Reheat in the microwave, oven or in a pan

SHOPPING LIST

Fruit

- 13 Avocados
- 4 Figs
- 3 Kiwi
- 4 Lemons
- 216ml Lemon Juice
- 102ml Lime Juice
- 3 Navel Oranges
- 4 Peaches
- 246g Raspberries
- 144g Strawberries

Seeds, Nuts & Spices

- 348g Chia Seeds
- 16g Chili Powder
- 12g Cinnamon
- 9g Cumin
- 2g Paprika
- 32g Sea Salt
- 6g Sesame Seeds
- 8g Turmeric

Frozen

- 620g Frozen Blueberries
- 720g Frozen Cauliflower

Baking

- 648g Oats

Cold

- 900ml Oat Milk
- 2.5kg Unsweetened Coconut Yogurt

Vegetables

- 106g Arugula
- 804g Asparagus
- 1 Head Cauliflower
- 149g Cherry Tomatoes
- 18g Chives
- 16g Cilantro
- 36 Cremini Mushrooms
- 2 ¼ Cucumbers
- 2 Garlic
- 10 Stalks Green Onion
- 1 Jalapeno Pepper
- 801g Purple Cabbage
- 7 Red Bell Pepper
- 8 Leaves Romaine
- 2 Heads Romaine Hearts
- 800mg Thyme

Boxed & Canned

- 432g Brown Rice
- 363g Diced Tomatoes
- 6 Cans Tuna

Bread, Fish, Meat & Cheese

- 907g Extra Lean Ground Beef
- 1.5kg Salmon Fillet
- 1.4kg Top Sirloin Steak

Condiments & Oils

- 296ml Extra Virgin Olive Oil
- 67g Green Olives
- 60g Tahini

Other

- 97g Vanilla Protein Powder
- 2.6l Water

CREAMY BLUEBERRY SMOOTHIE



2 servings



5 minutes

Ingredients

- 310g Frozen Blueberries
- 360g Frozen Cauliflower
- 225g Unsweetened Coconut Yogurt
- 49g Vanilla Protein Powder
- 24g Chia Seeds
- 2 Lemons (small, juiced)
- 474ml Water



Notes

Additional Toppings: Add spinach, avocado, kale or other berries to your smoothie.

Extra Creamy: Use almond milk or oat milk instead of water.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note the results may vary.

Method

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Nutritional amount per serving



324 kcals



9g fat



41g carbs



25g protein



14g fiber

ORANGE TURMERIC OVERNIGHT OATS


6 servings


2 hours

Ingredients

243g Oats (rolled)
900ml Oat Milk (unsweetened)
7g Turmeric
2g Cinnamon
36g Chia Seeds
3 Navel Oranges (divided)



Notes

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

More Flavor: Add maple syrup, honey, or a pinch of sea salt.

Additional Toppings: Crushed nuts, hemp seeds, coconut flakes or nut butter.

Method

1. Add the oats, oat milk, turmeric, cinnamon, and chia seeds in a large container. Zest and squeeze the juice of half the orange. Stir well to combine. Seal and place in the fridge overnight or for at least six hours.
2. Peel and chop the remaining orange. Divide the overnight oats into bowls and top with the chopped orange. Enjoy!

COCONUT CHIA SEED YOGURT


4 servings


30 minutes

Ingredients

900g Unsweetened Coconut Yogurt
192g Chia Seeds
10g Cinnamon
144g Strawberries (chopped)



Notes

Leftovers: Refrigerate in an airtight container for up to 5 days.

More Flavor: Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings: Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

Method

1. Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
2. Top with strawberries and enjoy!

Nutritional amount per serving



297 kcals



8g fat



50g carbs



9g protein



9g fiber

Nutritional amount per serving



368 kcals



23g fat



37g carbs



9g protein



17g fiber

TUNA SALAD PLATE


4 servings


5 minutes

Ingredients

4 Cans Tuna (drained, broken into chunks)
2 Avocados (pit removed)
225g Unsweetened Coconut Yogurt
1 Cucumber (sliced)
6g Sea Salt



Notes

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

More Flavor: Add pepper, paprika and/or lemon juice.

Additional Toppings: Top with sliced green onions, red onion or red pepper flakes.

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

No Tuna: Use sardines or salmon instead.

No Coconut Yogurt: Use mayonnaise or Greek Yogurt instead.

Method

1. Assemble all the ingredients onto a plate or into a container if on-the-go. Season with salt and enjoy!

YOGURT & PEACHES


4 servings


5 minutes

Ingredients

900g Unsweetened Coconut Yogurt
4 Peaches (sliced, fresh or frozen and thawed)

Notes

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

Additional Toppings: Granola, hemp seeds, bee pollen, crushed nuts, nut butter, honey or maple syrup.

No Coconut Yogurt: Use Greek yogurt instead.



Method

1. Add the yogurt to a bowl and top with the peach slices. Enjoy!

Nutritional amount per serving



342 kcals



18g fat



14g carbs



35g protein



8g fiber

Nutritional amount per serving



169 kcals



7g fat



26g carbs



2g protein



5g fiber

TUNA SALAD LETTUCE WRAPS


4 servings


15 minutes

Ingredients

2 Avocados
58ml Lime Juice
3g Sea Salt
2 Cans Tuna (flaked)
4 Stalks Green Onion (sliced)
¼ Cucumber (deseeded and finely chopped)
8 Leaves Romaine



Notes

Leftovers: Keep refrigerated in an airtight container for up to 2 days.

Serving Size: One serving is approximately two lettuce wraps with ¼ cup tuna salad in each wrap.

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

More Flavor: Add fresh herbs like parsley or cilantro, dried dill, red pepper flakes or black pepper to taste.

Additional Toppings: Top with sunflower seeds, pumpkin seeds or hemp seeds.

No Avocado: Use mayonnaise instead.

Method

1. In a mixing bowl mash the avocado together with lime juice and salt. Stir in the tuna until well combined.
2. Fold in the green onion and cucumber. Season with additional salt and lime if needed. Divide the tuna salad between the romaine leaves and enjoy!

Nutritional amount per serving



252 kcal



16g fat



13g carbs



19g protein



8g fiber

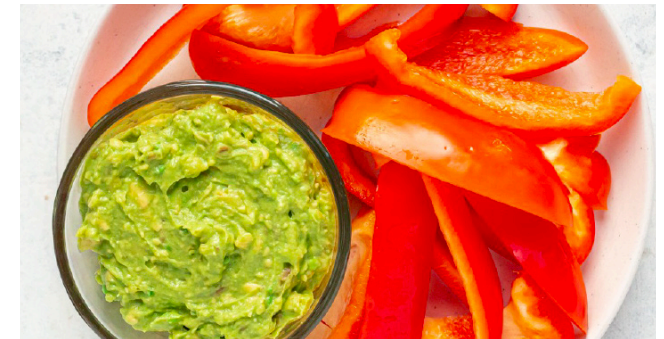
BELL PEPPERS WITH GUACAMOLE


6 servings


5 minutes

Ingredients

3 Avocados (medium)
60ml Lemon Juice
5g Sea Salt (or more to taste)
6 Red Bell Peppers (medium, sliced)



Notes

Leftovers: Refrigerate in an airtight container for up to 3 days.

More Flavor: Add garlic, red onion, tomatoes, jalapeno and/or cilantro to the guacamole.

No Red Bell Pepper: Use cucumber slices, carrot sticks, or crackers instead.

Method

1. In a small bowl, mash the avocado and combine with the lemon juice and sea salt. Adjust flavors as needed.
2. Serve the guacamole with red bell pepper slices and enjoy!

Nutritional amount per serving



194 kcal



15g fat



16g carbs



3g protein



9g fiber

OATMEAL WITH RASPBERRIES

 **4 servings**  **10 minutes**

Ingredients

948ml Water
162g Oats (quick or rolled)
246g Raspberries (fresh or frozen)

Notes

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

More Flavor: Add cinnamon, vanilla extract and/or a pinch of salt.

Additional Toppings: Almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

No Raspberries: Top with blueberries, strawberries, peaches or banana.

No Stove Top: Cook oats in the microwave instead.



Method

1. Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about five minutes or until the oats are tender and most of the water is absorbed.
2. Transfer the cooked oats to a bowl and top with raspberries. Enjoy!

ONE PAN LEMON & CHIVE SALMON

 **6 servings**  **15 minutes**

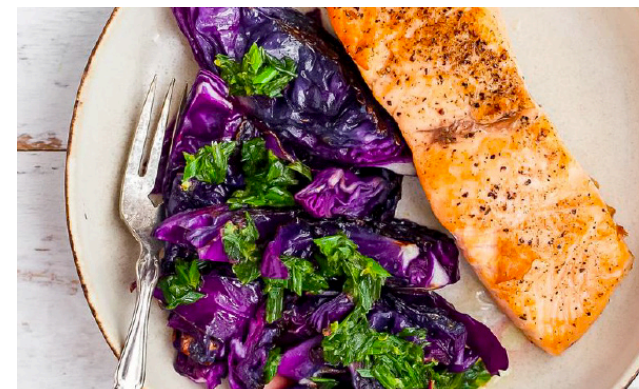
Ingredients

177ml Extra Virgin Olive Oil (divided)
801g Purple Cabbage (sliced into thick wedges)
2g Sea Salt (divided)
850g Salmon Fillet
18g Chives (finely chopped)
67ml Lemon Juice

Notes

Leftovers: For best results, store the salmon and chive mixture separately in sealed containers. Refrigerate the fish for up to 3 days.

More Flavor: Add red pepper flakes and black pepper to the chive mixture.



Method

1. Heat a cast-iron skillet over medium heat and add 1/4 of the oil. Once hot, add the cabbage and sear on all sides, until charred, about five minutes total. Remove, set aside, and season with half the salt.
2. In the same skillet over medium heat add 1/4 of the oil. Season the salmon with the remaining salt, then add it to the pan skin-side down, cooking for about three minutes. Flip and cook for an additional one to two minutes, until the flesh is opaque throughout. Remove and set aside.
3. Meanwhile, in a small bowl, add the remaining oil, chives, and lemon juice. Mix to combine.
4. Divide the cabbage and salmon onto plates and top with the chive mixture. Enjoy!

Nutritional amount per serving



185 kcals



3g fat



35g carbs



6g protein



8g fiber

Nutritional amount per serving



485 kcals



36g fat



11g carbs



30g protein



3g fiber

CHIA OATS WITH KIWI



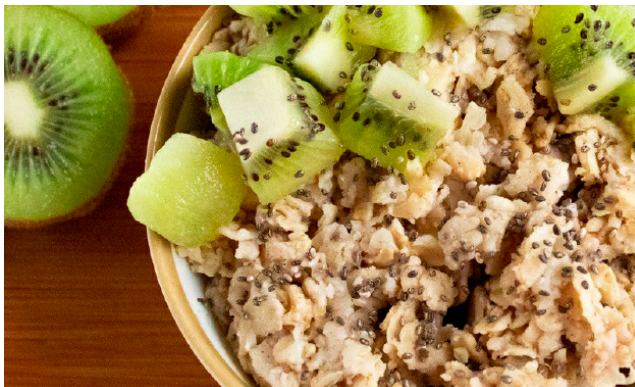
6 servings



10 minutes

Ingredients

711ml Water
243g Oats (rolled)
72g Chia Seeds
3 Kiwi (chopped)



Notes

Leftovers: Refrigerate in an airtight container for up to 4 days. For best results, reheat with additional liquid over the stove or in the microwave.

Serving Size: One serving is equal to half a cup of oatmeal and half of a kiwi.

More Flavor: Add cinnamon or maple syrup.

Additional Toppings: Add nuts, seeds and berries.

Method

1. In a small saucepan, bring the water to a boil and add the oats and chia seeds. Reduce to a simmer and cook for 4 to 5 minutes or until cooked through. Be sure to stir often.
2. Divide the oatmeal between bowls and top with kiwi. Enjoy!

CUBAN BEEF PICADILLO



4 servings



45 minutes

Ingredients

185g Brown Rice (uncooked)
7ml Extra Virgin Olive Oil
454g Extra Lean Ground Beef
1 Red Bell Pepper (chopped)
363g Diced Tomatoes (from the can with juices)
4 Stalks Green Onion (chopped, green part only)
8g Cilantro (chopped)
67g Green Olives (sliced)
3g Cumin
3g Sea Salt



Notes

Leftovers: Refrigerate in an airtight container for up to 3 days.

More Flavor: Stir in a couple of tablespoons of olive brine or add minced garlic.

Additional Toppings: Serve with an extra chopped cilantro, green onions or lime juice on top.

Grain-Free: Use roasted potatoes or cauliflower rice instead of rice.

Method

1. Cook the brown rice according to package directions.
2. Meanwhile, in a large skillet over medium-high heat, warm the olive oil. Add the beef, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
3. Add the bell pepper, tomatoes with juices, green onion, cilantro, green olives, cumin and salt to the pan. Stir to combine. Reduce the heat to medium and let it simmer for 15 to 20 minutes until the red pepper is tender.
4. Divide the rice and beef mixture between plates and serve immediately. Enjoy!

Nutritional amount per serving



235 kcals



7g fat



37g carbs



8g protein



8g fiber

Nutritional amount per serving



437 kcals



17g fat



42g carbs



28g protein



4g fiber

TACO SALAD WITH BEEF



4 servings



25 minutes

Ingredients

454g Extra Lean Ground Beef
16g Chili Powder
6g Cumin
3g Sea Salt
149g Cherry Tomatoes (chopped)
1 Jalapeno Pepper (chopped)
2 Stalks Green Onion (chopped)
44ml Lime Juice (divided)
2 Heads Romaine Hearts (chopped)
30ml Extra Virgin Olive Oil
2 Avocados (sliced)



Method

1. In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
2. Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
3. In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
4. To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

Notes

Storage: Refrigerate beef and lettuce separately in an airtight container for up to 3 days. Assemble salad just before serving.

More Flavor: Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, cilantro, lime juice or hot sauce.

Make It Vegan: Use black beans instead of ground beef.

Nutritional amount per serving



452 kcals



34g fat



15g carbs



26g protein



9g fiber

SPICED CAULIFLOWER RICE BOWL



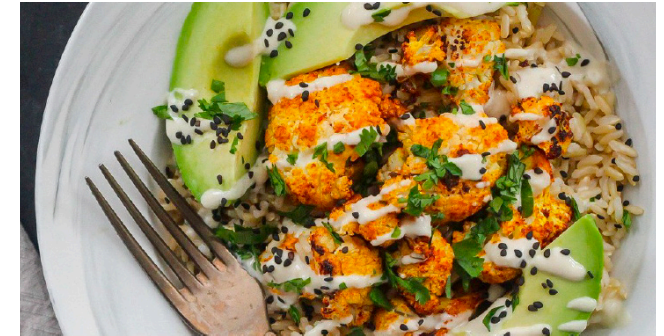
4 servings



40 minutes

Ingredients

247g Brown Rice (dry, uncooked)
3g Sea Salt
1 Head Cauliflower (chopped into florets)
2g Turmeric
2g Paprika
800mg Thyme (dried)
60g Tahini
2 Garlic (cloves, minced)
30ml Lemon Juice
30ml Water
2 Avocados (sliced)
8g Cilantro (chopped)
6g Sesame Seeds (for topping)



Method

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
3. While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
4. In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
5. Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to 2 days.

Additional Toppings: Add protein to the dish such as baked tofu, chickpeas or grilled chicken.

No Brown Rice: Use jasmine rice, quinoa or millet instead.

Nutritional amount per serving



529 kcals



26g fat



68g carbs



13g protein



14g fiber

ONE PAN STEAK, ASPARAGUS & MUSHROOMS

 **6 servings**  **10 minutes**

Ingredients

22ml Extra Virgin Olive Oil (divided)
1.4kg Top Sirloin Steak
5g Sea Salt (divided)
804g Asparagus (woody ends trimmed)
36 Cremini Mushrooms (sliced)



Notes

Leftovers: Refrigerate in an airtight container up to 3 days.

Additional Toppings: Serve with garlic butter sauce, chimichurri, salsa or caramelized onions.

Method

1. Heat half the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
2. Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.
3. Reduce the heat to medium and add the remaining oil to the skillet. Cook the asparagus and mushrooms for about five minutes, or until cooked through seasoning with the remaining salt.
4. Divide the asparagus, mushrooms, and steak slices onto plates. Enjoy!

ARUGULA SALAD WITH SALMON

 **4 servings**  **15 minutes**

Ingredients

680g Salmon Fillet
3g Sea Salt
59ml Extra Virgin Olive Oil
60ml Lemon Juice
160g Arugula
1 Cucumber (sliced)
2 Avocado (sliced)
4 Figs (optional, quartered)



Notes

Leftovers: For best results, store the salad separate from the dressing. Refrigerate the salad for up to 3 days and the dressing for up to 7 days.

More Flavor: Add additional seasoning to the salmon such as cayenne, chili flakes or other herbs and spices.

Additional Toppings: More vegetables, nuts or seeds.

Method

1. Heat a skillet over medium heat. Season the salmon with salt, then add it to the pan skin-side down, cooking for about 4 to 5 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
2. In a small bowl, mix the oil and lemon juice together.
3. Add the arugula to a plate and top with the cucumber, avocado and fig, if using. Drizzle the dressing over top and place the salmon on top. Enjoy!

Nutritional amount per serving



566 kcals



36g fat



9g carbs



51g protein



4g fiber

Nutritional amount per serving



583 kcals



40g fat



23g carbs



38g protein



9g fiber

WEEK 3

Hi, Angela here, your guide and mentor, seeing how week 2 has gone for you? Have you managed to stay with the plan or perhaps changed a few meals to suit you better?



I wanted to make sure you have added your goals onto a board, perhaps in the kitchen so your family or partner can support you! Remember to add your gym classes or exercise routines so everyone is aware of what you are doing and how much their support is appreciated.

We know you are motivated and great at going to the gym and maintaining an exercise regime. Amazing! Perhaps look at reducing 200 calories a day if you feel the weight is not shifting for you. This can support a reduction of 1-1.5 pounds a week. Obviously, this depends on your current weight and physical activity. This is just to show how one small change can make your end goal more realistic.

In week 3, we have some mouthwatering recipes. The Raspberry Zinger Smoothie is delish and easy to have after a workout with your favorite protein powder, to reduce muscle breakdown after your morning gym session.

I always love a slow cooker meal, it's easy to throw all the ingredients together in the morning and come home after a long day at work to a fabulous meal. We've also put together the Slow Cooker Lamb & White Bean Stew, packed with 28g of protein per serving.

Remember to not compare yourself to others and stay focused on what you want to achieve.

You've got this!

Angela

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 salmon and chicken thighs	You'll be reminded later on in the week when to set them out to thaw
	Make your Hard Boiled Eggs for the week	Leave them in the shells and store in a sealed container in the fridge for snacks throughout the week.
	Make your Yogurt & Berries snacks	Divide the yogurt and berries between containers and store in the fridge
	Make the Slow Cooker Lamb & White Bean Stew	Divide servings between containers and store in the fridge for lunches
1 Mon	Make the Raspberry Zinger Smoothie for breakfast	If needed, pour into a to-go cup and take on the road
	Pack your meals if you are on-the-go	Raspberry Zinger Smoothie, Hard Boiled Eggs and Fresh Strawberries, Slow Cooker Lamb & White Bean Stew and Yogurt & Berries
	Make the Ground Turkey, Rice & Broccoli for dinner	Store leftovers in an airtight container in the fridge for dinners
2 Tue	Make the Raspberry Zinger Smoothie for breakfast	If needed, pour into a to-go cup and take on the road
	Pack your meals if you are on-the-go	Raspberry Zinger Smoothie, Hard Boiled Eggs and Fresh Strawberries, Slow Cooker Lamb & White Bean Stew and Yogurt & Berries
	Enjoy the leftover Ground Turkey, Rice & Broccoli for dinner	Eat cold or reheat in the microwave, toaster oven or skillet

PREPARATION SCHEDULE

Day	Preparation	Notes
3 Wed	Make the Raspberry Zinger Smoothie for breakfast	If needed, pour into a to-go cup and take on the road
	Pack your meals if you are on-the-go	Raspberry Zinger Smoothie, Hard Boiled Eggs and Fresh Strawberries, Slow Cooker Lamb & White Bean Stew and Yogurt & Berries
	Enjoy the leftover Ground Turkey, Rice & Broccoli for dinner	Eat cold or reheat in the microwave, toaster oven or skillet
	Make the Unstuffed Cabbage Rolls for your lunches	Divide between containers and store in the fridge once cooled
	Make the Cottage Cheese with Blueberries snacks	Divide between containers and store in the fridge
	Make the Tuna Nori Wraps	Divide between containers and store in the fridge
	Take the salmon out of the freezer	Thaw in the fridge for dinner tomorrow
4 Thu	Make the Chocolate Cauliflower Shake for breakfast	If needed, pour into a to-go cup and take on the road
	Pack your meals if you are on-the-go	Chocolate Cauliflower Shake, Cottage Cheese with Blueberries, Unstuffed Cabbage Rolls and Tuna Nori Wraps
	Make the Salmon, Rice & Arugula for dinner	Store leftovers in an airtight container in the fridge for dinner tomorrow
5 Fri	Make the Chocolate Cauliflower Shake for breakfast	If needed, pour into a to-go cup and take on the road

PREPARATION SCHEDULE

Day	Preparation	Notes
	Pack your meals if you are on-the-go	Chocolate Cauliflower Shake, Cottage Cheese with Blueberries, Unstuffed Cabbage Rolls and Tuna Nori Wraps
	Enjoy the leftover Salmon, Rice & Arugula for dinner	Eat cold or reheat in the microwave or toaster oven
	Make the Simple Tuna Salad	Divide between containers and store in the fridge for lunches over the weekend
	Take the chicken thighs out of the freezer	Thaw in the fridge for tomorrow night
	Make the Brownie Protein Pancakes for breakfast	Store leftovers in a container in the refrigerator for tomorrow's breakfast
6 Sat	Pack your meals if you are on-the-go	Brownie Protein Pancakes, Banana & Hard Boiled Eggs, Simple Tuna Salad and Greek Yogurt & Apple
	Make the Hummus Crusted Chicken with Turmeric Rice for dinner	Store leftovers in the fridge for dinner tomorrow
7 Sun	Enjoy leftover Brownie Protein Pancakes for breakfast	Reheat in the oven
	Pack your meals if you are on-the-go	Brownie Protein Pancakes, Banana & Hard Boiled Eggs, Simple Tuna Salad and Greek Yogurt & Apple
	Shop and prep for the week ahead	Don't forget to set aside some time to meal plan and shop for next week!
	Enjoy the leftover Hummus Crusted Chicken with Turmeric Rice for dinner	Eat cold or reheat in the microwave or toaster oven

SHOPPING LIST

Fruit

- 4 Apples
- 8 Bananas
- 1 Avocado
- 148g Blueberries
- 2 Green Apples
- 6 ½ Lemons
- 864g Strawberries

Breakfast

- 63g Almond Butter

Seeds, Nuts & Spices

- 1g Black Pepper
- 72g Chia Seeds
- 26g Ground Flax Seed
- 24g Sea Salt
- 12g Turmeric

Frozen

- 1.1kg Frozen Berries
- 1.8kg Frozen Cauliflower
- 840g Frozen Raspberries

Cold

- 420g Cottage Cheese
- 3.6l Unsweetened Almond Milk
- 1.8kg Plain Greek Yogurt
- 20 Eggs

Vegetables

- 80g Arugula
- 120g Baby Spinach
- 546g Broccoli
- 2 Carrots
- 1 Cucumber
- 712g Green Cabbage
- 4 Stalks Green Onion
- 4 Tomatoes
- 2 ½ Yellow Onions
- 1 ½ Yellow Potatoes

Boxed & Canned

- 93g Brown Rice
- 726g Diced Tomatoes
- 644g Jasmine Rice
- 24g Tomato Paste
- 6 Cans Tuna
- 546g White Navy Beans

Baking

- 28g Baking Powder
- 40g Cacao Powder
- 92g Chickpea Flour
- 11g Cocoa Powder
- 120g Dark Chocolate Chips

Bread, Fish, Meat & Cheese

- 454g Chicken Thighs
- 454g Extra Lean Ground Beef
- 680g Extra Lean Ground Turkey
- 62g Hummus
- 595g Lamb Shank
- 454g Salmon Fillet

Condiments & Oils

- 44ml Apple Cider Vinegar
- 55g Mayonnaise
- 41ml Coconut Oil
- 52ml Extra Virgin Olive Oil

Cold

- 420g Cottage Cheese
- 20 Eggs
- 1.8kg Plain Greek Yogurt
- 3.6l Unsweetened Almond Milk

Other

- 194g Chocolate Protein Powder
- 30g Maca Powder
- 12 Nori Sheets
- 146g Vanilla Protein Powder
- 2.1l Water

RASPBERRY ZINGER SMOOTHIE



2 servings



10 minutes

Ingredients

- 360g Frozen Cauliflower
- 280g Frozen Raspberries
- 2 Lemons (juiced)
- 49g Vanilla Protein Powder
- 24g Chia Seeds
- 720ml Unsweetened Almond Milk

Notes

No Protein Powder: Use ¼ cup hemp seeds per serving instead.

Method

1. Place all the ingredients in your blender and blend until smooth. Pour into a glass and enjoy!



Nutritional amount per serving



312 kcals



10g fat



36g carbs



27g protein



16g fiber

CHOCOLATE CAULIFLOWER SHAKE


2 servings


5 minutes

Ingredients

360g Frozen Cauliflower
2 Bananas (frozen)
31g Almond Butter
20g Cacao Powder
49g Chocolate Protein Powder
480ml Unsweetened Almond Milk
15g Maca Powder



Method

1. In your blender, combine all the ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make It Mocha: Replace half of the almond milk with chilled coffee.

Likes It Sweeter: Add pitted medjool dates.

No Maca Powder: Leave it out or use cinnamon instead.

BROWNIE PROTEIN PANCAKES


4 servings


15 minutes

Ingredients

26g Ground Flax Seed
178ml Water
92g Chickpea Flour
97g Chocolate Protein Powder
11g Cocoa Powder
28g Baking Powder
480ml Unsweetened Almond Milk (or water)
120g Dark Chocolate Chips
15ml Coconut Oil



Method

1. Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.

2. In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.

3. Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.

4. Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.

5. Plate the pancakes and enjoy!

Notes

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Save Time: Make the pancake batter in a blender.

Toppings: Maple syrup, honey, fresh fruit, granola, seeds or nuts.

Leftovers: Store in a sealed container in the fridge up to 3 days.

No Chickpea Flour: Try oat flour instead. Results may vary.

Nutritional amount per serving



449 kcals



16g fat



50g carbs



31g protein



17g fiber

Nutritional amount per serving



325 kcals



14g fat



31g carbs



24g protein



7g fiber

HARD BOILED EGGS


10 servings


15 minutes

Ingredients

20 Eggs



Notes

Easier To Peel: Add salt to the water while boiling.

Leftovers: Refrigerate in a covered container with the shell on for up to 7 days.

Method

1. Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
2. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
3. Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

FRESH STRAWBERRIES


6 servings


5 minutes

Ingredients

864g Strawberries



Notes

Make Them Last: Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.

Method

1. Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

Nutritional amount per serving



143 kcals



10g fat



1g carbs



13g protein



0g fiber

Nutritional amount per serving



46 kcals



0g fat



11g carbs



1g protein



3g fiber

COTTAGE CHEESE WITH BLUEBERRIES


4 servings


5 minutes

Ingredients

420g Cottage Cheese
148g Blueberries (fresh or frozen)

Notes

Make It Sweet: Drizzle honey or maple syrup overtop.

Storage: Refrigerate in an airtight container up to 3 or 5 days.



Method

1. Divide the cottage cheese and blueberries into bowls or storage containers. Enjoy!

BANANA


2 servings


1 minute

Ingredients

2 Bananas

Notes

More Protein: Dip in almond butter.



Method

1. Peel and enjoy!

Nutritional amount per serving



124 kcals



5g fat



9g carbs



12g protein



1g fiber

Nutritional amount per serving



105 kcals



0g fat



27g carbs



1g protein



3g fiber

SLOW COOKER LAMB & WHITE BEAN STEW


6 servings


5 hours

Ingredients

1.8l Water
595g Lamb Shank
546g White Navy Beans (cooked)
1 ½ Yellow Onion (medium, diced)
3 Tomatoes (diced)
1 ½ Yellow Potatoes (medium, diced)
9g Turmeric
44ml Apple Cider Vinegar
24g Tomato Paste
18g Sea Salt



Method

1. Add all ingredients to the slow cooker and set to high for 5 hours, or low for 8 hours.
2. Before serving, remove the bones and shred the meat with a fork (if it hasn't fallen apart already). Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to 3 days. Freeze for up to 2 months.

Serving Size: One serving equals approximately 2 cups.

Serve It With: Toasted bread, rice, quinoa or cauliflower rice.

More Veggies: Add watercress, kale or spinach before serving.

No Potato: Use cauliflower instead.

Serve As Iranian Abgoosht: Separate the broth and serve with bread. The remaining ingredients are mashed up and served separately alongside the broth.

Vegan & Vegetarians: Replace the lamb with chickpeas.

Nutritional amount per serving



397 kcals



14g fat



39g carbs



28g protein



12g fiber

UNSTUFFED CABBAGE ROLLS


4 servings


45 minutes

Ingredients

93g Brown Rice (uncooked)
178ml Water
15ml Coconut Oil
454 Extra Lean Ground Beef
1 Yellow Onion (small, finely diced)
712g Green Cabbage (finely sliced)
726g Diced Tomatoes
3g Sea Salt
1g Black Pepper



Method

1. Combine the rice and water in a sauce pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 minutes or until rice is tender.
2. While the rice cooks, heat the coconut oil in a large stock pot over medium-high heat. Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
3. Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
4. Stir in the cooked rice until everything is well mixed. Let sit over low heat for another 5 minutes.
5. Divide into bowls and enjoy!

Notes

No Beef: Any type of ground meat will work.

Vegetarian & Vegan: Use lentils instead of ground meat.

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

Nutritional amount per serving



410 kcals



16g fat



37g carbs



28g protein



8g fiber

SIMPLE TUNA SALAD


4 servings


10 minutes

Ingredients

4 cans Tuna (drained)
2 Green Apples (chopped)
4 Stalks Green Onion (finely sliced)
55g Mayonnaise
Sea Salt & Black Pepper (to taste)



Notes

How To Serve: Enjoy alone, on crackers, on a sandwich, or over greens.

Leftovers: Refrigerate for 2 to 3 days.

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

Method

1. Add all the ingredients to a large bowl and mix until well combined. Enjoy!

YOGURT & BERRIES


6 servings


5 minutes

Ingredients

1.4kg Plain Greek Yogurt
1.1kg 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 on the bottom.) Enjoy!

Nutritional amount per serving



287 kcals



12g fat



12g carbs



33g protein



3g fiber

Nutritional amount per serving



261 kcals



5g fat



32g carbs



23g protein



5g fiber

TUNA NORI WRAPS



4 servings



15 minutes

Ingredients

- 2 Cans Tuna (drained & flaked)
- 2 Carrots (small, julienned)
- 1 Cucumber (julienned)
- 1 Avocado (peeled & sliced)
- 12 Nori Sheets (snack size)



Method

1. Divide the tuna, cucumber, carrot and avocado onto each nori sheet.
2. Roll or wrap the tuna-stuffed nori and enjoy immediately.

Notes

Serving Size: Each serving size will yield approximately 3 small rolls.

Leftovers: Refrigerate all ingredients (except nori sheets) individually up to 3 days. Assemble and wrap before ready to eat.

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

GREEK YOGURT



4 servings



5 minutes

Ingredients

- 452g Plain Greek Yogurt

Notes

Toppings: Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

Dairy-Free: Use coconut, almond or cashew yogurt instead.



Method

1. Scoop into a bowl and enjoy!

Nutritional amount per serving



190 kcals



8g fat



13g carbs



21g protein



8g fiber

Nutritional amount per serving



90 kcals



2g fat



6g carbs



11g protein



0g fiber

APPLE



2 servings



2 minutes

Ingredients

2 Apples



Method

1. Slice into wedges or enjoy whole.

GROUND TURKEY, RICE & BROCCOLI



6 servings



25 minutes

Ingredients

546g Broccoli (chopped into florets)
22ml Extra Virgin Olive Oil
11ml Coconut Oil
680g Extra Lean Ground Turkey
276g Jasmine Rice (dry)

Notes

Leftovers: Refrigerate up to 3 days. Freeze for longer.

No Ground Turkey: Use ground chicken, beef, lamb or pork instead.

Vegan & Vegetarian: Use roasted chickpeas instead of ground meat.

No Rice: Use quinoa or cauliflower rice instead.



Method

1. Preheat oven to 425°F (218°C).
2. Toss the broccoli florets in olive oil and spread across a baking sheet. Bake in the oven for 12 to 15 minutes, or until slightly crispy and tender.
3. Meanwhile, heat the coconut oil in a large skillet over medium heat. Add ground turkey, breaking it up as it cooks.
4. While the turkey is cooking, cook the jasmine rice according to the directions on the package.
5. Divide the roasted broccoli, ground turkey and jasmine rice between plates or containers. Add your desired spices and enjoy!

Nutritional amount per serving



95 kcals



0g fat



25g carbs



0g protein



4g fiber

Nutritional amount per serving



406 kcals



15g fat



44g carbs



27g protein



3g fiber

SALMON, RICE & ARUGULA



4 servings



25 minutes

Ingredients

454g Salmon Fillet
3g Sea Salt
184g Jasmine Rice (dry, uncooked)
30ml Extra Virgin Olive Oil
½ Lemon (juiced)
80g Arugula



Notes

Leftovers: Refrigerate in an airtight container for up to 3 days.

No Salmon: Use any type of fish fillet instead, or use canned fish.

No Arugula: Use baby spinach, kale or mixed greens instead.

No Rice: Use quinoa instead.

Method

1. Preheat oven to 425°F (218°C).
2. Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
3. While the salmon roasts, make your jasmine rice according to the instructions on the package.
4. Combine the extra virgin olive oil and lemon juice in a jar and mix well.
5. Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

HUMMUS CRUSTED CHICKEN WITH TURMERIC RICE



4 servings



30 minutes

Ingredients

454g Chicken Thighs (skinless, boneless)
62g Hummus
184g Jasmine Rice (dry, uncooked)
3g Turmeric
1 Tomato (large, diced)
120g Baby Spinach



Notes

Use a Rice Cooker: Add the turmeric and tomatoes into the rice cooker along with the rice and water.

Leftovers: Refrigerate in an airtight container up to 3 days.

Method

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Place chicken thighs on the baking sheet and coat with hummus. Bake for 30 minutes or until cooked through.
3. Meanwhile, make the rice according to the directions on the package, adding in the turmeric and chopped tomato while cooking.
4. Divide the chicken, rice and spinach onto plates or into meal prep containers and enjoy!

Nutritional amount per serving



387 kcals



14g fat



39g carbs



26g protein



1g fiber

Nutritional amount per serving



347 kcals



8g fat



43g carbs



28g protein



3g fiber

WEEK 4

Hi there, we've reached week 4 and you have done amazingly well from the small to the big changes you have made. Awesome!

Week 4 of the meal plan is excitingly different. It is a 5 day plan, not a 7 day plan like the rest of the weeks. Why? So you can start being creative by adding in your favorite meals from any of the other weeks. Take the recipes you love and build your own custom menu plan for the next month.



Added to that is an extra page to support you in building your own meal plan in week 5. Remember you've got this - so when you are on your own, you can build your own meal plans and choose recipes you love from our selection.

Who would have thought a chocolate cauliflower shake could taste that good?! Always think of adding a few vegetables into everything you make. Why? A single 100g serving of spinach can help with better appetite control and weight loss.

Add in leafy greens such as kale, spinach, collard greens and Swiss chard to your meals as they contain fiber and nutrients that will keep you fuller for longer; plus the water content within them will keep you hydrated too.

I would suggest to keep reevaluating your goals once a month. Think about your goal for that month and make it measurable. Give yourself relevant steps to follow to achieve the goal. Here is an idea of something you could use as a guide:

'I want to lose 7 pounds in total. I aim to lose ½ pound each week and to make it measurable, I will weigh every third morning. I plan to lose this weight in 4 months. I will make this relevant by increasing the vegetables on my plate by 50% and not eating biscuits and chocolates. It will be relevant to my goal as I will prep my food so I will not snack on sweets and crisps. I will check the progress in 1 month to re-evaluate the goals.'

Well done and keep going!

Angela

PREPARATION SCHEDULE

Day	Preparation	Notes
0 Sun	Grocery shop	Grab your grocery for week #1 and get to it! Don't forget to mark off any items you already have before you head out
	Mix Blueberry Overnight Oats	Mix the oats, almond milk, chia seeds, maple syrup, cinnamon and water. Cover with a lid. Place in a tupperware container in the fridge and let sit for at least 8 hours.
	Make Chickpea, Avocado & Feta Salad	Divide into containers and store in the fridge. You'll be eating this for lunch on Monday & Tuesday
	Wash celery and slice into sticks. Portion out peanut butter into dressing containers.	Divide the sticks into snack-sized zip lock bags and store the peanut butter alongside. You'll be eating this as a snack on Monday & Tuesday
	Dice 1/2 red onion and 1/2 green onion for your Deluxe Portobello Pizzas on Monday night	Store in zip lock bags in the fridge. This will speed up your dinner prep on Monday night
	Check on your oats before bed. If they have thickened up enough, create your overnight jars with blueberries and slivered almonds	If the oats haven't had time to thicken up, complete this task in the morning
	Pack your breakfast, lunch and snacks if you're on-the-go tomorrow	Blueberry Overnight Oats, Chickpea, avocado & Feta Salad and Celery with Peanut Butter
	1 Mon	Finish dividing your overnight oats into jars with blueberries and almonds
Don't forget to take your lunch with you!		
Make Deluxe Portobello Pizzas for dinner		

PREPARATION SCHEDULE

Day	Preparation	Notes
	Prepare Dark Chocolate snacks	Divide into snack-sized bags. One is for tonight and the remainder is for your snack tomorrow evening
	Prepare vegetables for Curried Chicken Crock Pot Stew	Dice the sweet potatoes, drain and rinse the chickpeas, measure out frozen corn and peas, mince the garlic. Place everything in one large mixing bowl. Cover with saran wraps and place in the fridge overnight
	Set out Crock Pot so it is ready to go in the morning	
	Pack your breakfast, lunch and snack if you are on-the-go tomorrow	Blueberry Overnight Oats, Chickpea, Avocado & Feta Salad and Celery with Peanut Butter
2 Tue	Start your Curried Chicken Crock Pot Stew	Throw the ingredients you measured out last night into the slow cooker. Add the spices, broth and chicken breast. Set to low and cover
	Don't forget to take your packed lunch with you!	
	After dinner, divide the remaining Curried Chicken Crock Pot Stew into containers or mason jars	Set aside enough for lunch tomorrow and freeze the remainders. You will eat this in Week #3
	Prepare the ingredients for your morning Blueberry Detox Smoothie	Measure out the blueberries, spinach, banana and chia seeds. Place ingredients in a ziplock bag in the freezer
	Prepare your lunch and snacks for tomorrow	Leftover Curried Chicken Crock Pot Stew and Banana. Finish the smoothie in the morning

PREPARATION SCHEDULE

Day	Preparation	Notes
3 Wed	Finish your Blueberry Detox Smoothie	Throw all the ingredients you measured out last night into the blender. Add almond milk and blend very well until smooth. Divide into mason jars to take with you if you are on-the-go
	Finish packing your breakfast, lunch and snacks	
	Make your Kale, Lentil & Sweet Potato Salad for dinner	Place leftovers in a container for your lunch tomorrow
	Prepare Blueberries & Pistachios snack	Wash blackberries and divide into snack sized bags or bowls. Shell the pistachios and divide bags or bowls. You will have this for a snack tonight and the remainders for snack tomorrow
	Prepare the ingredients for your morning Blueberry Detox Smoothie	Measure out the blueberries, spinach, banana and chia seeds. Place ingredients in a ziplock bag in the freezer. Skip this step if you measured out enough yesterday
	Wash and chop your broccoli for tomorrow night's Cream of Broccoli Soup	Measure out 5 cups of florets and store in a mixing in the fridge. Cover with saran wrap. This will speed up your dinner prep tomorrow
4 Thu	Pack your meals for tomorrow	Leftover Kale, Lentil & Sweet Potato Salad and Banana. Add your smoothie in the morning
	Finish your Blueberry Detox Smoothie	Throw all the ingredients you measured out last night into the blender. Add almond milk and blend very well until smooth. Divide into mason jars to take with you if you are on-the-go
	Don't forget to take your lunch!	

PREPARATION SCHEDULE

Day	Preparation	Notes
	Finish making your Cream of Broccoli Soup	Divide leftovers into containers for tomorrow's lunch
	Start your Blueberry Chia Parfait for tomorrow's breakfast	Mix the chia seeds, almond milk and maple syrup in a glass container. Let it sit overnight
	Pack your snacks and lunch for tomorrow	Cream of Broccoli Soup & Pistachios. Finish your parfaits in the morning
5 Fri	Finish making your Blueberry Chia Parfait	Layer chia pudding into mason jars. Add berries and slivered almonds. Add to your lunch
	Don't forgot to take your lunch!	
	Make Leek, Sweet Potato & Feta Flatbread for dinner	
6 Sat	This can be a 'left over' day or try something from the previous weeks. Here you'll learn to start creating your own schedule.	Start your grocery shopping for next week
7 Sun	This can be a 'left over' day or try something from the previous weeks. Here you'll learn to start creating your own schedule.	Start your meal prep for week #2

SHOPPING LIST

Fruit

- 1 Avocado
- 8 Bananas
- 576g Blackberries
- 148g Blueberries
- 6 Clementines
- 1 Lime

Breakfast

- 129g All Natural Peanut Butter
- 80g Maple Syrup

Seeds, Nuts & Spices

- 138g Cashews
- 144g Chia Seeds
- 5g Cinnamon
- 2g Cumin
- 6g Curry Powder
- 700mg Dried Basil
- 1g Oregano
- 123g Pistachios
- 2g Red Pepper Flakes
- 6g Sea Salt
- 180g Slivered Almonds

Frozen

- 2 Brown Rice Tortillas
- 775g Frozen Blueberries
- 83g Frozen Corn
- 80g Frozen Peas

Vegetables

- 195g Baby Spinach
- 455g Broccoli
- 1 Carrot
- 9 Stalks Celery
- 75g Cherry Tomatoes
- ½ Cucumber
- 2 Garlic
- ½ Green Bell Pepper
- 4 Stalks Green Onion
- 84g Kale Leaves
- 1 Leek
- 48g Mushrooms
- 15g Parsley
- 340g Portobello Mushroom Caps
- 80g Red Onion
- 1 Sweet Onion
- 3 ½ Sweet Potatoes
- 4g Thyme

Boxed & Canned

- 656g Chickpeas
- 363g Crushed Tomatoes
- 792g Green Lentils
- 475ml Vegetable Broth

Baking

- 200g Dark Chocolate
- 122g Oats

Bread, Fish, Meat & Cheese

- 227g Chicken Breast
- 194g Feta Cheese

Condiments & Oils

- 30ml Balsamic Vinegar
- 15g Dijon Mustard
- 52ml Extra Virgin Olive Oil

Cold

- 1.7l Unsweetened Almond Milk

Other

- 1.5l Water

BLUEBERRY OVERNIGHT OATS


4 servings


8 hours

Ingredients

122g Oats
360ml Unsweetened Almond Milk
24g Chia Seeds
40g Maple Syrup
3g Cinnamon
119ml Water
148g Blueberries
144g Slivered Almonds



Method

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
2. Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

Notes

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

BLUEBERRY DETOX SMOOTHIE


2 servings


5 minutes

Ingredients

310g Frozen Blueberries
60g Baby Spinach
2 Bananas (peeled, chopped & frozen)
24g Chia Seeds
480ml Unsweetened Almond Milk



Notes

More Protein: Add protein powder, hemp seeds or nut butter.

Storage: Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.

Prep Ahead: Portion out all ingredients except almond milk into a ziplock bag. Store in the freezer until ready to blend with almond milk.

Method

1. Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

Nutritional amount per serving



414 kcals



23g fat



43g carbs



14g protein



10g fiber

Nutritional amount per serving



280 kcals



8g fat



53g carbs



6g protein



12g fiber

BLUEBERRY CHIA PARFAIT


2 servings


30 minutes

Ingredients

420ml Unsweetened Almond Milk
72g Chia Seeds
20g Maple Syrup
155g Frozen Blueberries (thawed)
36g Slivered Almonds



Notes

No Slivered Almonds: Use shredded coconut or hemp seeds instead.

Chia Will Not Gel: If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!

Method

1. In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
2. Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
3. Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

CHICKPEA, AVOCADO & FETA SALAD


4 servings


15 minutes

Ingredients

328g Chickpeas (cooked, drained & rinsed)
½ Cucumber (diced)
4 Stalks Green Onion (chopped)
15g Parsley (chopped)
1 Lime (juiced)
38g Feta Cheese (crumbled)
7ml Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 Avocado (diced)



Method

1. Combine all ingredients except avocado together in a large mixing bowl. Mix well with a spatula. Top with avocado when ready to serve. Enjoy

Nutritional amount per serving



376 kcals



24g fat



36g carbs



11g protein



14g fiber

Nutritional amount per serving



268 kcals



13g fat



30g carbs



10g protein



10g fiber

CELERY WITH PEANUT BUTTER


4 servings


5 minutes

Ingredients

6 Stalks Celery (sliced into sticks)
129g All Natural Peanut Butter

Notes

Nut-Free: Use sunflower seed butter or hummus instead.



Method

1. Spread peanut butter across celery sticks. Happy munching!

BANANA


2 servings


1 minutes

Ingredients

2 Bananas

Notes

More Protein: Dip in almond butter.



Method

1. Peel and enjoy!

Nutritional amount per serving



201 kcals



17g fat



9g carbs



8g protein



3g fiber

Nutritional amount per serving



105 kcals



0g fat



27g carbs



1g protein



3g fiber

PISTACHIOS



2 servings



1 minute

Ingredients

112g Pistachios, in shell



Method

1. Divide into bowls, peel and enjoy!

DELUXE PORTOBELLO PIZZAS



2 servings



30 minutes

Ingredients

340g Portobello Mushroom Caps (wiped clean & stems removed)
15ml Extra Virgin Olive Oil
1g Oregano
Sea Salt & Black Pepper (to taste)
363g Crushed Tomatoes
80g Red Onion (finely diced)
48g Mushrooms
75g Cherry Tomatoes (halved)
½ Green Bell Pepper (diced)
100g Feta Cheese (crumbled)
2g Red Pepper Flakes (optional)



Method

1. Preheat oven to 400°F (204°C).
2. Line a baking sheet with parchment paper and add mushroom caps. Brush both sides of each with a bit of olive oil. Sprinkle the inside gills with oregano and season with sea salt and black pepper. Place in the oven and bake for 5 minutes.
3. Meanwhile, prepare your veggies.
4. Pull mushroom caps out of the oven and spoon crushed tomato sauce into the caps. Top with diced veggies and sprinkle with feta cheese. Place back into the oven and bake for 15 minutes.
5. Remove pizzas from oven. Plate and sprinkle with some red chili flakes for a bit

Notes

More Veggies: Top with whatever vegetables you have on hand.

No Feta Cheese: Use goat cheese instead.

Vegan: Sprinkle with some nutritional yeast instead of feta.

Prep Ahead: Veggies can be diced in advance and stored in an airtight containers or bags.

Nutritional amount per serving



318 kcals



26g fat



16g carbs



12g protein



6g fiber

Nutritional amount per serving



329 kcals



18g fat



29g carbs



18g protein



8g fiber

CURRIED CHICKEN SLOW COOKER STEW


6 servings


6 hours

Ingredients

1 Sweet Potato (large, diced)
328g Chickpeas (cooked, drained & rinsed)
83g Frozen Corn
80g Frozen Peas
2g Cumin (ground)
6g Curry Powder
2 Garlic (cloves, minced)
475ml Vegetable Broth (or any type of broth)
227g Chicken Breast



Method

1. Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
2. After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
3. Serve the stew on it's own or over brown rice. Enjoy!

Notes

Serving Size: One serving is approximately 1 ½ cups of stew.

Leftovers: Refrigerate in an airtight container for up to 3 days.

More Carbs: Serve it over brown rice.

More Protein: Serve it over quinoa.

Vegan & Budget Friendly: Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

Turn It Into A Soup: Double up on the broth.

More Green Veggies: Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.

Nutritional amount per serving



185 kcals



3g fat



26g carbs



15g protein



6g fiber

KALE, LENTIL & SWEET POTATO SALAD


4 servings


45 minutes

Ingredients

2 Sweet Potatoes (diced into 1 inch cubes)
15ml Extra Virgin Olive Oil (divided)
3g Cinnamon
Sea Salt & Black Pepper (to taste)
396g Green Lentils (cooked, drained and rinsed)
84g Kale Leaves
30ml Balsamic Vinegar
20g Maple Syrup
15g Dijon Mustard
2g Thyme
38g Feta Cheese (crumbled)



Method

1. Preheat oven to 410°F (210°C). Place chopped sweet potato in a mixing bowl and toss with half your extra virgin olive oil, cinnamon and season with a bit of salt and pepper. Place on a parchment-lined baking sheet and bake in the oven for 30 to 35 minutes or until golden.
2. In the meantime, drain lentils and rinse with cold water. Set aside.
3. Place remaining extra virgin olive oil in a frying pan and warm over medium heat. Add in kale leaves and saute just until wilted. Remove from heat immediately.
4. Prepare dressing by mixing balsamic vinegar, maple syrup, mustard and thyme. Mix well.
5. Combine sweet potatoes, lentils, wilted kale, feta cheese and dressing together in a large mixing bowl. Toss well and serve. Enjoy!

Notes

Serving Size: One serving is equal to approximately 2 cups of salad.

More Flavor: Add fresh herbs, chopped walnuts, or pumpkin seeds.

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

Nutritional amount per serving



259 kcals



6g fat



40g carbs



12g protein



11g fiber

CREAM OF BROCCOLI SOUP



4 servings



30 minutes

Ingredients

1 Sweet Onion (chopped)
 1 Carrot (chopped)
 3 Stalks Celery (chopped)
 455g Broccoli (chopped, including stalks)
 1.4l Water
 700mg Dried Basil
 6g Sea Salt
 138g Cashews
 396g Green Lentils (cooked, drained & rinsed)
 60g Baby Spinach (packed)



Method

1. Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
2. In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
3. Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 3 to 3.5 cups of soup, depending on how much liquid simmers off.

Nutritional amount per serving



392 kcals



17g fat



48g carbs



19g protein



14g fiber

LEEK, SWEET POTATO & FETA FLATBREAD



2 servings



20 minutes

Ingredients

½ Sweet Potato (cubed)
 15ml Extra Virgin Olive Oil
 1 Leek (trimmed & sliced)
 15g Baby Spinach
 Sea Salt & Black Pepper (to taste)
 19g Feta Cheese (crumbled)
 1g Thyme
 2 Brown Rice Tortilla



Method

1. Preheat oven to 400°F (204°C).
2. Bring a pot of water to a boil and boil sweet potato until tender (about 10 minutes) and drain.
3. Heat olive oil in a frying pan over medium heat. Add the leeks and cook until soft (about 7 minutes).
4. Add the potatoes to the frying pan and season with sea salt and pepper to taste. Stir and cook for another 2 minutes. Add the handful of baby spinach and stir just until wilted. Remove from heat.
5. Spoon the sweet potato and leek mixture over brown rice tortillas. Sprinkle with feta and thyme. Place the tortillas on a pizza stone or cookie sheet and bake in oven for 12 minutes.
6. Either slice into pieces with a pizza cutter or pull apart and enjoy!

Nutritional amount per serving



292 kcals



11g fat



41g carbs



6g protein



5g fiber

DARK CHOCOLATE


4 servings


1 minute

Ingredients

200g Dark Chocolate (at least 70% cacao)

Notes

Next Level Chocolate: Sprinkle with a bit of coarse sea salt or cayenne pepper for a kick.



Method

1. Break apart chocolate into pieces and divide into bowls. Enjoy!

BLACKBERRIES & PISTACHIOS


4 servings


2 minutes

Ingredients

576g Blackberries
123g Pistachios (shelled)

Notes

Make Them Last: Do not wash blackberries until ready to eat. Once you wash the berries they spoil a lot faster.



Method

1. Divide blackberries into bowls. Top with shelled pistachios. Enjoy!

Nutritional amount per serving



299 kcals



21g fat



23g carbs



4g protein



5g fiber

Nutritional amount per serving



234 kcals



15g fat



22g carbs



8g protein



11g fiber

CLEMENTINES



2 servings



2 minutes

Ingredients

6 Clementines

Notes

Storage: Store clementines in a basket with open sides at room temperature or keep them in your fridge crisper.



Method

1. Peel, section and enjoy!

Nutritional amount per serving



104 kcals



0g fat



27g carbs



2g protein



4g fiber