



4 Week Meal Guide

WEEK 3

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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



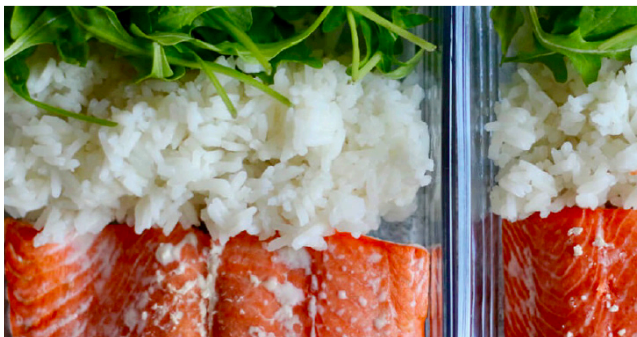
4 servings



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