



4 Week Meal Guide

**WEEK 4**

# 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	Skip this step if you completed the night before
	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
<b>2 Tue</b>	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
<b>3 Wed</b>	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
<b>4 Thu</b>	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)

### 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.



### 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

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