



4 Week Meal Guide
WEEK 3

WEEK 3

Hey it's me again, 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 are not skipping meals, as I know how busy you are and always putting the needs of the family before yours. Remember you are doing this for you - the New You, so make sure you are maintaining that.

Keep it going. Skipping meals will cause the blood sugars to drop and then you will reach for anything, so plan, plan, and plan some more so you have food to hand before you get too hungry and reach for the chocolate bar or muffin.

In week 3 we have some mouthwatering recipes. Spinach and sweet potato frittata that you could make the night before and have it hot or cold. Yummy. And for when the sweet tooth kicks in, try the apple and creamy sunflower dip for a healthy snack. The protein from the nut butter will balance the blood sugars and keep you fuller for longer.

We all have days where things don't go to plan. If you happen to fall of track, don't worry! Remember each day is a new beginning, and you can pick up your meal plan from where you left off.

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.
	Divide and freeze the ground beef and chicken breasts.	Divide the ground beef and chicken breasts into three portions and freeze two portions of each protein. This guide will remind you to thaw them later in the week.
	Make Apple & Creamy Sunflower dip.	Divide between containers and store in the fridge for snacks.
	Make Coconut Yogurt Chicken and Sweet Potato Fries with Creamy Salsa.	Divide between containers and store in the fridge for meals.
	Make Broccoli & Spiced Yogurt	Divide between containers and store in the fridge for snacks.
1 Mon	Make Spinach & Salsa Omelette and Apple & Sweet Potato Hash.	Enjoy immediately or pack if you're on-the-go and store leftovers for breakfast tomorrow.
	Pack your meals if you are on-the-go.	Spinach & Salsa Omelette, Apple & Sweet Potato Hash, Apple & Creamy Sunflower Dip, Coconut Yogurt Chicken, Sweet Potato Fries with Creamy Salsa, Broccoli & Spiced Yogurt.
	Make Beef & Shredded Veggies with Rice for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
	Pack your meals if you are on-the-go.	Spinach & Salsa Omelette, Apple & Sweet Potato Hash, Broccoli & Spiced Yogurt, Beef & Shredded Veggies with Rice, Apple & Creamy Sunflower Dip.

PREPARATION SCHEDULE

Day	Preparation	Notes
2 Tue	Enjoy leftover Coconut Yogurt Chicken and Sweet Potato Fries with Creamy Salsa for dinner.	Reheat in the oven or microwave.
	Make Creamy Sweet Potato Toast.	Divide between containers and store in the fridge for snacks.
	Take one portion of the ground beef out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
3 Wed	Make Beef & Salsa Breakfast Skillet and Shredded Sweet Potatoes.	Enjoy immediately or pack if you're on-the-go and store leftovers between containers.
	Pack your meals if you are on-the-go.	Beef & Salsa Breakfast Skillet, Shredded Sweet Potatoes, Apple & Creamy Sunflower Dip, Coconut Yogurt Chicken, Sweet Potato Fries with Creamy Salsa, Creamy Sweet Potato Toast.
	Make Ground Beef, Broccoli & Rice for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
	Make Egg & Apple snack plate.	Divide between containers and store in the fridge for snacks.
	Take one portion of the chicken breast out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
4 Thu	Pack your meals if you are on-the-go.	Beef & Salsa Breakfast Skillet, Shredded Sweet Potatoes, Creamy Sweet Potato Toast, Ground Beef, Broccoli & Rice, Egg & Apple Snack Plate.
	Make Slow Cooker Salsa Chicken and Broccoli & Jasmine Rice for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

Day	Preparation	Notes
	Enjoy leftover Coconut Yogurt Chicken and Sweet Potato Fries with Creamy Salsa for dinner.	Reheat in the oven or microwave.
	Take one portion of the chicken breast 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	Beef & Salsa Breakfast Skillet, Shredded Sweet Potatoes, Egg & Apple Snack Plate, Salsa Chicken, Broccoli & Jasmine Rice, Creamy Sweet Potato Toast.
	Make Curried Chicken with Broccoli & Sweet Potato for dinner.	Enjoy and store leftovers in the fridge.
	Make Coconut Yogurt with Sunflower Seed Butter.	Divide between containers and store in the fridge for snacks.
	Make Apple with Sunflower Seed Butter.	Divide between containers and store in the fridge for snacks.
	Take one portion of the ground beef out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
6 Sat	Make Spinach & Sweet Potato Frittata.	Enjoy immediately or pack if you're on-the-go and store leftovers for breakfast tomorrow.
	Pack your meals if you are on-the-go.	Spinach & Sweet Potato Frittata, Coconut Yogurt with Sunflower Seed Butter, Curried Chicken with Broccoli & Sweet Potato, Apple with Sunflower Seed Butter.

PREPARATION SCHEDULE

Day	Preparation	Notes
	Make Spiced Beef & Spinach with Rice for dinner.	Store leftovers in the fridge for lunch tomorrow.
7 Sun	Pack your meals if you are on-the-go.	Spinach & Sweet Potato Frittata, Apple with Sunflower Seed Butter, Spiced Beef & Spinach with Rice, Coconut Yogurt with Sunflower Seed Butter.
	Shop and prep for next week.	
	Enjoy leftover Curried Chicken with Broccoli & Sweet Potato for dinner.	Reheat in the microwave or in a pan.

SHOPPING LIST

Fruit

- 32 Apples

Seeds, Nuts & Spices

- 67g Curry Powder
- 3g Sea Salt
- 0 Sea Salt & Black Pepper

Vegetables

- 1.4kg Baby Spinach
- 4.9kg Broccoli
- 46 Sweet Potatoes

Boxed & Canned

- 1.7kg Jasmine Rice
- 2.4kg Salsa

Bread, Fish, Meat & Cheese

- 4.2kg Chicken Breast
- 3.7kg Extra Lean Ground Beef

Condiments & Oils

- 574ml Extra Virgin Olive Oil
- 1.1kg Sunflower Seed Butter

Cold

- 60 Eggs
- 3.8kg Unsweetened Coconut Yogurt

SPINACH & SALSA OMELETTE



8 servings



10 minutes

Ingredients

79ml Extra Virgin Olive Oil (divided)
480g Baby Spinach
24 Eggs
Sea Salt & Black Pepper (to taste)
520g Salsa



Notes

More Flavor: Add red pepper flakes, garlic, and/or paprika to the eggs.

Additional Toppings: Shredded cheese, avocado slices, and/or hot sauce.

No Spinach: Use another leafy green, like kale or arugula.

Method

1. Heat half of the oil in a non-stick pan over medium heat. Add the spinach and cook until tender and wilted. Transfer the cooked spinach to a plate and set aside.
2. Whisk the eggs in a small bowl and season with salt and pepper to taste. Add the remaining oil to the pan. Add the eggs and cook until almost set. Place the salsa and cooked spinach on one half of the omelette and fold the other half over top. Remove from heat and enjoy!

APPLE & SWEET POTATO HASH



8 servings



15 minutes

Ingredients

59ml Extra Virgin Olive Oil
4 Medium Sweet Potatoes, peeled & cut into small cubes
4 Medium Apples, peeled & cut into small cubes
Sea Salt & Black Pepper (to taste)



Notes

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add dried herbs and spices like cumin, cinnamon, and/or garlic powder. Add broken-up sausage to increase the protein.

No Extra Virgin Olive Oil: Use avocado oil or coconut oil instead.

More Veggies: Add spinach or kale and stir until wilted.

Method

1. Heat the oil in a non-stick pan over medium heat.
2. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender.
3. Add the apple and continue to cook for three to five minutes more until the apple is warmed through and begins to soften. Season with salt and pepper to taste. Serve and enjoy!

Nutritional amount per serving



327 kcals



24g fat



8g carbs



22g protein



3g fiber

Nutritional amount per serving



163 kcals



7g fat



26g carbs



1g protein



4g fiber

BEEF & SALSA BREAKFAST SKILLET



12 servings



20 minutes

Ingredients

1kg Extra Lean Ground Beef
1.2kg Salsa
12 Eggs

Notes

Serving Size: One serving equals approximately 1 1/2 cups of the mixture with one egg.

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



Method

1. Add the ground beef to a large skillet over medium heat. Stir occasionally until cooked through, about eight minutes. Stir in the salsa.
2. Gently form a pocket for each egg in the beef salsa mixture. Crack an egg into each pocket and cover the skillet. Cook for five to eight minutes, or until the eggs are cooked to your liking. Scoop into bowls and enjoy!

SHREDDED SWEET POTATOES



12 servings



10 minutes

Ingredients

89ml Extra Virgin Olive Oil
6 Medium Sweet Potatoes, peeled & grated
Sea Salt & Black Pepper (to taste)

Notes

Serving Size: One serving is approximately one cup.

More Flavor: Add dried herbs and spices like cumin, cinnamon, and/or garlic powder. While cooking, leave the sweet potato in the pan without stirring to create brown, crispy bits of flavor before stirring and repeating the process.

No Extra Virgin Olive Oil: Use avocado oil or coconut oil instead.



Method

1. Heat the oil in a non-stick pan over medium heat.
2. Add the grated sweet potato and cook, stirring occasionally, for about five to six minutes or until the sweet potatoes are tender. Season with salt and pepper to taste. Serve and enjoy!

Nutritional amount per serving



249 kcals



13g fat



7g carbs



25g protein



2g fiber

Nutritional amount per serving



116 kcals



7g fat



13g carbs



1g protein



2g fiber

SPINACH & SWEET POTATO FRITTATA



8 servings



25 minutes

Ingredients

30ml Extra Virgin Olive Oil
 2 Medium Sweet Potatoes, peeled & cut into small cubes
 180g Baby Spinach, chopped
 16 Eggs, whisked
 Sea Salt & Black Pepper (to taste)



Notes

More Flavor: Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

Additional Toppings: Salsa, hot sauce, or ketchup.

No Spinach: Use kale or swiss chard instead.

Method

1. Preheat the oven to 400oF (204oC).
2. Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
3. Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
4. Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

APPLE & CREAMY SUNFLOWER DIP



12 servings



5 minutes

Ingredients

506g Unsweetened Coconut Yogurt
 192g Sunflower Seed Butter
 12 Apples, sliced



Notes

Leftovers: Refrigerate the dip in an airtight container for up to three days. Slice the apple just before serving.

More Flavor: Add vanilla extract, cinnamon, or sweetener of choice to the dip.

No Coconut Yogurt: Use Greek yogurt instead.

No Sunflower Seed Butter: Use another nut or seed butter instead.

Method

1. In a small bowl combine the yogurt and sunflower seed butter. Serve with the apple slices for dipping. Enjoy!

Nutritional amount per serving



206 kcals



13g fat



8g carbs



14g protein



1g fiber

Nutritional amount per serving



214 kcals



10g fat



31g carbs



3g protein



6g fiber

COCONUT YOGURT WITH SUNFLOWER SEED BUTTER



8 servings



5 minutes

Ingredients

900g Unsweetened Coconut Yogurt
256g Sunflower Seed Butter

Notes

More Flavor: Add vanilla extract, cinnamon, or sweetener of choice to taste.

Additional Toppings: Fresh berries, banana or other fruit, chopped nuts, chia seeds, hemp seeds, granola.

No Coconut Yogurt: Use Greek yogurt instead.

No Sunflower Seed Butter: Use another nut or seed butter instead.



Method

1. Add the coconut yogurt to a bowl and stir in the sunflower seed butter. Enjoy!

COCONUT YOGURT CHICKEN



12 servings



2hr 15 minutes

Ingredients

1.4kg Chicken Breast, cut into long strips
506g Unsweetened Coconut Yogurt
13g Curry Powder
Sea Salt & Black Pepper (to taste)
67ml Extra Virgin Olive Oil
540g Baby Spinach



Notes

No Coconut Yogurt: Use another type of yogurt, such as dairy yogurt.

More Flavor: Add chili flakes.

Additional Toppings: Serve with toasted pita, naan or rice.

Method

1. In a large bowl, combine the chicken with the coconut yogurt, curry powder, and salt and pepper. Place in the fridge to marinate for two hours, or longer.
2. Heat a skillet over medium heat and add the oil. Once hot, add the chicken strips and cook for five to six minutes. Flip the strips over and cook for an additional five to six minutes, until browned slightly.
3. Add the remaining coconut yogurt marinade to the skillet and cook for two to three minutes, until bubbling. Toss in the spinach and stir to combine and cook until wilted, another two minutes.
4. Divide the chicken and spinach onto plates. Serve and enjoy!

Nutritional amount per serving



253 kcals



21g fat



13g carbs



6g protein



3g fiber

Nutritional amount per serving



215 kcals



10g fat



4g carbs



27g protein



2g fiber

SWEET POTATO FRIES WITH CREAMY SALSA



12 servings



30 minutes

Ingredients

12 Medium Sweet Potatoes, sliced into ¼-inch strips

89ml Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

338g Unsweetened Coconut Yogurt

195g Salsa



Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat in the oven for best results.

Crispy Fries: For crispier fries, toss the sweet potato with arrowroot flour, tapioca flour, or cornstarch before baking.

More Flavor: Toss the sweet potato fries with other seasonings such as a spice mix, garlic powder, cumin, cinnamon and/or paprika.

Method

1. Preheat the oven to 425oF (220oC) and line a baking sheet with parchment paper.
2. Toss the sweet potato with the oil, salt, and pepper on the baking sheet and space out the pieces evenly being sure not to crowd the pan. Bake for 25 to 30 minutes, flipping halfway through.
3. In a small bowl, mix together the coconut yogurt and salsa. Plate the fries and serve with the creamy salsa. Enjoy!

CREAMY SWEET POTATO TOAST



12 servings



15 minutes

Ingredients

6 Large Sweet Potatoes

384g Sunflower Seed Butter

169g Unsweetened Coconut Yogurt



Notes

Leftovers: Refrigerate leftover slices separate from the toppings in an airtight container for up to three days. To reheat, toast each slice until warm, or set the oven to broil for roughly three minutes per side

Additional Toppings: Add hemp seeds, flax seeds, or chia seeds on top.

Method

1. Trim the pointy ends off of the sweet potato then cut it half lengthwise into 1/4 inch slices to create long toast-like pieces.
2. Place the sweet potato slices into the toaster and toast twice or until golden brown. Or set your oven to broil and bake on a sheet for three to six minutes per side, or until golden brown.
3. Once the sweet potato has cooled slightly, add the sunflower seed butter to each slice. Top with coconut yogurt. Enjoy!

Nutritional amount per serving



190 kcals



8g fat



29g carbs



2g protein



5g fiber

Nutritional amount per serving



260 kcals



18g fat



21g carbs



7g protein



4g fiber

EGG & APPLE SNACK PLATE



8 servings



15 minutes

Ingredients

8 Eggs
8 Apples, sliced
450g Unsweetened Coconut Yogurt



Notes

Leftovers: Refrigerate unpeeled hard-boiled eggs in the fridge for up to a week. Slice apple just before serving.

More Flavor: Season the egg with salt and pepper to taste. Add vanilla extract, cinnamon, or sweetener of choice to taste to the yogurt.

No Apple: Use berries, banana, or pear instead.

No Coconut Yogurt: Use Greek yogurt instead.

Meal Prep: Make a batch of hardboiled eggs for the week all at once to avoid hard-boiling one egg at a time.

Method

1. Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
2. Strain the water and fill the saucepan with cold water. Peel the egg when cool enough to handle and slice into halves.
3. Transfer to a plate with the sliced apple and coconut yogurt for dipping. Enjoy!

APPLE WITH SUNFLOWER SEED BUTTER



8 servings



5 minutes

Ingredients

8 Medium Apples, cored and sliced
256g Sunflower Seed Butter



Notes

Leftovers: Refrigerate in an airtight container for up four days.

Method

1. Arrange the apple slices on a plate with sunflower seed butter. Dip and enjoy!

Nutritional amount per serving



194 kcals



7g fat



28g carbs



7g protein



5g fiber

Nutritional amount per serving



292 kcals



18g fat



33g carbs



6g protein



6g fiber

BEEF & SHREDDED VEGGIES WITH RICE



8 servings



20 minutes

Ingredients

368g Jasmine Rice
 907g Extra Lean Ground Beef
 Sea Salt & Black Pepper, to taste
 4 Medium Sweet Potatoes, peeled & grated
 364g Broccoli, finely chopped, riced
 260g Salsa



Method

1. Cook the rice according to package directions.
2. Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, season with salt and pepper to taste.
3. Add the sweet potato and broccoli to the pan with the beef. Continue to cook for five to six minutes more or until the sweet potato and broccoli are tender. Stir in the salsa and season with additional salt and pepper if needed. Divide the rice between plates and top with the beef mixture. Enjoy!

Notes

More Flavor: Add garlic and onions or dried herbs and spices to taste.

Additional Toppings: Green onion, avocado, cilantro, red pepper flakes, and/or more salsa.

No Jasmine Rice: Use quinoa, brown rice, or cauliflower rice.

No Beef: Use ground chicken, turkey, pork, lentils, or chickpeas instead.

GROUND BEEF, BROCCOLI & RICE



8 servings



30 minutes

Ingredients

368g Jasmine Rice, dry & rinsed
 728g Broccoli, chopped into florets
 907g Extra Lean Ground Beef
 3g Sea Salt



Notes

No Jasmine Rice: Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

Serving Size: One serving is equal to approximately 1 cup of cooked rice, 1 cup of broccoli and 1/2 cup of ground beef.

Method

1. Cook the jasmine rice according to the directions on the package.
2. Meanwhile, add the broccoli to a large pan with enough water to cover halfway. Bring to a simmer and cook for 6 to 8 minutes, or until just tender. Transfer the broccoli to a plate and drain any excess liquid from the pan.
3. Add the beef to the same pan and cook over medium heat, breaking it up as it browns. Season with salt to your preference and drain any excess liquid.
4. Divide the rice, broccoli, and ground beef onto plates or into containers. Enjoy!

Nutritional amount per serving



440 kcals



12g fat



56g carbs



28g protein



5g fiber

Nutritional amount per serving



391 kcals



12g fat



44g carbs



28g protein



3g fiber

SLOW COOKER SALSA CHICKEN


8 servings


4 hours

Ingredients

1.1kg Chicken Breast,
boneless & skinless
260g Salsa



Notes

Serve It With: Tacos, our Turmeric Chili Rice, Simple Avocado Salad, Vegan Corn Bread and/or House Salad.

Leftovers: Refrigerate in an airtight container up to 3 days or freeze for up to 6 months.

Too Dry: If you are finding the chicken is too dry after shredding it, stir in extra salsa.

Method

1. Place chicken breasts in the slow cooker and cover them with salsa. Cover with lid and cook on high for 4 hours, or on low for 6 to 8 hours.
2. Remove lid and shred the chicken breasts using two forks. Stir and let the shredded chicken marinate in the salsa for another 10 minutes or more.
3. Remove the chicken from the slow cooker and enjoy!

BROCCOLI & JASMINE RICE


8 servings


15 minutes

Ingredients

368g Jasmine Rice
728g Broccoli, chopped into
small florets
30ml Extra Virgin Olive Oil
Sea Salt & Black Pepper
(to taste)



Notes

Serving Size: One serving is approximately one cup.

No Extra Virgin Olive Oil: Use avocado oil or coconut oil instead.

No Broccoli: Use cauliflower instead.

No Jasmine Rice: Use brown rice or quinoa instead.

Method

1. Cook the rice according to package directions.
2. Meanwhile, add the broccoli to the food processor. Process until it is a rice-like consistency. You may need to do this in batches depending on the size of your food processor.
3. Heat the oil in a large non-stick pan over medium heat. Add the finely chopped broccoli and cook for about five minutes or until warmed through and tender. Season with salt and pepper to taste.
4. Combine the broccoli with the cooked rice. Serve and enjoy!

Nutritional amount per serving



179 kcals



4g fat



2g carbs



32g protein



1g fiber

Nutritional amount per serving



221 kcals



4g fat



44g carbs



6g protein



3g fiber

CURRIED CHICKEN WITH BROCCOLI & SWEET POTATO



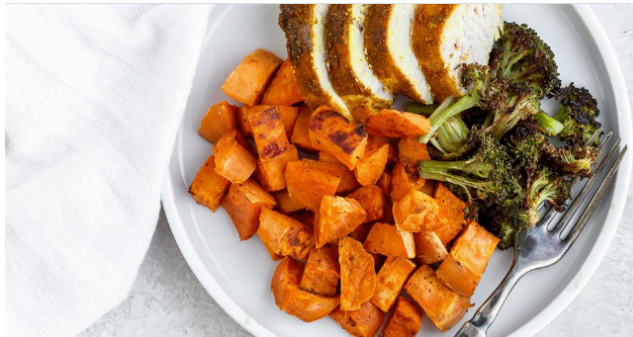
12 servings



35 minutes

Ingredients

12 Small Sweet Potatoes, peeled & cubed
1.6kg Broccoli, cut into florets
133ml Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1.7kg Chicken Breast
19g Curry Powder



Method

1. Preheat the oven to 400oF (204oC) and line a baking sheet with parchment paper.
2. Place the broccoli and sweet potatoes on the baking sheet and season with $\frac{2}{3}$ of the oil and salt and pepper. Bake for 10 minutes.
3. Remove the baking sheet from the oven. Place the chicken on the baking sheet and drizzle with the remaining oil. Season all sides of the chicken with curry powder and salt and pepper. Continue to bake for 22 to 25 minutes, or until the chicken is cooked through.
4. Divide between plates and enjoy!

Notes

More Flavor: Add other dried herbs and spices, like cumin or garlic powder.

No Broccoli: Use cauliflower or Brussels sprouts instead.

SPICED BEEF & SPINACH WITH RICE



8 servings



20 minutes

Ingredients

552g Jasmine Rice
907g Extra Lean Ground Beef
19g Curry Powder
Sea Salt & Black Pepper (to taste)
240g Baby Spinach



Notes

More Flavor: Season the beef with other dried herbs and spices or add fresh garlic and ginger.

Additional Toppings: Cilantro, lime wedges, and/or red pepper flakes.

No Beef: Use ground chicken, turkey, or pork instead.

No Jasmine Rice: Use quinoa or cauliflower rice instead.

Method

1. Cook the rice according to package directions.
2. Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
3. Add the curry powder to the beef and stir to combine. Season with salt and pepper to taste. Add the spinach and stir until the spinach has wilted.
4. Divide the rice between plates and top with the beef mixture. Enjoy!

Nutritional amount per serving



422 kcals



15g fat



36g carbs



38g protein



8g fiber

Nutritional amount per serving



454 kcals



12g fat



59g carbs



28g protein



3g fiber