



4 Week Meal Guide

WEEK 4

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Hi there, it is week 4 and you have done amazingly well from the small to the big changes you have made. Awesome!

Who thought a chocolate cauliflower shake could taste that good. Always think of adding a few vegetables into everything you make. Why? Vegetables provide all the minerals and vitamins needed by your body.

They alkalise the body, supporting weight loss as well as overall good health. Added to that, they are full of fibre to support good gut health. So think vegetables and more vegetables.

You have had 4 weeks of various menus and ideas for all your meals, plus will have worked out which recipes you love, and which ones you're not that keen on. That's great, now you can take the recipes you love and build your own custom menu plan for the next month.

I would suggest to keep reevaluating your goals once a month. Think about your goal for that month and make it measurable. Plus 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 3rd 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 reevaluate the goals.

Well done and keep going!

Angela



PREPARATION SCHEDULE

Task Number	Time	Preparation	Tasks & Notes
1	15 minutes	Curried Chicken Slow Cooker Stew	1. Follow the recipe and combine all ingredients in your slow cooker. Cook on high for 4 hours or on low for 6 to 8 hours. Move onto the next task.
2	15 minutes	Creamy Potato, Leek & Kale Casserole	1. Preheat the oven to 400°F. 2. Follow the recipe and bake for 40 minutes. Set a timer and move onto the next task.
3	15 minutes	Meal Prep Black Bean & Sweet Potato Burritos	1. Follow the recipe to make the burritos. Wrap each burrito in foil. Leave out until cooled. Move onto the next task.
4	10 minutes	Chocolate Cauliflower Shake	1. Prepare smoothie packs by portioning out the cauliflower, banana, cacao powder, protein powder and maca powder into individual zipper lock bags. (Note: In the mornings, dump the contents of the smoothie pack into the blender, add almond butter and almond milk and blend until smooth).
5	10 minutes	Chocolate Cherry Green Shake	1. Prepare smoothie packs by portioning out the cherries, protein powder and baby spinach into zipper lock bags. (Note: In the mornings, dump the contents of the smoothie pack into the blender, add almond milk and blend until smooth).
6	15 minutes	No Bake Apple Cinnamon Bites	1. Follow the recipe to make the bites. Store them in the freezer and move onto the next task.

Note: Each night, take out everything that you will need for the next day, except the smoothie packs, and store in the fridge.

PREPARATION SCHEDULE

Task Number	Time	Preparation	Tasks & Notes
7	1 minute	Creamy Potato, Leek & Kale Casserole	1. Remove from the oven and set aside to cool.
8	10 minutes	Chocolate Zucchini Muffins	1. Set the oven to 350°F. 2. Follow the recipe and bake for 18 minutes. Set a timer and move onto the next task.
9	15 minutes	Skillet Sausage & Apples with Avocado	1. Follow the recipe and divide it into single-serving containers. Leave the lids off until completely cooled. (Note: divide the avocado upon serving).
10	1 minute	Chocolate Zucchini Muffins	1. Remove from the oven and set aside to cool.
11	5 minutes	Breakfast Oatmeal Cookies	1. Follow the recipe and bake for 10 minutes. Set a timer and move onto the next task.
12	10 minutes	Chicken, Rice & Broccoli	1. Follow the recipe instructions to make the rice. Simmer for 40 minutes. Set a timer and move onto the next task.
13	1 minute	Breakfast Oatmeal Cookies	1. Remove from the oven and set aside to cool.
14	10 minutes	Chicken, Rice & Broccoli	1. Set the oven to 400°F. 2. Follow the recipe to bake the chicken for 25 minutes. Set a timer and move onto the next task.

Note: Each night, take out everything that you will need for the next day, except the smoothie packs, and store in the fridge.

PREPARATION SCHEDULE

Task Number	Time	Preparation	Tasks & Notes
15	5 minutes	Freezer Veggie Breakfast Burritos	1. Follow the recipe and bake the veggies for 30 minutes. Use a different rack than the one the chicken is on. Set a timer. 2. Whisk the eggs and scramble them. Set aside and move onto the next task.
16	5 minutes	Creamy Potato, Lentil & Kale Casserole	1. Divide into single-serving containers. Leave the lids off until completely cooled.
17	5 minutes	Chicken, Rice & Broccoli	1. Set a steamer basket over the rice with the broccoli inside and steam for 5 minutes. 2. When done, portion the rice and chicken into single-serving containers with the broccoli. Leave the lids off until completely cooled.
18	5 minutes	Freezer Veggie Breakfast Burritos	1. Assemble the burritos and wrap each burrito in foil. Leave out until cooled. Move onto the next task.
19	5 minutes	Curried Chicken Slow Cooker Stew	1. When ready, portion out into single-serving containers. Leave the lids off until completely cooled.
20	5 minutes	Once everything has cooled	1. Seal everything with lids. Put the burritos in zipper-lock bags. 2. Into the fridge: All of Monday's dishes except for the Chocolate Cauliflower Shake pack. 3. Into the freezer: Every remaining dish.
21	15 minutes		1. Wash dishes/load and start the dishwasher. 2. Wipe counters.

Note: Each night, take out everything that you will need for the next day, except the smoothie packs, and store in the fridge.

SHOPPING LIST

Fruit

- 2 ¾ Apples
- 2 Avocados
- 8 ¼ Bananas
- 1.2kg Cherries

Breakfast

- 97g All Natural Peanut Butter
- 165g Almond Butter
- 53g Maple Syrup

Seeds, Nuts & Spices

- 2g Chili Powder
- 4g Cinnamon
- 10g Cumin
- 8g Curry Powder
- 9g Garlic Powder
- 22g Ground Flax Seed
- 24g Sea Salt

Frozen

- 14 Brown Rice Tortillas
- 1.1kg Frozen Cauliflower
- 241g Frozen Corn
- 106g Frozen Peas

Vegetables

- 240g Baby Spinach
- 728g Broccoli
- 8 ¾ Garlic
- 2 Green Bell Peppers
- 126g Kale Leaves
- 1 ¼ Red Bell Peppers
- 96g Red Onion
- 7 ½ Sweet Potatoes
- 5g Thyme
- 1 ⅔ Yellow Onion
- 6 Yellow Potatoes
- ⅔ Zucchini

Boxed & Canned

- 550g Black Beans
- 370g Brown Rice
- 970ml Canned Coconut Milk
- 433g Chickpeas
- 792g Green Lentils
- 627ml Vegetable Broth

Bread, Fish, Meat & Cheese

- 1.2kg Chicken Breast
- 454g Lamb Sausage

Baking

- 148g Almond Flour
- 759mg Baking Soda
- 60g Cacao Powder
- 14g Cocoa Powder
- 45g Dark Chocolate Chips
- 191g Oats
- 735g Pureed Pumpkin
- 36g Raw Honey

Condiments & Oils

- 48g Dijon Mustard
- 157ml Extra Virgin Olive Oil
- 43g Tamari

Cold

- 9 ⅛ Eggs
- 3.4l Unsweetened Almond Milk

Other

- 340g Chocolate Protein Powder
- 45g Maca Powder
- 1.1l Water

MEAL PREP BLACK BEAN & SWEET POTATO BURRITOS



8 servings



45 minutes

Ingredients

- | | |
|---|------------------------------------|
| 4 ¾ Large Sweet Potatoes, peeled & sliced | 132g Frozen Corn |
| 24ml Extra Virgin Olive Oil | ¾ Green Bell Peppers, diced |
| 1 ½ Medium Yellow Onions, diced | 190ml Water |
| 3 ¼ Garlic Cloves, minced | 48g Dijon Mustard |
| 550g Black Beans, cooked from the can | 3g Cumin |
| | 43g Tamari |
| | 1g Sea Salt (or more to taste) |
| | 8 Brown Rice Tortillas (11 inches) |

Notes

Reheating In The Oven: Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted). Unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).

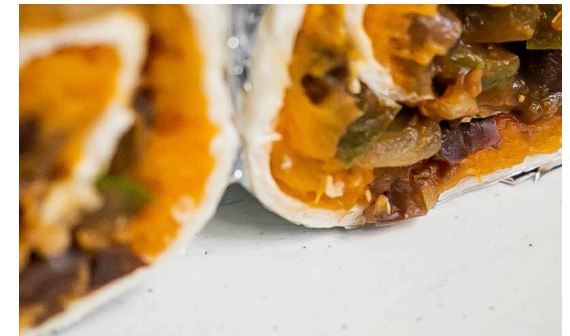
Reheating In The Microwave: Remove foil from defrosted burritos and microwave for 1 to 2 minutes.

Less Work: Use refried beans or process the beans in a food processor.

Serve It With: Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.

Make It Spicy: Add more chili powder, cayenne pepper, hot sauce and/or sliced jalapenos.

No Brown Rice Tortillas: Use corn or whole wheat tortillas instead.



Method

1. Bring a pot of water to a boil. Place sweet potatoes in a steamer over boiling water and cover. Let steam for 7 minutes, or until tender. Mash with a potato masher.
2. Meanwhile, heat oil in a medium skillet and saute the onion and garlic until soft. Set aside.
3. In a bowl, add black beans and mash with a potato masher. Mix in the sauteed onion and garlic, corn, bell pepper, water, mustard, cumin and tamari until thoroughly combined. Season with salt as needed.
4. Divide the mashed sweet potato and black bean mixture evenly between the tortillas and fold into burritos.
5. If eating immediately, heat the burritos in the oven at 350°F (177°C) for 10 to 12 minutes or until warmed through. Wrap the remaining burritos in foil and freeze in a freezer-safe bag. See notes section for instructions on how to reheat.

Nutritional amount per serving



369 kcals



6g fat



66g carbs



12g protein



13g fiber

FREEZER VEGGIE BREAKFAST BURRITOS

 **6 servings**  **30 minutes**

Ingredients

35ml Extra Virgin Olive Oil (divided) 1 ¼ Green Bell Peppers (diced)
 3 Garlic (cloves, minced) 4g Cumin
 96g Large Red Onions (diced) 2g Chili Powder
 1 ¼ Large Sweet Potatoes (peeled & diced into cubes) 4g Sea Salt
 7 ¼ Large Eggs (whisked) 6 Brown Rice Tortillas
 1 ¼ Red Bell Peppers (diced)



Method

1. Preheat oven to 400°F (204°C) and line baking sheets with foil.
2. In a large bowl, combine ¾ of the olive oil, garlic, red onion, sweet potato, bell peppers, cumin, chili powder and salt. Toss well and then spread the veggies across the baking sheets in an even layer. Bake in the oven for 30 minutes or until cooked through, gently tossing at the halfway point.
3. Meanwhile, heat the remaining olive oil in a large skillet over a low-medium heat. Pour the whisked eggs into the skillet and continuously stir to scramble the eggs while they cook. Set aside.
4. Divide eggs and roasted veggies evenly between the tortillas and wrap into burritos.
5. Once cooled, wrap the burritos in foil and freeze in a freezer-safe bag. See notes for how to reheat.

Notes

Reheating In The Oven: Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted). Unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).

Reheating In The Microwave: Remove foil from defrosted burritos and microwave for 1 to 2 minutes.

Serve It With: Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.

Make It Spicy: Add more chili powder, cayenne pepper, hot sauce and/or sliced jalapenos.

No Brown Rice Tortillas: Use corn or whole wheat tortillas instead.

Nutritional amount per serving



329 kcals



14g fat



38g carbs



12g protein



5g 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 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.

Nutritional amount per serving



449 kcals



16g fat



50g carbs



31g protein



17g fiber

CHOCOLATE CHERRY GREEN SMOOTHIE


2 servings


5 minutes

Ingredients

308g Cherries, fresh & pitted or frozen
49g Chocolate Protein Powder
60g Baby Spinach
480ml Unsweetened Almond Milk



Notes

Likes It sweeter: Add more cherries.

Extra Chocolate: Add some cacao or cocoa powder.

Extra Thick: Add ground flax seeds or chia seeds.

No Protein Powder: Use a blend of hemp seeds and cocoa powder instead.

Method

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

CURRIED CHICKEN SLOW COOKER STEW


8 servings


6 hours

Ingredients

1 ½ Large Sweet Potatoes, diced
437g Chickpeas, cooked, drained & rinsed
110g Frozen Corn
107g Frozen Peas
3g Cumin, ground
8g Curry Powder
2 ½ Garlic Cloves, minced
634ml Vegetable Broth (or any type of broth)
302g 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.

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



218 kcals



3g fat



28g carbs



22g protein



6g fiber

Nutritional amount per serving



185 kcals



3g fat



26g carbs



15g protein



6g fiber

NO BAKE APPLE CINNAMON BITES


12 servings


15 minutes

Ingredients

69g Oats, quick or traditional
22g Ground Flax Seed
1g Cinnamon
71g Almond Butter
36g Raw Honey
¾ Apples, peeled, cored & finely diced



Notes

Serving Size: One serving is equal to one ball.

Vegan: Use maple syrup instead of honey.

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

Leftovers: Refrigerate in an airtight container for up to 7 days. Freeze for up to 3 months.

Method

1. Combine oats, ground flaxseed and cinnamon together in a bowl. Mix well. Add almond butter, honey and diced apples. Mix well again.
2. Roll the dough into balls about the size of a golf ball. Wet hands before rolling to prevent sticking.
3. Place the bites on a plate and let sit in the fridge for at least 30 minutes to firm. Then transfer to an airtight container and store in the fridge for 3 to 4 days. Enjoy!

BREAKFAST OATMEAL COOKIES


6 servings


20 minutes

Ingredients

122g Oats, rolled
2 ¼ Bananas, mashed
97g All Natural Peanut Butter
563mg Sea Salt
45g Dark Chocolate Chips



Notes

Serving Size: One serving is equal to one cookie.

No Peanut Butter: Use almond, cashew or sunflower seed butter instead.

Gluten-Free: Use certified gluten-free oats.

Sugar-Free: Use sugar-free chocolate chips or dried cranberries.

Leftovers: Store leftovers in an airtight container in the fridge for 4 to 5 days or freeze them.

Method

1. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, add the oats, mashed banana, peanut butter, and sea salt and mix well. Fold in the chocolate chips and mix again until well combined.
3. Using wet hands, roll the dough into even balls and flatten slightly with your hands. Place on the baking sheet and bake for 10 to 12 minutes.
4. Remove cookies and let cool on the baking sheet for at least 10 minutes. Enjoy!

Nutritional amount per serving



84 kcals



4g fat



10g carbs



2g protein



2g fiber

Nutritional amount per serving



258 kcals



12g fat



31g carbs



7g protein



4g fiber

CHICKEN, RICE & BROCCOLI



8 servings



45 minutes

Ingredients

370g Brown Rice, uncooked & rinsed
948ml Water
907g Chicken Breast, boneless & skinless
59ml Extra Virgin Olive Oil
6g Sea Salt
728g Broccoli, chopped into florets



Notes

No Brown Rice: Use quinoa, jasmine rice, couscous, barley or cauliflower rice instead.

Less Time Soak the rice overnight or slice the chicken in half lengthwise to reduce cooking time.

No Steaming Basket: Toss the broccoli in oil, add to a baking sheet and roast for 10 minutes.

Serving Size: One serving is equal to approximately ¾ cup cooked rice, 1 cup of broccoli and 4ozs of chicken.

Method

1. Preheat the oven to 400°F (204°C). Line a baking dish with parchment paper.
2. Combine the rice and water in a pot and bring to a boil. Reduce the heat to a simmer and cover with a lid. Cook for 40 minutes or until water is absorbed. Remove the lid and fluff with a fork.
3. In the prepped baking dish, coat the chicken with oil and salt. Bake for 25 to 30 minutes, or until cooked through. Set aside and cover with foil while prepping the other ingredients.
4. While the rice is cooking, place broccoli in a steaming basket and add it to the same pot of rice. Steam for 5 minutes or until tender. Set aside.
5. Slice the chicken and divide it, along with the broccoli and rice onto plates or into containers. Enjoy!

Nutritional amount per serving



396 kcals



12g fat



41g carbs



31g protein



4g fiber

CREAMY POTATO, LENTIL & KALE CASSEROLE



8 servings



1 hour

Ingredients

6 Yellow Potatoes, thinly sliced
792g Green Lentils, cooked & drained
126g Kale Leaves, stems removed & leaves torn
970ml Canned Coconut Milk, full fat
735g Pureed Pumpkin
9g Garlic Powder
5g Thyme, stems removed
12g Sea Salt



Notes

Serving Size: A 10 x 13-inch dish was used for 8 servings.

Leftovers: Refrigerate in an airtight container for up to 5 days. Freeze for up to 2 months.

Method

1. Preheat the oven to 400°F (204°C).
2. In a baking dish, arrange 1/3 of the potato slices to form an even layer along the bottom. Spread half the lentils evenly overtop, and then add another layer using half of the kale. Repeat with the remaining potato, lentils and kale, ending with potatoes as your top layer.
3. In a bowl, whisk together the coconut milk, pumpkin, garlic powder, thyme and salt. Pour the mixture over the layers of potato, lentils and kale. Bake for 40 to 45 minutes or until the potato is cooked through and browned on top.
4. Divide onto plates and enjoy!

Nutritional amount per serving



491 kcals



22g fat



60g carbs



15g protein



15g fiber

SKILLET SAUSAGE & APPLES WITH AVOCADO



Ingredients

454g Lamb Sausage, sliced
2 Apples, cored & chopped
3g Cinnamon
2 Avocados, pitted & halved



Notes

No Apple: Use pear or plantain instead.

No Lamb Sausage: Use chorizo, chicken, pork or vegan sausage.

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

Method

1. Place a large skillet over medium heat. Add the sausage, apples, and cinnamon. Cook for 8 to 10 minutes, or until the sausage is cooked through and apples are soft.
2. Divide the sausage, apples, and avocado onto plates or into containers. Enjoy!

CHOCOLATE ZUCCHINI MUFFINS



Ingredients

149g Almond Flour
14g Cocoa Powder
1g Sea Salt
767mg Baking Soda
39ml Extra Virgin Olive Oil
53g Maple Syrup
2 Eggs
 $\frac{2}{3}$ Medium Zucchini, grated



Notes

Serving Size: One serving is equal to one muffin.

Zucchini: One medium zucchini is equal to about 2 cups of grated zucchini.

Storage: Store in the fridge for 5 days or in the freezer for a few months.

Method

1. Preheat your oven to 350oF (177oC) and line a muffin tin with muffin liners. Brush each liner with a small amount of coconut oil, to prevent sticking.
2. In a large mixing bowl, combine the almond flour, cocoa powder, sea salt, and baking soda. Mix well.
3. In a medium-size bowl, whisk together the olive oil, maple syrup and eggs. Add the wet ingredients to the dry. Mix until combined then stir in the zucchini.
4. Spoon the muffin batter between cups, so it's evenly divided, then bake for 18 to 20 minutes, or until a toothpick inserted into the centre of a muffin comes out clean.
5. Let cool completely before eating, to prevent the muffins from sticking to the liners.

Nutritional amount per serving



554 kcals



40g fat



24g carbs



23g protein



10g fiber

Nutritional amount per serving



188 kcals



15g fat



10g carbs



6g protein



3g fiber