
Week 3 & 4

Nutrition Plan

Matt Luxton Health & Fitness



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- Salmon Tatar with Avocado & Mango
- Quinoa Salad with Chilli chicken & Pomegranate Relish
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- Albondigas in Tomato Sauce
- Moroccan Spiced Veg with Cashews & Black Rice
- Chicken in Creamy Mushroom Sauce
- Cherry Sorbet
- Lemon & Poppy Seed Muffins
- Post-Workout Vegan Oat Smoothie

RECIPE KEY

GF Gluten Free

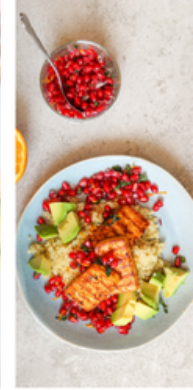
HP High Protein (over 30g per serving)

DF Dairy Free

V Vegetarian

LC Low Carb (under 20g per serving)

Q Quick (under 30 minutes)



MEAL PLAN

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking e.g. 7-8am)	Raspberry & Flaxseed Smoothie Bowl	Vegan Oat Smoothie	Free Choice	Salmon Tatar with Avocado & Mango + serving of bread (optional)	Free Choice	Vegan Oat Smoothie	Raspberry & Flaxseed Smoothie Bowl
LUNCH (Ideally 3-4 hours after meal 1 e.g. 12-1pm)	Quinoa Salad with chili chicken & Pomegranate Relish	Leftover Albondigas in Tomato Sauce + side salad or roasted veg	Quinoa Salad with chili chicken & Pomegranate Relish	Salmon Tatar with Avocado & Mango + serving of bread	Watermelon & Feta Salad + Grilled Chicken Breast	Fish Nuggets with Garlic & Lemon Beans	Watermelon & Feta Salad + Grilled Chicken Breast
SNACK (Ideally between lunch and dinner e.g. 4pm)	E.g. homemade protein bars, nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake	E.g. Vegan Oat Smoothie	E.g. homemade protein bars, nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake	E.g. Vegan Oat Smoothie	E.g. homemade protein bars, nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake	E.g. Vegan Oat Smoothie	E.g. homemade protein bars, nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake
WORKOUT NUTRITION (If applicable)	During: Workout drink with 500ml of water Post: Grilled pears with lemon yogurt	During: Workout drink with 500ml of water Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water Post: Grilled pears with lemon yogurt	During: Workout drink with 500ml of water Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water Post: Grilled pears with lemon yogurt
DINNER (Ideally 3-4 hours after meal 3 e.g. 7-8pm or 60-120 min post workout)	Albondigas in Tomato Sauce + serving of white rice + Remaining macros as you see fit	Moroccan spiced Veg with Cashews & Black Rice + Remaining macros as you see fit	Leftover Moroccan spiced Veg with Cashews & Black Rice + Remaining macros as you see fit	Chicken in Creamy Mushroom Sauce + serving of potatoes + Remaining macros as you see fit	Chicken in Creamy Mushroom Sauce + serving of rice + Remaining macros as you see fit	Meal Out – Enjoy!	Leftover Fish Nuggets with Garlic & Lemon Beans + serving of potato wedges + Remaining macros as you see fit

SHOPPING LIST

VEGETABLES

- 2x avocado
- 2x chili pepper
- 1x red onion
- 3x white onion
- 7 oz. (200g) green beans
- 2x garlic
- 1x aubergine (egg plant)
- 1x zucchini
- 2x carrots
- 1 x sweet red pepper
- 8 oz. (250g) mushrooms
- bunch fresh mint
- bunch fresh parsley
- bunch fresh coriander
- potatoes

FRUIT

- 6x lemon
- 1x orange
- 1x lime
- 1x mango
- 1x pomegranate
- 1x watermelon
- 2x banana

HERBS & SPICES

- chilli powder
- turmeric
- ground coriander
- ground cumin
- harissa spice blend
- oregano
- rosemary

MEATS

- 7oz. (200g) salmon filet
- 10.5 oz. (300g) cod
- 14 oz. (400g) lean beef mince
- 7 oz. (200g) lean pork mince
- 4x chicken thighs

DAIRY & NON DAIRY

- 8x eggs
- pot natural yogurt
- low fat feta cheese
- vanilla soy yogurt
- soy milk

CANS & CONDIMENTS

- beetroot juice
- honey
- black olives
- beef stock
- vegetable stock
- chicken stock
- 2x can chopped tomatoes
- can coconut milk
- almond butter

GRAINS & SEEDS

- flaxseeds
- raw cacao nibs
- quinoa
- ground almonds
- buckwheat flour
- black rice
- white rice
- poppy seeds
- oats

BAKING

- baking powder
- baking sods
- almond extract

FROZEN

- green peas
- raspberries
- cherries

OTHER

- coconut sugar
- olive oil
- coconut oil

RASPBERRY & FLAXSEEDS SMOOTHIE BOWL



Serves: 1
Prep: 10 mins
Cook: 5 mins



Nutrition per serving:
240 kcals **13g Fats**
28g Carbs **8g Protein**



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WHAT YOU NEED:

- 3 tbsp. flaxseeds
- 1/2 cup (100ml) water
- 1 cup raspberries, frozen
- 1/5 cup (50ml) beetroot juice
- 2 tbsp. natural yogurt (or plant based)
- 1 tsp. raw cacao nibs

WHAT YOU NEED TO DO:

Boil the water in the kettle.

Place the flaxseeds in a small pot and add in the water, cook for around 5 mins, until the water turns sticky. Then take off the heat and allow to cool slightly.

Place the raspberries and beetroot juice in a blender and blend until smooth. Next add in the flaxseeds and blend again.

Transfer the smoothie into a bowl and top with the yogurt and cacao nibs. Serve straight away.



SALMON TATAR WITH AVOCADO AND MANGO



Serves: 1
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
282 kcals **17g Fats**
9g Carbs **26g Protein**



WHAT YOU NEED:

- 3.5 oz. (100g) salmon filet, cut in cubes
- ¼ avocado, cut in cubes
- 1 oz. (30g) mango, cut in cubes
- 1 tbsp. lime juice
- 1/3 tsp. honey
- chili pepper, to taste
- handful coriander, chopped

WHAT YOU NEED TO DO:

Wash and dry the salmon, then cut it into small cubes. Next cut the avocado and mango into cubes and add to the salmon.

Mix in the lime juice, chili pepper, and coriander. Season to taste with salt and pepper and mix well.

Set aside to chill in the fridge for at least 10 mins, then serve with toast (not included in nutrition info).

GF DF LC Q



QUINOA SALAD WITH CHILLI CHICKEN & POMEGRANATE RELISH



Serves: 2
Prep: 15 mins
Cook: 15 mins



Nutrition per serving:
522 kcals **17g Fats**
62g Carbs **20g Protein**



WHAT YOU NEED:

- 7 oz. (200g) chicken
- 7 oz. (200g) quinoa, cooked
- 2 tsp. chili powder
- ¼ tsp. smoked paprika
- 2 tsp. honey
- 2 tbsp. orange juice
- 1 tbsp. olive oil
- 1 pomegranate, seeded
- ½ small red onion, finely chopped
- 1 tbsp. orange zest
- 2 tbsp. fresh mint leaves, chopped
- ½ avocado, diced

In the meantime, make the marinade by mixing together the chili powder, paprika, honey, 1 tbsp. orange juice and olive oil. Season with salt and pepper. Cut the chicken into 1/2" slices and coat them in the marinade for at least 10 minutes.

Cook the quinoa according to instructions on packaging.

In the meantime, make the relish, by mixing together the pomegranate, onion, orange zest and 1 tbsp. of juice, mint and a pinch of salt and pepper. Set aside.

Preheat a non-stick grill pan and fry the chicken for about 10 mins, turning halfway, until edges are browned.

WHAT YOU NEED TO DO:

Wrap the chicken in a paper towel or dish cloth, and leave a heavy item on top for at least 15 minutes to press out excess moisture.

Divide the quinoa between two plates with slices of tofu as well as avocado on the side.

GF DF V



FISH NUGGETS WITH GARLIC & LEMON BEANS



Serves: 2
Prep: 20 mins
Cook: 10 mins



Nutrition per serving:
520 kcals **28g Fats**
30g Carbs **43g Protein**



WHAT YOU NEED:

- 10.5 oz. (300g) cod filets
- 2 eggs
- 1.8 oz. (50g) ground almonds
- 1.8 oz. (50g) buckwheat flour
- 1 tbsp. coconut oil
- 7 oz. (200g) green beans
- zest of ½ lemon
- 1 garlic clove, crushed
- 1 tsp. olive oil

WHAT YOU NEED TO DO:

Cut the cod filets into nugget size chucks, season with salt and pepper on both sides.

Crack the eggs into a small bowl and whisk well. Spread the ground almonds and flour onto two separate plates.

Firstly, cover the cod pieces in a layer of flour, then dip in the whisked eggs and finally cover with the ground almonds. Repeat this with all the pieces.

Heat the coconut oil in a large pan and fry the cod nuggets for 8-10 mins, until browned, turning half way.

In the meantime, boil a pot of water and cook the beans for 5-7 mins. Once cooked transfer to a bowl and mix well with the lemon zest, garlic and olive oil. Season to taste with salt and pepper, then serve alongside the cod nuggets.

GF DF HP



WATERMELON & FETA SALAD



Serves: 4
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
159 kcals **14g Fats**
14g Carbs **9g Protein**



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WHAT YOU NEED:

- 1.3 lbs. (600g) watermelon, cut into cubes
- ½ red onion, cut in half rings
- 2 handfuls mint, chopped
- 2.5 oz. (70g) black olives, sliced
- 7 oz. (200g) low fat feta cheese, cubes

WHAT YOU NEED TO DO:

Put all the ingredients in a bowl and gently toss until everything is mixed.

Serve as a side with BBQ meats or on it own as a refreshing light salad.



ALBONDIGAS IN TOMATO SAUCE



Serves: 4
Prep: 15 mins
Cook: 25 mins



Nutrition per serving:
333 kcals **28g Fats**
16g Carbs **38g Protein**



GF DF LC HP

WHAT YOU NEED:

- 1 tbsp. coconut oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 14 oz. (400g) lean beef mince
- 7 oz. (200g) lean pork mince
- 1 egg
- 3 tbsp. parsley, finely chopped
- 1 chili pepper, finely chopped
- 1 tbsp. buckwheat flour
- 1 cup (200ml) beef stock
- 1 can chopped tomatoes
- 7 oz. (200g) green peas, frozen

WHAT YOU NEED TO DO:

Finely chop the onion and crush the garlic. Place in a large bowl with the meats, egg, parsley and chili. Season generously with salt and pepper, then combine everything using your hands.

Form 16 meatballs with your hands about the size of a walnut.

Heat the oil in a pan on low heat and cook the meatballs for about 10 mins, until browned all over, turn them regularly. Once cooked, transfer onto a plate and cover with tin foil.

To the same pan, with the oil and juices, add the flour and stir well on low heat. Slowly add the beef stock, stirring constantly until well combined.

Next add in the chopped tomatoes and green peas, mix well, then return the meatballs to the pan.

Simmer everything for 10 mins and serve with rice or bread (not included in macro



MOROCCAN SPICED VEG WITH CASHEWS & BLACK RICE



Serves: 4
Prep: 10 mins
Cook: 35 mins



Nutrition per serving:
362 kcals **6g Fats**
70g Carbs **10g Protein**



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WHAT YOU NEED:

- 1.8 lbs. (800g) cooked black rice
- 1 tbsp. coconut oil
- 1 medium onion, chopped
- 2 garlic cloves, chopped
- 1 aubergine, chopped
- 2 carrots, chopped
- 1 zucchini, chopped
- 1 sweet red pepper, chopped
- 1 can chopped tomatoes
- 2/3 cup (150ml) vegetable stock
- 1 tbsp. harissa spice blend
- 1 tsp. ground coriander
- 1 tsp. ground cinnamon
- ½ tsp. ground turmeric
- juice of 1 lemon
- handful fresh parsley, chopped
- handful mint leaves, chopped
- 4 tbsp. natural yogurt

WHAT YOU NEED TO DO:

Cook rice according to instructions on packaging. It will take around 35 mins.

In the meantime, prepare all your vegetables, wash and chop them accordingly.

Heat 1 tbsp. of coconut oil in a large pan over medium heat. Add in the onion and garlic and sauté for 5 minutes, stirring regularly.

Next add in all the other chopped vegetables. Season with salt & pepper, and add in the spices. Toss to combine and cook for another 5 mins.

Add in the chopped tomatoes and vegetable stock, and bring to boil. Reduce the heat, cover and simmer for 20 mins until vegetables are tender.

Stir in the lemon juice and parsley. Taste for any additional seasoning. Serve with a side of natural yogurt and a dollop of yogurt.



CHICKEN IN CREAMY MUSHROOM SAUCE



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per serving:
286 kcals **21g Fats**
5g Carbs **21g Protein**



GF DF LC

WHAT YOU NEED:

- 1 tbsp. coconut oil
- 4 boneless skinless chicken thighs (around 100g)
- 1 medium white onion, chopped
- 3 garlic cloves, finely chopped
- 8 oz. (250g) mushrooms, sliced
- 1 tsp. dried oregano
- 1 tsp. dried rosemary
- ½ cup (100ml) chicken stock
- 1 cup (200ml) canned coconut milk
- 1 tbsp. fresh parsley, chopped

WHAT YOU NEED TO DO:

Heat the coconut oil in a large pan.

Season the chicken thighs with salt and pepper, then sear the chicken thighs until browned (about 5 mins each side). Once browned transfer onto a plate and cover with tin foil.

To the same pan, add the onion and garlic and sauté for 5 mins. Next add in the mushrooms and cook for another 3 mins.

Add in the spices and season with salt and pepper to taste, return the chicken to the pan.

Pour in the chicken stock and mix well. Next add in the coconut milk, reduce the heat and leave to simmer for 15 mins.

When serving, sprinkle fresh parsley



CHERRY SORBET



Serves: 4
Prep: 10 mins
Chill: 1 hr



Nutrition per serving:
109 kcals **1g Fats**
24g Carbs **2g Protein**



WHAT YOU NEED:

- 14 oz. (400g) frozen pitted cherries
- 2 tbsp. honey
- 1 tbsp. lemon juice
- 4 tbsp. vanilla soy yogurt (like Alpro)
- 4 tbsp. water
- mint leaves, to serve

WHAT YOU NEED TO DO:

Blitz the frozen cherries in a food processor or high speed blender with the honey, 1 tbsp lemon juice, 4 tbsp yogurt and 4 tbsp water until smooth.

Spoon into a freezer-proof container then freeze for 1 hour.

Scoop out the sorbet into serving glasses, top with mint and serve imminently.

The ingredients will make approx. 8 scoops of sorbet (2 per serving).

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LEMON & POPPY SEED MUFFINS



Makes: 9
Prep: 15 mins
Cook: 15 mins



Nutrition per serving:
192 kcals **9g Fats**
23g Carbs **5g Protein**

WHAT YOU NEED:

- 6.3 oz. (180g) buckwheat flour
- 1 ½ tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 2 tbsp. poppy seeds
- zest from 2 lemons
- 2.3 oz. (65g) coconut sugar
- 2 large eggs
- 5 oz. (150g) vanilla soy yogurt
- juice from 1 lemon
- ½ tsp. almond extract
- ¼ cup melted coconut oil

WHAT YOU NEED TO DO:

Preheat oven to 375F (190C). Line a muffin tin with 9 muffin liners.

In a medium bowl, whisk together the flour, baking powder, baking soda, salt, and poppy seeds.

In a separate bowl add lemon zest and sugar, and rub the lemon zest into the sugar with your fingers. Next add in eggs, yogurt, lemon juice and almond extract; mix until smooth and well combined.

Fold in the dry ingredients until almost combined, then stir in melted and cooled coconut oil.

Divide batter evenly between the 9 muffin cups. Bake in the oven for 15-20 minutes or until toothpick comes out clean.

Let cool completely before serving.



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POST-WORKOUT VEGAN OAT SMOOTHIE



Serves: 1
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
369 kcals **16g Fats**
43g Carbs **15g Protein**



WHAT YOU NEED:

- 2 tbsp. (20g) oats
- 1 small ripe banana
- 1 tbsp. almond butter
- 1 tsp. raw cacao nibs
- 1 cup (200ml) soy milk

WHAT YOU NEED TO DO:

Place the oats in a small bowl and cover with boiling water, then set aside.

Place the banana, almond butter and cocoa nibs into a blender. Add in the soy milk and drained oats, then blitz until smooth.

Serve straight away in a glass.

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