



---

# Week 5 & 6 Nutrition Plan

---

Matt Luxton Health and Fitness

---



# TABLE OF CONTENTS

---

- Asian Scrambled Eggs
- Parsley Crepes with Smoked Salmon
- Post-Workout Potato Pancakes with Cottage Cheese
- Burrito Bowl with Grilled Chicken
- Green Sushi Salad with Crispy Chicken
- Grilled Vegetable Salad with Tuna
- Lebanese Falafel Bowl
- Sweet and Sour Pork
- Keto Tagliatelle with Pea Sauce and Ham
- Matcha Chai Pudding
- Fiery Ginger Coconut Macaroons
- Carotene Boost 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
<b>BREAKFAST</b> (Ideally 30-60 min after waking e.g. 7-8am)	Parsley Crepes with Smoked Salmon	Asian Scrambled Eggs + handful of fresh berries	Potato Pancakes with Cottage cheese	Matcha Chia Pudding	Matcha Chia Pudding	Asian Scrambled Eggs + handful of fresh berries	Parsley Crepes with Smoked Salmon
<b>LUNCH</b> (Ideally 3-4 hours after meal 1 e.g. 12-1pm)	Green Sushi Salad with Crispy chicken	Leftover Burrito Bowl with Grilled Chicken	Green Sushi Salad with Crispy chicken	Potato Pancakes with Cottage cheese	Grilled Vegetable Salad with Tuna	Lebanese Falafel Bowl	Grilled Vegetable Salad with Tuna
<b>SNACK</b> (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. Carotene Boost Smoothie	E.g. homemade protein bars, nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake	E.g. Carotene Boost Smoothie	E.g. homemade protein bars, nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake	E.g. Carotene Boost Smoothie	E.g. homemade protein bars, nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake
<b>WORKOUT NUTRITION</b> (If applicable)	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: 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: Ripe banana with serving of protein powder
<b>DINNER</b> (Ideally 3-4 hours after meal 3 e.g. 7-8pm or 60-120 min post workout)	Burrito Bowl with Grilled Chicken  + Remaining macros as you see fit	Sweet & Sour Pork  + Remaining macros as you see fit	Leftover Sweet & Sour Pork  + Remaining macros as you see fit	Keto Tagliatelle with Peas Sauce & Ham  + Remaining macros as you see fit	Leftover Keto Tagliatelle with Peas Sauce & Ham  + Remaining macros as you see fit	Meal Out – Enjoy!	Leftover Lebanese Falafel Bowl with serving of brown rice  + Remaining macros as you see fit

# SHOPPING LIST

---

## VEGETABLES

- 2x avocado
- 1x chili pepper
- 1x red onion
- 1x white onion
- 1x shallot
- 5oz. (140g) potatoes
- 6x zucchini
- radishes
- 2x tomatoes
- iceberg lettuce
- ginger
- baby cucumbers
- 1x garlic
- 16oz. (450g) asparagus
- 1x red pepper
- beetroot matchsticks
- bunch spring onions
- 7oz. (200g) sugar snaps
- 8.8oz. (250g) cherry tomatoes
- 14oz. (400g) chestnut mushrooms
- 2x carrots
- 7oz. (200g) edamame beans

## FRUIT

- 2x lemon
- 1x lime
- berries
- 1x orange
- 1x peach

## HERBS & SPICES

- fresh coriander
- 2x fresh parsley
- fresh dill
- fresh mint
- fajita spices

## MEATS

- smoked salmon
- 10.5oz (300g) pork loin
- 5oz. (140g) bacon

## DAIRY & NON DAIRY

- 7x eggs
- 2x cottage cheese

- 2x natural yogurt
- 13oz. (375g) natural chicken
- soy cooking cream
- almond milk
- feta cheese

## CANS & CONDIMENTS

- soy sauce
- olive oil
- coconut oil
- kidney beans in chili sauce
- salsa
- rice vinegar
- sesame oil
- 5.6oz. (160g) tuna in oil
- eggplant dip (Baba Ghanoush)
- ginger syrup
- 8.8 oz(250g) canned pineapple
- maple syrup

## FROZEN

- 16oz. (450g) green peas

## GRAINS & SEEDS

- sesame seeds
- flax seeds
- brown rice
- sushi rice
- basmati rice
- chia seeds
- goji berries

## BAKING

- spelt flour
- coconut sugar
- 8oz. (225g) shredded coconut
- crystalized ginger

## OTHER

- sparkling water
- 12x falafels
- soy protein
- matcha powder

# ASIAN SCRAMBLED EGGS



**Serves: 1**  
**Prep: 5 mins**  
**Cook: 5 mins**



**Nutrition per serving:**  
**270 kcals**     **14g Fats**  
**5g Carbs**     **19g Protein**



## WHAT YOU NEED:

- 3 eggs
- soy sauce, few drops
- handful coriander, chopped
- ¼ avocado
- ½ tsp. black sesame seeds, to serve

## WHAT YOU NEED TO DO:

Separate the eggs yolks and whites. Mix the yolks with the soy sauce and chopped coriander.

On dry, non-stick pan fry the egg whites until almost done. Take off the heat and add in the egg yolks, stirring well for about half a minute.

Serve sprinkled with black sesame seeds, additional coriander (optional) and avocado on the side.

LC

GF

DF

V

Q



# PARSLEY CREPES WITH SMOKED SALMON



Serves: 1  
Prep: 10 mins  
Cook: 5 mins



Nutrition per serving:  
356 kcals    17g Fats  
28g Carbs    19g Protein



## WHAT YOU NEED:

- 2 tbsp. spelt flour
- 1 tbsp. flax seeds
- ½ cup (100 ml) sparkling water
- large handful parsley
- 1 tsp. olive oil
- 2 oz. (60g) smoked salmon, sliced
- 4 tbsp. cottage cheese
- 2 tsp. dill chopped
- 2 lemon wedges

## WHAT YOU NEED TO DO:

In a high-speed blender or food processor blend the flour, flaxseeds, water, parsley and olive oil, and salt until smooth, and slightly runny.

Heat a dry non-stick pan on medium heat and using the earlier prepared mixture, make two thin crepes.

In a bowl, mix the cottage cheese with the dill and freshly ground black pepper.

Spread the cheese mixture over the crepe, then top with smoked salmon slices. Serve with a lemon wedge.

### NOTE:

- the texture of the batter needs to be of a drinking yogurt, so add more water as required
- use buckwheat flour for gluten-free option

# POST-WORKOUT POTATO PANCAKES WITH COTTAGE CHEESE



**Serves: 1**  
**Prep: 10 mins**  
**Cook: 10 mins**



**Nutrition per serving:**  
**502 kcals**    **20g Fats**  
**56g Carbs**    **28g Protein**



## WHAT YOU NEED:

### Pancakes:

- 5 oz. (140g) potatoes, peeled and grated
- 1.8 oz. (50g) zucchini, grated
- 1 egg
- ½ shallot, chopped
- 2 tbsp. dill, chopped
- 2 tbsp. spelt flour

### Cheese:

- 1.8 oz. (50g) cottage cheese
- 1 tbsp. natural yogurt
- 2 radishes, chopped
- 1 tbsp. dill, chopped
- ½ shallot, chopped

## WHAT YOU NEED TO DO:

Wash, peel and grate the potatoes using the fine grooves. Wash and grate the zucchini as well. Place in a bowl and add in the egg, shallot, dill, flour and salt & pepper. Mix well until combined.

Heat up a dry non-stick frying pan and fry small pancakes for 3 mins, then flip and fry for another 1 minute.

Finely chop the radish and the other half of the shallot. Mix in with the dill, cheese, and yogurt. Season to taste with salt and pepper.

Serve the pancakes warm with the cheese mix on top.

# BURRITO BOWL WITH GRILLED CHICKEN



**Serves: 4**  
**Prep: 15 mins**  
**Cook: 15 mins**



**Nutrition per serving:**  
**443 kcals**      **36g Fats**  
**47g Carbs**      **34g Protein**



## WHAT YOU NEED:

- 14 oz. (400g) brown rice, cooked
- 1 tbsp. coconut oil
- fajita spices
- 14 oz. (400g) chicken breast
- 2 tomatoes, chopped
- 1 avocado, sliced
- 3.5 oz. (100g) iceberg lettuce, sliced
- 14 oz. (400g) canned kidney beans in chili sauce
- 4 tbsp. natural yogurt
- 4 tbsp. salsa

## WHAT YOU NEED TO DO:

Prepare the rice earlier or use left overs.

In a bowl, mix the oil and spices, then cover the chicken with the mixture.

Heat a non-stick frying pan over medium heat and fry the chicken until cooked throughout, then set aside for a few minutes to cool. Once cool, slice the chicken breasts and assemble the bowl.

Divide the rice between 4 bowls, next add the lettuce, chopped tomato, chili beans and chicken. Finally, top with a dollop of yogurt and salsa.

### NOTE:

- for a vegetarian option use some gilled smoked chicken

# GREEN SUSHI SALAD WITH CRISPY chicken



**Serves: 4**  
**Prep: 20 mins**  
**Cook: 10 mins**



**Nutrition per serving:**  
**490 kcals**      **17g Fats**  
**60g Carbs**      **22g Protein**



## WHAT YOU NEED:

- 8 oz. (250g) sushi rice
- 1 tbsp. rice vinegar
- 13.2 oz. (375g) natural chicken
- 1 tbsp. sesame oil
- 3 cm ginger, grated
- 2 tbsp. soy sauce
- 4 baby cucumbers, sliced
- few slices nori
- 4.4 oz. (125g) seaweed salad
- 7 oz. (200g) edamame beans

## WHAT YOU NEED TO DO:

Boil the rice according to the instructions on the package. Stir in the rice vinegar and allow to cool to room temperature.

In the meantime, drain the chicken. Cover a bowl with a clean tea towel and crumble the chicken above it. Press out as much moisture as possible squeezing the tea towel.

Heat the sesame oil in a wok and stir-fry the chicken for 5 minutes on medium heat. Next, add in the ginger and soy sauce. Stir-fry for 5-7 minutes. Season with salt and salt.

Meanwhile, cut the cucumber into slices and cut the nori into pieces.

To serve, divide the rice between bowls and then the chicken, cucumber, nori, seaweed salad, and soybeans. Serve with extra soy sauce.

GF

DF

V



# GRILLED VEGETABLE SALAD WITH TUNA



**Serves: 4**  
**Prep: 10 mins**  
**Cook: 10 mins**



**Nutrition per serving:**  
**320 kcals**      **24g Fats**  
**13g Carbs**      **12g Protein**



## WHAT YOU NEED:

- 1 lemon
- 5.6 oz. (160g) tuna pieces in sunflower oil
- 0.5 oz. (15g) fresh mint
- 1 garlic clove, crushed
- 2 zucchinis
- 12.3 oz. (350g) asparagus
- 1.8 oz. (50g) pistachio nuts, peeled and chopped

## WHAT YOU NEED TO DO:

Clean the lemon, grate the skin and squeeze out the juice. Drain the tuna, but collect the oil.

Remove the leaves from the sprigs of mint and place in a high cup with the lemon zest, lemon juice, and tuna oil. Add in the garlic and blend until smooth. Season with pepper and salt.

Cut the courgettes into slices and sprinkle with salt and pepper. Heat the grill pan and grill the zucchini for 6 minutes, turning halfway. Then cook the asparagus for 4 minutes, turning halfway.

Place the vegetables in a bowl and add in the marinade, mix gently until covered.

To serve, divide veg and tuna between plates and top with chopped pistachio nuts.

GF

DF

LC

Q



# LEBANESE FALAFEL BOWL



**Serves: 4**  
**Prep: 10 mins**  
**Cook: 20 mins**



**Nutrition per serving:**  
**356 kcals**      **26g Fats**  
**27g Carbs**      **11g Protein**



## WHAT YOU NEED:

- 1 red onion
- 1 red pepper
- 3.5 oz. (100g) asparagus
- 2 tbsp. traditional olive oil
- 12 store-bought falafels, spicy
- 4 tbsp. store-bought roasted eggplant salad with mayonnaise
- 3.5 oz. (100g) low fat feta cheese
- 3.5 oz. (100g) beetroot, matchsticks

## WHAT YOU NEED TO DO:

Cut the onion into wedges. Remove the stalks and seeds from the bell pepper and cut the flesh into strips. Sprinkle the onion, pepper, and asparagus with half the oil.

Heat the grill pan and grill the onion and pepper for 5 mins then add in the asparagus and grill for another 3 mins. Season with salt and pepper.

In the meantime, heat the remaining oil in a frying pan, cut the falafels in half and fry for 6 minutes.

To assemble the salad place the grilled veg, falafels, beetroot and eggplant dip in the bowl and crumble the feta cheese over it.

# SWEET AND SOUR PORK



**Serves: 4**  
**Prep: 10 mins**  
**Cook: 15 mins**



**Nutrition per serving:**  
**446 kcals**      **16g Fats**  
**52g Carbs**      **22g Protein**



GF

DF

Q

## WHAT YOU NEED:

- 7 oz. (200g) basmati rice
- 10.5 oz. (300g) pork loin
- 2 garlic cloves
- 4 spring onions
- 1 tbsp. coconut oil
- 3 tbsp. ginger syrup
- 1 lime, juiced
- 7 oz. (200g) sugar snaps
- 8 oz. (250g) cherry tomatoes
- 8 oz. (250g) pineapple, canned or fresh

## WHAT YOU NEED TO DO:

Cook the rice according to instructions on the packaging.

In the meantime, cut the pork into slices. Finely chop the garlic and slice the spring onions diagonally.

Heat the oil in a wok on high heat, add the pork tenderloin, garlic, ginger syrup, lime juice and season with salt. Stir-fry 2 min, then lower the heat and add in the sugar snaps. Stir-fry for another 4 minutes on low heat.

Next, add in tomatoes and pineapple and stir-fry for another 4 minutes, then take off the heat. Toss in the spring onions and mix.

Once rice is cooked divide everything onto 4 plates and serve.

## NOTE:

- this dish is also very tasty with chicken breast or chicken thighs



# KETO TAGLIATELLE WITH PEA SAUSE AND HAM



**Serves: 4**  
**Prep: 10 mins**  
**Cook: 25 mins**



**Nutrition per serving:**  
**212 kcals**    **13g Fats**  
**18g Carbs**    **17g Protein**



## WHAT YOU NEED:

- 3 zucchinis
- 1 onion, chopped
- 14 oz. (400g) chestnut mushrooms, sliced
- 1 tsp. coconut oil
- 15.8 oz. (450g) of garden peas, frozen
- 1 vegetable stock tablet
- 2/3 cup (150ml) of hot water
- 5 oz. (140g) of bacon, cut into pieces
- ½ cup (125ml) of soy cooking cream

## WHAT YOU NEED TO DO:

Wash and spiralize the zucchinis, then set aside.

Meanwhile, chop the onion and cut the mushrooms into slices. Heat the oil in a frying pan and fry the onion for 2 minutes.

Then add the garden peas and cook for another 2 minutes. Crumble in the bouillon tablet and add the hot water. Bring to the boil and cook the garden peas for 4 minutes until done.

Heat another dry frying pan and fry the bacon for 5 mins, increase the heat and add the mushrooms, cook for another 5 mins.

Take the garden peas from the heat and stir in the cream. Puree with the hand blender into a smooth sauce, then return to the pan. Season with pepper and salt. Add the zucchini to the sauce and heat up for 2-3 mins.

To serve, divide the zucchini between plates and top with the ham and mushrooms.

## NOTE:

- replace zucchini with whole-wheat pasta if not on a low-carb diet

# MATCHA CHAI PUDDING



**Serves: 2**  
**Prep: overnight**  
**Cook: 0 mins**



**Nutrition per serving:**  
**275 kcals**      **9g Fats**  
**19g Carbs**     **23g Protein**



## WHAT YOU NEED:

- 1 oz. (30g) chia seeds
- 1 ½ cup almond milk
- 2 tsp. maple syrup
- 1.4 oz. (40g) unflavoured soy protein isolate (or vanilla)
- 1 tsp. matcha
- 3.5 oz. (100g) fresh or frozen berries, to serve

## WHAT YOU NEED TO DO:

Mix the chia seeds and almond milk and place in the fridge. After an hour, mix and place in the refrigerator to chill overnight.

The next morning, mix in the maple syrup, protein powder, and matcha.

Divide between two bowls and serve with berries.

GF

DF

LC

V



# FIERY GINGER COCONUT MACAROONS



**Makes: 8**  
**Prep: 10 mins**  
**Cook: 20 mins**



**Nutrition per serving:**  
**310 kcals**      **19g Fats**  
**30g Carbs**      **4g Protein**



## WHAT YOU NEED:

- 3 eggs
- 7 oz. (200g) of coconut sugar
- 7.9 oz. (225g) shredded coconut, unsweetened
- 2 tbsp. crystallized ginger, finely chopped
- 1 tsp. red chili pepper, finely chopped

## WHAT YOU NEED TO DO:

Preheat the oven to 180C.

Meanwhile, use a hand mixer to beat the eggs with the sugar until thick, white and airy. This takes about 4 minutes. Mix the shredded coconut, ginger and chili pepper through.

Using the ice cream scoop, scoop the balls of the mixture and place on a baking sheet covered with parchment paper.

Bake in the oven for about 20 min until golden brown.

GF

DF

V



# CAROTENE BOOST SMOOTHIE



**Serves: 2**  
**Prep: 5 mins**  
**Cook: 0 mins**



**Nutrition per serving:**  
**194 kcals**      **8g Fats**  
**23g Carbs**      **6g Protein**



GF DF V Q

## WHAT YOU NEED:

- 2 medium carrots
- ½ orange
- 1 peach
- 7 oz. (200g) natural yogurt
- 6.5oz. (200ml) water
- 2 tbsp. goji berries

## WHAT YOU NEED TO DO:

Wash, peel and roughly chop the fruit and veg, then place them in a high-speed blender alongside the yogurt, water, and goji berries.

Blend until smooth and serve straight away.

### NOTE:

- Add a scoop of vanilla or unflavoured protein powder for a protein boost

