



Week 7 & 8 Meal Plan

12 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.

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RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts

WEEKLY MEAL PLANNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Intermittent Fast	BREAKFAST High Protein Blueberry Pancakes	BREAKFAST Egg, Bacon & Avocado Bowl	BREAKFAST Intermittent Fast	BREAKFAST Egg & Turkey Stuffed Peppers	BREAKFAST Egg & Turkey Stuffed Peppers	BREAKFAST Strawberry Protein Muffins
LUNCH Healthy Coronation Chicken	LUNCH Tuna & Quinoa Toss Salad	LUNCH Healthy Coronation Chicken	LUNCH Tuna & Quinoa Toss Salad	LUNCH Grilled Lemon chicken Salad	LUNCH Leftover Grilled Lemon chicken Salad	LUNCH Leftover Egg & Turkey Stuffed Peppers
SNACK E.g. Strawberry Protein Muffins, Post-Workout Orange Banana Smoothie, PB Protein Fluff	SNACK E.g. Strawberry Protein Muffins, Post-Workout Orange Banana Smoothie, PB Protein Fluff	SNACK E.g. Strawberry Protein Muffins, Post-Workout Orange Banana Smoothie, PB Protein Fluff	SNACK E.g. Strawberry Protein Muffins, Post-Workout Orange Banana Smoothie, PB Protein Fluff	SNACK E.g. Strawberry Protein Muffins, Post-Workout Orange Banana Smoothie, PB Protein Fluff	SNACK E.g. Strawberry Protein Muffins, Post-Workout Orange Banana Smoothie, PB Protein Fluff	SNACK E.g. Strawberry Protein Muffins, Post-Workout Orange Banana Smoothie, PB Protein Fluff
DINNER Chicken Orange Stir Fry	DINNER Leftover Chicken Orange Stir Fry	DINNER Simple chili & Sweet Potato Chips	DINNER Leftover Simple chili & Sweet Potato Chips	DINNER Salmon & Couscous Salad	DINNER Meal Out – Enjoy!	DINNER Leftover Salmon & Couscous Salad



**EGG & TURKEY
STUFFED PEPPERS**

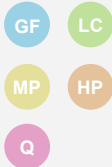
EGG & TURKEY STUFFED PEPPERS



Serves: 4
Prep: 5 mins
Cook: 20 mins



Nutrition per serving:
329 kcal
12g Fats
11g Carbs
43g Protein



WHAT YOU NEED

- 4 eggs
- 4 egg whites
- 2 tbsp. almond milk
- 1 tsp. coconut oil
- 1 small onion, chopped
- 1 lb (450g) lean ground turkey
- 2 tsp. oregano
- 1 tsp. cumin
- 2 cups (60g) spinach, chopped
- 4 red medium bell peppers
- ½ cup (50g) cheese (dairy or plant-based)
- parsley, chopped to serve

WHAT YOU NEED TO DO

Heat oven to 400F (200C).

Beat the eggs, egg whites and milk, then set aside.

Heat the coconut oil in a pan over medium heat. Add the onion and cook for 3 mins until softened and browned.

Add in the turkey, oregano and cumin, season with salt and pepper. Cook until meat is cooked through, about 5 mins. Then add the spinach, and mix until it wilts about 2 mins.

Increase the heat and add in the eggs. Pull the eggs across the skillet with a spatula. Repeat for about 3 mins until eggs are cooked. Then set aside.

Cut the peppers horizontally and remove the seeds, then stuff with the scrambled eggs and turkey.

Place the peppers in a baking dish and sprinkle them with grated cheese.

Bake in the oven for 15 mins, until cheese, has melted and the edges have browned.

To serve sprinkle with chopped parsley.



HIGH PROTEIN BLUEBERRY MUFFINS



HIGH PROTEIN BLUEBERRY PANCAKES



Serves: 1
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
257 kcal
5g Fats
18g Carbs
36g Protein



WHAT YOU NEED

- 1/4 cup liquid egg whites (around 4 eggs)
- 1 scoop (25g) of vanilla whey powder
- 1/2 banana, mashed
- almond milk, if needed
- 1/4 cup (25g) fresh or frozen blueberries
- 1/2 tsp. coconut oil

WHAT YOU NEED TO DO

Whisk together the egg whites and protein powder.

Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.

Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).

Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.

You can also make 3 small pancakes instead of 1 large.

Serve with your favourite toppings.



A top-down view of a white ceramic bowl filled with a salad. The salad consists of diced avocado, hard-boiled egg pieces, crumbled bacon, and diced red bell peppers. The bowl is placed on a white wooden surface. To the left of the bowl is a silver fork. In the background, a brown paper bag is partially visible. A semi-transparent white box with black text is overlaid on the top right of the image.

EGG, BACON & AVOCADO BOWL

EGG, BACON & AVOCADO BOWL



Serves: 1
Prep: 5 mins
Cook: 5 mins



Nutrition per
serving:
378 kcal
32g Fats
14g Carbs
23g Protein



WHAT YOU NEED

- 2 bacon medallions
- 2 hardboiled eggs, chopped
- 1/2 large avocado, chopped
- 1 tbsp. red onion, finely chopped
- 1 tbsp. red bell pepper, finely chopped
- sea salt and ground pepper, to taste

WHAT YOU NEED TO DO

Fry the bacon until crispy in a non-stick pan, let it cool slightly and chop.

Combine the bacon eggs, avocado, onion and bell pepper in a bowl.

Season with salt and pepper to serve.



A top-down photograph of a white ceramic bowl filled with coronation chicken salad. The salad consists of cubed chicken, green bell peppers, and a creamy yellow dressing, all garnished with black pepper. To the right of the bowl, a piece of crusty bread topped with golden mustard seeds is visible. The entire scene is set on a light-colored wooden surface with a striped cloth underneath the bowl.

HEALTHY CORONATION CHICKEN SALAD

HEALTHY CORONATION CHICKEN SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
217 kcal
8g Fats
10g Carbs
25g Protein



WHAT YOU NEED

- 1 tbsp. mayonnaise
- 2 tbsp. Greek yoghurt (0% fat)
- 1 tsp. curry powder (or more, to taste)
- 5 oz. (150g) cold cooked chicken, chopped (leftover roast chicken is perfect)
- 6 dried apricots, chopped
- 1 celery stick, chopped

WHAT YOU NEED TO DO

Mix the mayonnaise, yoghurt and curry powder. If needed, add a splash of water to thin the sauce to the consistency you like.

Stir in the chicken, apricots, celery and almonds and season to taste with salt and pepper.

Serve with a side salad or as a sandwich filling.



A close-up photograph of a white ceramic plate with a speckled pattern. The plate is filled with a salad consisting of fresh green arugula, several stalks of grilled asparagus with charred tips, and three pieces of grilled chicken breast. The chicken is cut into bite-sized pieces and has a golden-brown, slightly charred exterior. A half of a grilled lemon is placed on the left side of the plate. A silver fork is resting on the left side of the plate. The background is a light-colored wooden surface, and a glass of amber liquid is partially visible in the upper left corner.

GRILLED LEMON CHICKEN SALAD

GRILLED LEMON CHICKEN SALAD



Serves: 4
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
242 kcal
8g Fats
2g Carbs
38g Protein



GF

DF

LC

MP

HP



WHAT YOU NEED

- 2 lemons
- 1 1/2 tbsp. oregano
- 1 1/2 tbsp. olive oil
- 2 tsp. minced garlic
- 4 skinless, boneless chicken breasts (around 5 oz. (150g) each)
- 8 oz. (220g) asparagus
- 8 green onions, trimmed
- 1 tsp. coconut oil
- 1 1/2 tbs. white wine vinegar
- 1 packet 4 oz. (120g) rocket

WHAT YOU NEED TO DO

Heat oven to 400F (200C).

Grate lemon rinds to equal 2 teaspoons, then halve the lemons and set aside. Combine lemon peel, oregano, oil, and garlic in a large bowl. Add chicken, season with salt and pepper and toss to cover.

Place the chicken and halved lemons on a baking tray inside the heated oven and bake for 20-25 mins, until the chicken is cooked through and browned. Wait until slightly cooled then chop the chicken.

Heat the coconut oil in a small pan over medium heat and cook the asparagus and green onions for 3 to 4 minutes or until tender, turning occasionally. Cut asparagus and green onions into 2-inch pieces.

Divide the rocket over plates and top with asparagus and green onions. Drizzle with white wine vinegar and season with salt and pepper. Serve with chicken and lemon halves.



TUNA & QUINOA TOSS SALAD



TUNA & QUINOA TOSS SALAD



Serves: 2
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
399 kcal
11g Fats
41g Carbs
37g Protein



GF

MP

HP

Q



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WHAT YOU NEED

For the Dressing:

- 1 tbsp. olive oil
- 2 tsp. red wine vinegar
- 1 tsp. fresh lemon juice
- 1 tsp. Dijon mustard
- salt & pepper, to taste

For the Salad:

- 1 cup (185g) cooked quinoa
- 1/4 cup (50g) chickpeas, rinsed and drained
- 1/2 cucumber, chopped
- 1 tbsp. crumbled feta cheese
- 10 cherry tomatoes, halved
- 2 cans tuna (7 oz./200g drained)

WHAT YOU NEED TO DO

Cook quinoa according to instructions on the packaging.

Combine the dressing ingredients in a small bowl.

Combine quinoa and the remaining ingredients in a bowl.

Drizzle with the earlier made dressing and toss gently to coat.



SALMON & COUSCOUS SALAD



SALMON & COUSCOUS SALAD



Serves: 2
Prep: 10 mins
Cook: 12 mins



Nutrition per
serving:
516 kcal
29g Fats
29g Carbs
36g Protein



WHAT YOU NEED

For the Salmon:

- 2x 4 oz. (115g) pieces of salmon
- 2 tsp. olive oil
- 2 tsp. lemon juice
- Sea salt and pepper

For the Salad:

- 2 cups (150g) iceberg lettuce, chopped
- 1 cup (157g) couscous, cooked
- 1/2 red onion, chopped
- 10 cherry tomatoes, chopped
- 2 tbsp. feta cheese

For the Dressing:

- 1 tbsp. olive oil
- 1 tbsp. fresh lemon juice
- 1/2 tsp. Dijon mustard
- 1/2 tsp. maple syrup or honey (optional)
- Sea salt and pepper, to taste

WHAT YOU NEED TO DO

Preheat oven to 400F (200C). Rub the salmon with olive oil and season with salt and pepper.

Place salmon skin-side down on a baking tray, and pour the lemon juice over the top. Roast for 10-12 minutes, until cooked through.

In the meantime, make the dressing by whisking together all the ingredients.

Prepare the salad by dividing the iceberg lettuce in between bowls, top with cooked couscous, red onion, tomatoes, and feta cheese.

Once salmon is cooked, remove from oven and place on top of the salad. Drizzle with the dressing and serve.



A close-up photograph of a white bowl filled with a chicken orange stir fry. The dish consists of rice, chicken pieces, green beans, red bell peppers, and black sesame seeds. The bowl is placed on a light-colored wooden surface, and a striped cloth is visible in the background.

CHICKEN ORANGE STIR FRY

CHICKEN ORANGE STIR FRY



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
397 kcal
7g Fats
53g Carbs
34g Protein



WHAT YOU NEED

For the Sauce:

- 1 orange, juice only
- 1/3 cup (100g) marmalade (low sugar)
- ¼ cup (60ml) soy sauce
- 1 tsp. siracha (or as needed)
- 1 tbsp. buckwheat flour

For the Stir Fry:

- 1 tbsp. coconut oil
- 1 lb. (450g) chicken breast, chopped
- 1 tbsp. garlic, minced
- 3 springs green onion, chopped
- 1 cup (150g) snap or mangetout peas
- 1 red bell pepper, chopped
- 3 cups (450g) cooked brown rice
- ½ cup (25g) carrot, grated
- 1 tbsp. sesame seeds
- 1 tsp. orange zest

WHAT YOU NEED TO DO

Mix all the sauce ingredients together. Add some water if necessary to thin it down slightly.

Cook rice according to instructions on packaging or use leftover rice.

Heat the coconut oil in a large pan over high heat. Add in the chicken breasts and cook for 4-5 mins until chicken is cooked through. Remove from the pan and set aside.

Lower the heat and add the garlic and green onion cooking for 1 min. Keep string to prevent burning.

Now add the mangetout peas and bell pepper and cook for another 3-4 mins. Add in cooked rice and mix well with the vegetables.

Next add in the cooked chicken, grated carrot and earlier made sauce. Stir well until heated.

Garnish with sesame seeds and more green onion to serve.



A top-down view of a bowl of chili and sweet potato chips. The bowl is filled with a thick, red chili sauce, topped with a mound of green guacamole, fresh green cilantro leaves, and several sliced red chili peppers. The bowl is placed on a light-colored, textured cloth napkin. To the left of the bowl is a wooden spoon. To the right is a whole red chili pepper and a pile of fresh cilantro. In the bottom right corner, there is a small white bowl containing more guacamole with a silver spoon.

**SIMPLE CHILI &
SWEET POTATO CHIPS**

SIMPLE CHILI & SWEET POTATO CHIPS



Serves: 4
Prep: 10 mins
Cook: 40 mins



Nutrition per serving:
382 kcal
16g Fats
33g Carbs
29g Protein



WHAT YOU NEED

For the Potatoes:

- 3 medium sweet potatoes
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 2 tbsp. buckwheat flour
- 1 tbsp. olive oil
- Salt & pepper

For the Simple Chili:

- 1 lb. (450g) lean ground beef
- 1 tbsp. chilli flakes
- 1 can chopped tomatoes (14oz./400g)
- 6 fl. oz. (170ml) water

For the Garnish:

- 2 tbsp. coriander, chopped
- 1 avocado, mashed

WHAT YOU NEED TO DO

Heat the oven to 420F (215C).

Wash the potatoes and cut them into chips. Season the chopped potatoes with the garlic & onion powder, salt & pepper and sprinkle with buckwheat flour. Drizzle with olive oil and cover well by rubbing in.

Spread the potatoes on a baking tray, making sure they are not too close together. Bake in the oven for 40 mins, stirring halfway through.

In the meantime, heat a non-stick pan over a medium-high skillet and add the ground beef. Cook for about 2-3 mins and season with chilli flakes.

Add the chopped tomatoes, water and stir, reducing the heat to low. Simmer uncovered for about 20 mins, until most liquid evaporates.

To serve, divide the potatoes between plates and top with chilli, mashed avocado and sprinkle with coriander.



STRAWBERRY PROTEIN MUFFINS



STRAWBERRY PROTEIN MUFFINS



Makes: 12
Prep: 10 mins
Cook: 25 mins



Nutrition per
cookie:
91 kcal
4g Fats
9g Carbs
6g Protein



WHAT YOU NEED

- 1 cup (120g) oat flour
- 1/4 cup (25g) vanilla protein powder
- 1 tbsp. lemon juice
- Zest of 1/2 a lemon
- 2 tbsp. stevia
- 1/2 tsp. baking soda
- pinch sea salt
- pinch cinnamon
- 1 tbsp. coconut oil, melted
- 3/4 cup egg whites (around 3 eggs)
- 2 tbsp. unsweetened almond milk
- 1/2 cup (125g) non-fat Greek yoghurt
- 1 tsp. vanilla extract
- 1/2 cup (100g) strawberries, chopped into small pieces
- 1/4 cup (45g) 75% dark chocolate, chopped

WHAT YOU NEED TO DO

Preheat oven to 350F (180C).

Mix all dry ingredients, except the chocolate chips, and then mix in all wet ingredients. Stir until a smooth batter is formed, then lightly stir in strawberries and chocolate chips (leave a few aside to top the muffins).

Line a muffin tray with muffin liners and spray with oil. Make sure you spray the liners (paper or silicone), or the muffins will stick.

Pour the batter evenly into the muffin tin. Drop 3-5 mini chocolate chips on top of each muffin.

Bake the muffins for 23-25 minutes or until the muffins are cooked through and the edges browned.

Remove from the oven, and let the muffins cool before serving.

NOTE:

Muffins will keep in a sealed container for 1-2 days at room temperature or 5-7 days in the fridge.





**PEANUT BUTTER
PROTEIN FLUFF**

PEANUT BUTTER PROTEIN FLUFF



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
244 kcal
20g Fats
9g Carbs
9g Protein



WHAT YOU NEED

- 1 cup (250g) full-fat Greek yoghurt
- 2 tbsp. peanut butter or almond butter
- 2 tsp. stevia
- favourite garnish (banana, granola, blueberries)

WHAT YOU NEED TO DO

Add the yoghurt, nut butter and stevia into a small mixing bowl and whisk together using a hand mixer, until fluffy.

Transfer the mix into a bowl and top with your favourite toppings to serve.



A close-up photograph of a glass filled with a vibrant orange smoothie. The smoothie is topped with several pieces of white, flaked coconut. The glass is clear and has a textured surface. The background is a soft, out-of-focus light color.

**POST-WORKOUT
ORANGE BANANA SMOOTHIE**

POST-WORKOUT ORANGE BANANA SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
363 kcal
11g Fats
46g Carbs
25g Protein



WHAT YOU NEED

- 1 medium banana
- 1 orange, peeled
- 1 scoop (25g) vanilla protein powder
- 1 tbsp. coconut flakes
- 1 cup (230ml) almond milk

WHAT YOU NEED TO DO

Add all ingredients into a high powered blender and blend until smooth.

