

MEAL PLANNING GUIDE



FAT LOSS MENTORSHIP PROGRAMME

INTRODUCTION



INTRODUCTION

Failing to prepare food is probably the biggest reason people end up not doing well with their nutrition.

In my time coaching, the people who are most successful on their nutrition are the ones who are planning their meals, and prepping what needs prepping in advance.

So it's super important for you to plan and prep your meals.

This doesn't mean you need to be completely anal about it, eating all your Instagram ready meals out of plastic tubs, but you do need to have a clear picture of certainly most of what you'll be eating, most of the time.

So many people ask me 'how can I eat well and in line with my goals while still feeding my family too?' The answer is simple - plan it out!

There's no need to cook 3 different meals a night that's for sure!

But if you've not planned, you may end up doing this, or doing what many people do, which is 'just eating what everyone else does as it's easier'.

Here's the thing - everyone else's calorie intake has zero bearing on YOUR results.

So let's get it planned out, so it fits in with your life, and you can crush your goals.

Let's make this easy...

Make sure you check out this meal planning guide, as this will help show you a super simple and efficient way to get this done.

But hey, if it doesn't work perfectly

for you, make some adaptations so it does work for you.

The key thing here is to ensure your meal planning is simple, easy, time efficient, and gets the job done for YOU.

Also, choose how often you want to plan your meals. Could be the day before, could be a few days at a time, could be a week in advance.

Whatever fits for you and your life.

Cool thing with your meal planning as well, as so long as you're varying what you're eating day to day a little, there's nothing to say you can't just eat the same each week.



CHEAT SHEET



CHEAT SHEET

1) LOOK AHEAD AT YOUR WEEK

- What have you got coming up?
- What meals you need to prep?
- What meals you have more time for?
- When are you working out?
- What meals will you adapt for family/friends?

2) MAKE A MENU

- Doesn't need to be 5 star, but do keep it interesting and fun
- YOU need to be able to stick to it
- For most meals: Pick a protein, pick some veggies/fruits, pick some healthy fats
- For post workout meals: Pick a protein, pick some veggies, pick some carbs
- 90% fresh, natural, wholesome foods THAT YOU LIKE
- 10% *whatever* foods . . . THAT YOU LIKE

3) HEALTHY SNACKS

- Pick some that are in line with your goals
- Keep some on hand in case you need them

4) MAKE IT AS EASY AS POSSIBLE

- Breakfasts – pick 3-4 that are in line with your goals and the nutrition, that you like, and can easily make Lunches – think about things like soups, salads, leftovers as time savers
- Dinners – Slow cooker, tray bakes, pre-prepped and frozen, stir fries, 'contingency'

5) GET THE SHOPPING IN

- You'll likely need to shop for fresh stuff every 3-4 days
- Buy the best you can with the budget you have

6) PREP WHAT YOU NEED

- Prep the meals that need prepping for the week/few days
- Can also bulk prep things like veggies, proteins so they're always on hand
- Once prepped, make sure food is stored safely and on hand for when you need it

7) USE OUR SAMPLE MEAL PLAN AS A GUIDE

- By all means start off by using our example meal plan, which uses recipes from our book!

GET PLANNING!



EXAMPLE PLAN

DAY	MEAL 1	MEAL 2	MEAL 3	SNACKS
Monday	0% Greek Yoghurt Winter Warmer Recipe	Chicken Salad Chicken and ALL The Salad Recipe	Beef Chilli 5% Beef Chili Recipe (make extra for lunch)	Protein Shake + handful of fresh berries
Tuesday	Smoothie Strawberry Smoothie Bowl	Beef Chilli, with Sugar Snap Peas, Cucumber and Sliced Bell Pepper	Cod Dinner Miso Cod with Broccoli and Kale Rice	100g 0% Yoghurt + 20g Protein Powder Fruit
Wednesday	Scrambled Eggs and Tomatoes (2 whole eggs + 2/3 egg whites)	Prawn salad Use ANY Salad Recipe and Exchange Protein with Prawns	Chicken Skewers Chicken Skewers Recipe (make extra for lunch)	Grenade Carb Killa Protein Bar
Thursday	0% Greek Yoghurt Keeping It Simple Recipe	Left over Chicken Skewers from last night	Steak Dinner See Steak with Roasted Veg Recipe	Protein Shake + handful of fresh berries
Friday	Smoothie Super Green Smoothie Recipe	Chicken Salad Vitality Chicken Salad Recipe	Fish Pie Fish Pie with Cauliflower Mash Recipe	100g 0% Yoghurt + 20g Protein Powder Fruit
Saturday	Protein Pancakes Protein Pancakes Recipe	Bacon Eggs and Beans Brunch – Bacon Eggs & Beans Recipe	Chicken Curry Chicken Curry For All The Family Recipe	Grenade Carb Killa Protein Bar
Sunday	Cooked Breakfast Cooked Breakfast Recipe	Chicken Pizza Lo- Dough Pizza Recipe	Chilli Prawns Chilli Prawns Recipe	Protein Shake + handful of fresh berries

WEEK 1	MEAL 1	MEAL 2	MEAL 3	SNACKS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

WEEK 2	MEAL 1	MEAL 2	MEAL 3	SNACKS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

WEEK 3	MEAL 1	MEAL 2	MEAL 3	SNACKS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

WEEK 4	MEAL 1	MEAL 2	MEAL 3	SNACKS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

WEEK 5	MEAL 1	MEAL 2	MEAL 3	SNACKS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

WEEK 6	MEAL 1	MEAL 2	MEAL 3	SNACKS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



FOOD LISTS

PROTEINS

LEAN Proteins	Higher FAT Proteins	Legumes
Chicken Turkey Game Meat Chicken Sausages Turkey Mince Egg White Tuna (fresh) Tuna (canned in water) Cod Haddock Hake Sole Pollock Mahi Mahi Prawns Lobster Shrimp 0% Plain Greek Yoghurt Fat Free Cottage Cheese Fat Free Quark Fat Free Protein Cheese Protein Powder (whey, vegan - rice, pea, hemp) Low Fat Quorn (check nutrition label for high protein, low fat and carbohydrates)	Beef Mince (see labels for lower fat varieties) Beef Steak (see labels for lower fat varieties) Beef Joint Lamb Pork (see below about refined meat) Back Bacon (suggest remove fat) Whole Eggs (Incl the yolk) Salmon Herring Sardines Mackerel Kipper Anchovies Halibut Trout Cheese (most cheeses are pretty high in fat, and I recommend you search for lower fat options, and eat cautiously) Processed Meat* Ham Sausage Chorizo Pepperoni	Lentils Chick Peas Kidney Beans

*After having read some recent articles I don't recommend regularly eating processed meats, it seems there is links to illnesses. If you do I would class them as usually higher fat protein sources and generally not a healthy choice



VEGETABLES – FRESH & FROZEN ARE GREAT!

A to Ce	Ch to L	M to Z
Aubergine Asparagus Artichoke Brussels Sprouts Broccoli Beans in a Pod Beans (Green) Beans (String or Runner) Beetroot Carrots Cauliflower Celery Frozen Peas (you can throw in the microwave when needed)	Chilli Pepper Courgette Fennel Garlic Kale Leek Lettuce	Mushrooms Onion Peas Mange Tout Sugar snap Peas Petit Pois Pumpkin Rocket Shallots Spinach Sweet Pepper Squash Tomato Turnip Tinned Tomatoes Plum Tomatoes Watercress

FRUIT – FRESH & FROZEN ARE FINE!

A to C	G to Pa	Pe to Z
Apples Apricots Blackberries Blackcurrant Blueberries Cherries Cranberries TIP: Packs of Frozen Berries/ Fruit = Awesome	Grapefruit Kiwifruit Lemon Lime Mango Melon Oranges Passion Fruit Pineapple	Peaches Pears Plums Pomegranate Raspberries Redcurrants Strawberries Tangerines Grapes

HEALTHY FATS – FOODS HIGHER IN FAT

Healthy Fats (higher fat foods)	
<p>To cook with: (Rarely have to) Olive Oil Coconut Oil Butter</p> <p>Nut Butters (watch the calories on these)</p> <p>Peanut Butter Cashew Nut Butter Almond butter Cashew Nut Butter Hazelnut Butter (can be purchased from Holland & Barrett)</p>	

STARCHY CARBOHYDRATES*

Starchy Vegetables and Fruit	Starchy Carbs (healthier kinds)
Sweet Potato New Potatoes Potatoes Parsnips Swede Bananas	White Rice Brown Rice Wild Rice Microwave Rice Oats Couscous Quinoa (microwaved or fresh) Rice Noodles Rice Flour Pasta Lo- Dough Flat Breads Gluten Free Protein Wraps

*Follow guidelines with the starch

HERBS, SPICES, CONDIMENTS & SHOP BOUGHT EXTRAS*

Herbs and Spices	Condiments	Shop Bought Extras
Oregano	Olive oil	Pure Tomato Puree
Paprika	Apple Cider Vinegar	Pure Tomato Passata
Parsley	Balsamic vinegar	Tinned Chopped Tomatoes
Mint	Lemon Juice	Coconut Milk
Rosemary	Lime Juice	Mustard
Saffron		
Sage	Sea Salt (Not Table Salt)	Easy Thai Curry Kit – red, green or yellow (can be purchased from Tesco, Sainsbury's and other supermarkets)
Tarragon	Pepper	
Thyme		
Turmeric		
Horseradish		
Basil		
Cardamom Seeds		
Cayenne		
Chilli Powder		
Chives		
Cinnamon		
Cloves		
Coriander		
Cumin		
Fennel Seed		
Garlic		
Ginger		
Nutmeg		
Chilli Pepper		
Courgette		
Fennel		
Garlic		
Kale		
Leek		
Lettuce		

*Things to use instead of the typical jarred sauces that tend to be high calories