



Date: 18 August 2018

Practitioner: Rachel Aust

Client Name: Example Plans

Meal Plan

	Monday
Breakfast	Tuna & Asparagus Omelette, 0.5 serving (197 g)
Lunch	Chicken Pesto Broccoli Pasta, 1 serving (369 g)
Dinner	Lean Pork Sweet Potato Broccoli, 1 serving (402 g)
Snacks	Protein Shake with Frozen Berries, 0.5 serving (233 g)

	Tuesday
Breakfast	Tuna & Asparagus Omelette, 1 serving (393 g)
Lunch	Chicken Pesto Broccoli Pasta, 0.5 serving (185 g)
Dinner	Lean Pork Sweet Potato Broccoli, 0.5 serving (201 g)
Snacks	Protein Shake with Frozen Berries, 1 serving (465 g)

	Wednesday
Breakfast	Tuna & Asparagus Omelette, 0.5 serving (197 g)
Lunch	Chicken Rice and Broccoli, 0.5 serving (155 g)
Dinner	Chicken Pesto Broccoli Pasta, 1 serving (369 g)
Snacks	Protein Shake with Frozen Berries, 1 serving (465 g)

	Thursday
Breakfast	Tuna & Asparagus Omelette, 1 serving (393 g)
Lunch	Chicken Rice and Broccoli, 0.5 serving (155 g)
Dinner	Chicken Pesto Broccoli Pasta, 0.5 serving (185 g)
Snacks	Protein Shake with Frozen Berries, 1 serving (465 g)

	Friday
Breakfast	Protein Shake with Frozen Berries, 0.5 serving (233 g)
Lunch	Chicken Sweet Potato Broccoli, 1 serving (431 g)
Dinner	Tuna and Egg Pasta, 1 serving (350 g)
Snacks	Ham & Asparagus Omelette, 0.5 serving (160 g)

	Saturday
Breakfast	Protein Shake with Frozen Berries, 1 serving (465 g)
Lunch	Chicken Sweet Potato Broccoli, 0.5 serving (216 g)
Dinner	Tuna and Egg Pasta, 1 serving (350 g)
Snacks	Ham & Asparagus Omelette, 0.5 serving (160 g)

	Sunday
Breakfast	Tuna & Asparagus Omelette, 1 serving (393 g)
Lunch	Tuna and Egg Pasta, 0.5 serving (175 g)
Dinner	Lean Pork Sweet Potato Broccoli, 0.5 serving (201 g)
Snacks	Protein Shake with Frozen Berries, 1 serving (465 g)

Meal Plan Summary

	Breakfast	Lunch	Dinner	Snacks
M O	Tuna & Asparagus Omelette, 0.5 serving (197 g)	Chicken Pesto Broccoli Pasta, 1 serving (369 g)	Lean Pork Sweet Potato Broccoli, 1 serving (402 g)	Protein Shake with Frozen Berries, 0.5 serving (233 g)
T U	Tuna & Asparagus Omelette, 1 serving (393 g)	Chicken Pesto Broccoli Pasta, 0.5 serving (185 g)	Lean Pork Sweet Potato Broccoli, 0.5 serving (201 g)	Protein Shake with Frozen Berries, 1 serving (465 g)
W E	Tuna & Asparagus Omelette, 0.5 serving (197 g)	Chicken Rice and Broccoli, 0.5 serving (155 g)	Chicken Pesto Broccoli Pasta, 1 serving (369 g)	Protein Shake with Frozen Berries, 1 serving (465 g)
T H	Tuna & Asparagus Omelette, 1 serving (393 g)	Chicken Rice and Broccoli, 0.5 serving (155 g)	Chicken Pesto Broccoli Pasta, 0.5 serving (185 g)	Protein Shake with Frozen Berries, 1 serving (465 g)
F R	Protein Shake with Frozen Berries, 0.5 serving (233 g)	Chicken Sweet Potato Broccoli, 1 serving (431 g)	Tuna and Egg Pasta, 1 serving (350 g)	Ham & Asparagus Omelette, 0.5 serving (160 g)
S A	Protein Shake with Frozen Berries, 1 serving (465 g)	Chicken Sweet Potato Broccoli, 0.5 serving (216 g)	Tuna and Egg Pasta, 1 serving (350 g)	Ham & Asparagus Omelette, 0.5 serving (160 g)
S U	Tuna & Asparagus Omelette, 1 serving (393 g)	Tuna and Egg Pasta, 0.5 serving (175 g)	Lean Pork Sweet Potato Broccoli, 0.5 serving (201 g)	Protein Shake with Frozen Berries, 1 serving (465 g)

Recipes

Protein Shake with Frozen Berries

Protein shake with frozen berries 1 serving. Ready in 5 min.

Ingredients

Whole Milk, **1 cup (244 g)**

Greek Yogurt (Low Fat), **3 tbsp (51 g)**

Whey Protein, **1 scoop (30 g)**

frozen mixed berries, **0.75 cup (140 g)**



Instructions/Preparation

1. Mix together all the ingredients in a blender.
2. Blend for a minute until the drink acquires a consistent texture.

Extra comments/notes

You can prepare protein shakes in bulk and keep them in suitable containers/bottles to consume on the go.

Tuna & Asparagus Omelette

Tuna & Asparagus Omelette 1 serving. Ready in 15 min.

Ingredients

Raw Egg, **3 egg (129 g)**

Light Tuna, Canned in Water, **1 can (165 g)**

Asparagus, Fresh, **4 spear, medium (5-1/4" to 7" long) (64 g)**

Onion, Fresh, **2 tbsp chopped (20 g)**

Coconut Oil, **1 tbsp (13 g)**

Black Pepper, **1 teaspoon (2 g)**

Instructions/Preparation

1. Heat the oil in a non-stick pan,
2. Chop the onion into tiny pieces.
3. Add the onion to the pan at medium heat. Cook for 2 minutes stirring frequently.
4. Chop each asparagus spear into 3 or 4 pieces. Add the pieces to the pan.
5. Crack the eggs into a bowl and beat with a fork or mixer until mixed.
6. Add the eggs to the pan, spreading the mix evenly over the pan's surface. The mix should form a circle.
7. Cook the egg omelette at medium heat for 3–4 minutes without stirring the eggs (or the omelette will break into scrambled eggs).
8. Add the tuna from the can over the egg surface. Optionally, add a dash of black pepper.
9. Cook for another minute. Then, try to fold the omelette so that it closes in a semi-circle shape (as shown in picture).
10. Serve and eat whilst hot.

Extra comments/notes

If your omelette breaks whilst cooking it is not a problem. You can scramble the eggs and have an equivalent dish.



Ham & Asparagus Omelette

Ham & Asparagus Omelette 1 serving. Ready in 15 min.

Ingredients

Raw Egg, **3 egg (129 g)**

Asparagus, Fresh, **4 spear, medium (5-1/4" to 7" long) (64 g)**

Onion, Fresh, **2 tbsp chopped (20 g)**

Coconut Oil, **1 tbsp (13 g)**

Black Pepper, **1 teaspoon (2 g)**

Ham, Lunchmeat, **4 slice (92 g)**



Instructions/Preparation

1. Heat the oil in a non-stick pan,
2. Chop the onion into tiny pieces.
3. Add the onion to the pan at medium heat. Cook for 2 minutes stirring frequently.
4. Chop each asparagus spear into 3 or 4 pieces. Add the pieces to the pan.
5. Crack the eggs into a bowl and beat with a fork or mixer until mixed.
6. Add the eggs to the pan, spreading the mix evenly over the pan's surface. The mix should form a circle.
7. Cook the egg omelette at medium heat for 3–4 minutes without stirring the eggs (or the omelette will break into scrambled eggs).
8. Add the ham slices over the egg surface. You can add the whole slices, or cut them into pieces.
9. Optionally, add a dash of black pepper.
10. Cook for another minute. Then, try to fold the omelette so that it closes in a semi-circle shape (as shown in picture).
11. Serve and eat whilst hot.

Extra comments/notes

If your omelette breaks whilst cooking it is not a problem. You can scramble the eggs and have an equivalent dish.

Chicken Rice and Broccoli

Chicken Rice and Broccoli 1 serving. Ready in 30 min.

Ingredients

Chicken Breast, **1 large breasts (199 g)**

Brown Rice, Raw, **1 servings (48 g)**

Broccoli, **0.5 cup, chopped or diced (44 g)**

Olive Oil, **1 tsp (5 g)**

Garlic, **1 garlic clove (4 g)**

Parsley, **10 sprigs (10 g)**

Instructions/Preparation

1. Boil water in a saucepan.
2. Cook the rice at medium heat for 20–25 minutes (or as otherwise indicated on packaging).
3. Chop the garlic and parsley into tiny pieces.
4. Mix garlic, parsley, and oil in a bowl.
5. Make one or two lengthwise cuts in the chicken breast and separate the meat to form a flat steak (about 1cm thickness more or less). Mix the meat with the oil, garlic, and parsley.
6. Heat a non-stick pan and add the chicken breast. Cook for 2 minutes on each side at medium-high heat.
7. Chop the broccoli into small pieces.
8. Add the broccoli to the pan, on the side, and cook stirring it frequently.
9. Continue to cook the broccoli and chicken until they are both done (they may get cooked at slightly different times, don't let them burn).
10. Serve the rice (filter excess water out with a colander) with the chicken and broccoli.
11. You may add chili powder or black pepper to the meat if you wish.

Chicken Pesto Broccoli Pasta

Chicken Pesto Broccoli Pasta 1 serving. Ready in 20 min.

Ingredients

Chicken Breast, **1 portion (199 g)**

Pesto, **1 portion (16 g)**

Whole Wheat Pasta, Dry, **1 cup spaghetti (91 g)**

Broccoli, **1 portion (50 g)**

Olive Oil, **1 portion (5 g)**

Garlic, **2 garlic clove (8 g)**

Instructions/Preparation

For the pasta:

1. Boil water in a saucepan.
2. When the water boils, add the pasta.
3. Cook for 8–10 minutes (or as otherwise indicated on packaging). You can check periodically by picking a piece of pasta with a fork and probing for tenderness.
4. Drain water and serve with pesto. You can mix the pesto with the pasta first, and add the meat later.

For the chicken and broccoli:

1. Chop the chicken breast into small pieces.
2. Heat oil in a pan.
3. Add the chicken to the pan and cook for 3 minutes at medium heat, stirring frequently.
4. Chop the garlic and broccoli into small pieces.
5. Add the garlic and broccoli to the pan, and mix well with the chicken.
6. Raise the heat and cook, stirring frequently for 6–8 minutes, until the chicken acquires a golden surface.
7. Serve with the pasta.

Chicken Sweet Potato Broccoli

Chicken Sweet Potato Broccoli 1 serving. Ready in 25 min.

Ingredients

Chicken Breast, **1 portion (199 g)**

Broccoli, **1 portion (90 g)**

Sweet Potato, **1 portion (131 g)**

Olive Oil, **1 portion (5 g)**

Garlic, **1 garlic clove (4 g)**

Table salt, **1 portion (0 g)**

Paprika, **1 teaspoon (2 g)**

Instructions/Preparation

For the sweet potato:

1. Boil water in a saucepan.
2. Chop the potato into cubes.
3. Boil the potato pieces until tender, aiming at 15–20 minutes.
4. Try to pinch the potatoes every few minutes with a fork to test for tenderness. This way you will know when they are ready to eat.
5. Drain excess water and serve whilst hot.
6. Add a dash of salt.

For the chicken and broccoli:

1. Cut the chicken into small pieces.
2. Heat the oil in a non-stick pan.
3. When hot, add the chicken to the pan. Cook for 3 minutes at medium heat stirring frequently.
4. Chop the garlic and broccoli into small pieces.
5. Add the garlic and broccoli to the pan. Mix with the chicken.
6. Raise the heat in the pan to high and cook for 6–8 minutes, until the chicken is golden.
7. You can add a dash of paprika to the chicken, mix, and cook for another 1 minute if you wish.
8. Serve the chicken and broccoli with the sweet potato.

Tuna and Egg Pasta

Tuna and Egg Pasta 1 serving. Ready in 20 min.

Ingredients

Light Tuna, Canned in Water, **1 portion (165 g)**

Raw Egg, **2 egg (86 g)**

Dry Pasta, **1 portion (91 g)**

Oregano, **1 teaspoon (3 g)**

Olive Oil, **1 portion (5 g)**

Instructions/Preparation

1. Boil water.
2. Boil the eggs, aim for 10–15 minutes depending on desired consistency.
3. Boil the pasta for 10–12 minutes (or as otherwise indicated on packaging).
4. When the pasta is ready, drain excess water and serve on a plate.
5. When the eggs are ready, cool down under a tap with cold water. Then, crack the shells and peel the eggs.
6. Chop the eggs into pieces and mix with the pasta.
7. Open a tuna can and drain excess liquid.
8. Mix the tuna with the pasta and egg.
9. Add some oregano, mix, and serve your dish.

Extra comments/notes

You may boil the eggs and pasta together in the same saucepan to save time if you clean the eggs thoroughly first.

Lean Pork Sweet Potato Broccoli

Lean Pork Sweet Potato Broccoli 1 serving. Ready in 25 min.

Ingredients

Broccoli, **1 cups (90 g)**

Sweet Potato, **1 cup (131 g)**

Olive Oil, **1 tsp (5 g)**

Garlic, **1 garlic clove (4 g)**

Table salt, **1 dash (0 g)**

Paprika, **1 teaspoon (2 g)**

Lean Pork Steak, **6 oz (170 g)**

Instructions/Preparation

For the sweet potato:

1. Boil water in a saucepan.
2. Chop the potato into cubes.
3. Boil the potato pieces until tender, aiming at 15–20 minutes.
4. Try to pinch the potatoes every few minutes with a fork to test for tenderness. This way you will know when they are ready to eat.
5. Drain excess water and serve whilst hot.
6. Add a dash of salt.

For the pork and broccoli:

1. Cut the pork into small pieces.
2. Heat the oil in a non-stick pan.
3. When hot, add the pork to the pan. Cook for 3 minutes at medium heat stirring frequently.
4. Chop the garlic and broccoli into small pieces.
5. Add the garlic and broccoli to the pan. Mix with the pork.
6. Raise the heat in the pan to high and cook for 6–8 minutes, until the pork acquires a brownish color.
7. You can add a dash of paprika to the pork, mix, and cook for another 1 minute if you wish.
8. Serve the pork and broccoli with the sweet potato.

Shopping List

Dairy and Egg Products

- Raw Egg, 20 egg (860 g)
- Whole Milk, 6 cup (1464 g)
- Greek Yogurt (Low Fat), 18 tbsp (306 g)

Finfish and Shellfish Products

- Light Tuna, Canned in Water, 6.5 can (1073 g)

Vegetables and Vegetable Products

- Asparagus, Fresh, 20 spear, medium (5-1/4" to 7" long) (320 g)
- Onion, Fresh, 10 tbsp chopped (100 g)
- Broccoli, 3 portion (150 g)
- Garlic, 10.5 garlic clove (42 g)
- Broccoli, 0.5 cup, chopped or diced (44 g)
- Parsley, 10 sprigs (10 g)
- Broccoli, 3.5 portion (315 g)
- Sweet Potato, 3.5 portion (458 g)

Fats and Oils

- Coconut Oil, 5 tbsp (65 g)
- Olive Oil, 10 portion (50 g)

Spices and Herbs

- Black Pepper, 5 teaspoon (10 g)
- Table salt, 3.5 portion (1 g)
- Paprika, 3.5 teaspoon (7 g)
- Oregano, 2.5 teaspoon (8 g)

Beverages

- Whey Protein, 6 scoop (180 g)

Branded Food Products Database

- frozen mixed berries, 4.5 cup (840 g)

Poultry Products

- Chicken Breast, 5.5 portion (1094 g)

Soups, Sauces, and Gravies

- Pesto, 3 portion (48 g)

Cereal Grains and Pasta

- Whole Wheat Pasta, Dry, 3 cup spaghetti (273 g)
- Brown Rice, Raw, 1 servings (48 g)
- Dry Pasta, 2.5 portion (228 g)

Pork Products

- Lean Pork Steak, **11.99 oz (340 g)**

Sausages and Luncheon Meats

- Ham, Lunchmeat, **4 slice (92 g)**

Other

