



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 Prosciutto Avocado Salad, 1 serving (540 g)
Dinner	Shrimp Asian Stir-Fry, 1 serving (600 g)
Snacks	Orange and Nuts Salad, 1 serving (188 g)

	Tuesday
Breakfast	Tuna & Asparagus Omelette, 1 serving (393 g)
Lunch	Chicken Prosciutto Avocado Salad, 1 serving (540 g)
Dinner	Shrimp Asian Stir-Fry, 1 serving (600 g)
Snacks	Orange and Nuts Salad, 0.5 serving (94 g)

	Wednesday
Breakfast	Almond Milk Protein Shake with Coconut Cream, 0.5 serving (219 g)
Lunch	Beef Steak with Sesame Coating, 1 serving (626 g)
Dinner	Tuna & Asparagus Omelette, 1 serving (393 g)
Snacks	Banana Strawberry Almond Smoothie, 1 serving (538 g)

	Thursday
Breakfast	Tuna & Asparagus Omelette, 1 serving (393 g)
Lunch	Tomato Cod Fish Stew, 0.5 serving (315 g)
Dinner	Chicken Prosciutto Avocado Salad, 1 serving (540 g)
Snacks	Cherries, 1 cup, without pits (154 g) Brazil, Nuts, 8 kernel (40 g)

	Friday
Breakfast	Almond Milk Protein Shake with Coconut Cream, 0.5 serving (219 g)
Lunch	Beef Steak with Sesame Coating, 1 serving (626 g)
Dinner	Tuna & Asparagus Omelette, 1 serving (393 g)
Snacks	Blueberry Banana Almond Milk Smoothie, 1 serving (462 g)

	Saturday
Breakfast	Tuna & Asparagus Omelette, 1 serving (393 g)
Lunch	Chicken Prosciutto Avocado Salad, 1 serving (540 g)
Dinner	Chicken Steak with Avocado and Broccoli, 0.5 serving (233 g)
Snacks	Blueberries, 1 cup (143 g) Cashew Nuts, 1 portion(s) (30 g)

	Sunday
Breakfast	Tuna & Asparagus Omelette, 1 serving (393 g)
Lunch	Chicken Skewers, 1 serving (430 g)
Dinner	Aubergine Beef Lasagna, 1 serving (670 g)
Snacks	Apple, 0.5 small (2-3/4" dia) (75 g) Walnuts, 0.5 cup, in shell, edible yield (7 nuts) (14 g)

Meal Plan Summary

	Breakfast	Lunch	Dinner	Snacks
M O	Tuna & Asparagus Omelette, 0.5 serving (197 g)	Chicken Prosciutto Avocado Salad, 1 serving (540 g)	Shrimp Asian Stir-Fry, 1 serving (600 g)	Orange and Nuts Salad, 1 serving (188 g)
T U	Tuna & Asparagus Omelette, 1 serving (393 g)	Chicken Prosciutto Avocado Salad, 1 serving (540 g)	Shrimp Asian Stir-Fry, 1 serving (600 g)	Orange and Nuts Salad, 0.5 serving (94 g)
W E	Almond Milk Protein Shake with Coconut Cream, 0.5 serving (219 g)	Beef Steak with Sesame Coating, 1 serving (626 g)	Tuna & Asparagus Omelette, 1 serving (393 g)	Banana Strawberry Almond Smoothie, 1 serving (538 g)
T H	Tuna & Asparagus Omelette, 1 serving (393 g)	Tomato Cod Fish Stew, 0.5 serving (315 g)	Chicken Prosciutto Avocado Salad, 1 serving (540 g)	Cherries, 1 cup, without pits (154 g) Brazil, Nuts, 8 kernel (40 g)
F R	Almond Milk Protein Shake with Coconut Cream, 0.5 serving (219 g)	Beef Steak with Sesame Coating, 1 serving (626 g)	Tuna & Asparagus Omelette, 1 serving (393 g)	Blueberry Banana Almond Milk Smoothie, 1 serving (462 g)
S A	Tuna & Asparagus Omelette, 1 serving (393 g)	Chicken Prosciutto Avocado Salad, 1 serving (540 g)	Chicken Steak with Avocado and Broccoli, 0.5 serving (233 g)	Blueberries, 1 cup (143 g) Cashew Nuts, 1 portion(s) (30 g)
S U	Tuna & Asparagus Omelette, 1 serving (393 g)	Chicken Skewers, 1 serving (430 g)	Aubergine Beef Lasagna, 1 serving (670 g)	Apple, 0.5 small (2-3/4" dia) (75 g) Walnuts, 0.5 cup, in shell, edible yield (7 nuts) (14 g)

Recipes

Chicken Skewers

Chicken Skewers 2 servings. Ready in 40 min.

Ingredients

Garlic, **3 cloves (9 g)**
Tomato Puree, **2 tbsp (32 g)**
Maple Syrup, **1 tsp (7 g)**
Chicken Breast, **2 large breasts (398 g)**
Onion, Fresh, **1 small (70 g)**
Red Pepper, **1 red bell pepper (115 g)**
Mushrooms, Fresh, **1 cups (97 g)**
Spinach, **4 cups (116 g)**
Olive Oil, **1 tablespoon (15 g)**



Instructions/Preparation

1. Preheat the oven to 180°C/356°F.
2. Chop the garlic into tiny pieces.
3. Mix the garlic, olive oil, tomato puree and maple syrup in a bowl – creating a marinade.
4. Cut the chicken into cubes.
5. Add the chicken to the bowl, and mix with the marinade.
6. Chop the red pepper, onion, and mushrooms into pieces large enough for the skewers.
7. Insert pieces of chicken, red pepper, onion, and mushroom into the skewers. Aim at 2–3 skewers per person.
8. Introduce the skewers in the oven and cook for around 20 minutes until the meat acquires a brownish color.
9. Serve the skewers over a bed of raw spinach leaves.

Extra comments/notes

You can eat the skewers with your hands, or use a fork and knife.
You can opt to grill the skewers instead of using the oven.

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.

Tomato Cod Fish Stew

Tomato Cod Fish Stew 2 servings. Ready in 35 min.

Ingredients

Olive Oil, **1 portion (15 g)**
Onion, Fresh, **1 portion (70 g)**
Tomato, Canned, **1 can (400 g)**
Garlic, **2 garlic clove (8 g)**
Fresh Parsley, **1 portion (10 g)**
Cod Fish, **1 lb (433 g)**
Olives, **10 portion (80 g)**
Vegetable Stock, **1 cups (243 g)**



Instructions/Preparation

1. Heat the oil in a saucepan or casserole.
2. Chop the onion into small pieces, and add to the pan. Cook for 2 minutes at medium heat.
3. Chop the garlic and add to the pan. Cook for an additional 1 minute.
4. Add the tomato, vegetable stock, olives, and fish. Do not cut the olives or fish in pieces, they should be cooked whole in this recipe.
5. Cover the saucepan/casserole with a lid and cook all the ingredients at low heat for 5–10 minutes, depending on how cooked you want the fish to be.
6. Add some fresh parsley and your stew is ready to eat!

Chicken Prosciutto Avocado Salad

Chicken Prosciutto Avocado Salad 1 serving. Ready in 20 min.

Ingredients

Chicken Breast, **1 portion (143 g)**
Parma Ham (Prosciutto), **3 portion (51 g)**
Avocado, **0.5 avocado (79 g)**
Chili Powder, **1 portion (2 g)**
Coriander (Cilantro) Leaves, **0.25 cup (4 g)**
Lemon, **0.5 fruit (2-1/8" dia) (29 g)**
Black Pepper, **1 tsp, ground (2 g)**
Garlic, **2 garlic clove (8 g)**
Olives, **6 small (18 g)**
Mustard, **1 tsp or 1 packet (5 g)**
Olive Oil, **1.5 portion (23 g)**
Balsamic Vinegar, **1 portion (16 g)**
Mushrooms, Fresh, **1 cups (97 g)**
Onion, Fresh, **0.5 portion (35 g)**
Arugula, **1 cup (28 g)**



Instructions/Preparation

1. Heat 0.5 tbsp of olive oil in a non-stick pan.
2. Chop the onion into small pieces and add to the pan. Cook for 2-3 minutes at medium heat.
3. Chop the chicken breast and garlic into pieces and add to the pan. Stir and cook for 2-3 minutes.
4. Chop the mushrooms and add to the pan. Continue to stir and cook at medium heat for 5-7 minutes until done.
5. Whilst the chicken and mushrooms are cooking in the pan, mash the avocado. Then, squeeze half a lemon over the avocado and mix with the chili, black pepper, and chopped coriander. Place the mashed avocado on a serving plate.
6. Add the Prosciutto to the plate. You can use other kinds of ham if you don't have prosciutto.
7. Place the arugula (or other salad greens) in the plate.
8. Mix together 1 tbsp of olive oil, 1 tbsp of balsamic vinegar, and 1 Tsp of mustard and drizzle over the greens.
9. Add the olives on top of the salad.
10. Finish the plate by adding the chicken, mushrooms, and onion once cooked.

Shrimp Asian Stir-Fry

Shrimp Asian Stir-Fry 1 serving. Ready in 15 min.

Ingredients

Coconut Oil, **1 tbsp (13 g)**
Zucchini Noodles, **1 portion (198 g)**
Coriander (Cilantro) Leaves, **0.25 cup (4 g)**
Lemon Juice, **1 portion (15 g)**
Chili Powder, **1 portion (3 g)**
Maple Syrup, **1 portion (7 g)**
Soybean sprouts, **4 portion (140 g)**
Shrimps, **1.5 portion (150 g)**
Onion, Fresh, **1 portion (70 g)**



Instructions/Preparation

If you have already cooked shrimps (commonly sold packaged in supermarkets) then you can add them to the pan at the end for a couple of minutes. On the other hand, if the prawns are raw, you should add them at the beginning to allow them to cook properly.

1. Chop the onion into tiny pieces.
2. Cook the onion at medium heat in a non-stick pan with the coconut oil for 3 minutes.
3. Add the zucchini noodles to the pan, raise the heat to high, and cook for 2 minutes.
4. Add the lemon juice, maple syrup, chili powder to the pan and mix and stir thoroughly.
5. Add the soybean sprouts and the coriander to the pan and continue to cook for 2-3 more minutes.
6. Add the prawns to the pan if you haven't done so already. Continue to stir the ingredients in the pan and to cook for 2 more minutes.
7. Serve and eat.

Extra comments/notes

Zucchini Noodles are simply a zucchini cut into fine strips to resemble noodles. You can buy zucchini noodles in large supermarkets, or prepare them yourself with a carrot peeler. If you cannot get zucchini noodles, you can simply cut the zucchini into fine long strips for this recipe.

Aubergine Beef Lasagna

Aubergine Beef Lasagna 2 servings. Ready in 40 min.

Ingredients

Olive Oil, **2 portion (30 g)**
Aubergine (Eggplant), **1 portion (548 g)**
Beef Stock, **0.5 cup (120 g)**
Tomato Puree, **4 portion (56 g)**
Basil, **6 tablespoons (18 g)**
Sun-dried Tomatoes, **0.5 cup (27 g)**
Garlic, **3 garlic clove (12 g)**
Onion, Fresh, **1 portion (70 g)**
Ground Beef (85/15), **1 pound (454 g)**
Black Pepper, **2 tsp, ground (4 g)**



Instructions/Preparation

1. Preheat the oven to 180°C/356°F.
2. Cut the aubergine into slices 1cm thick (the thickness of an index finger approximately).
3. Pan fry the aubergine slices in a non-stick pan over high heat on both sides until they change color. You will most likely need to do a couple of batches. It is important that the aubergine slices are in contact with the pan (as opposed to on top of each other). Set the aubergine pieces aside as they finish cooking.
4. Chop the onion into small pieces
5. Cook the onion with 1 tbsp of oil in a non-stick pan for 3 minutes.
6. Add the ground beef to the pan with the onion. Stir and cook over medium heat for 3 more minutes.
7. Chop the garlic and add it to the pan with the beef.
8. Add the sun-dried tomatoes (chopped into pieces), the tomato puree, basil leaves, and beef stock to the pan.
9. Stir and mix all the contents of the pan. Then, cover with a lid and cook for 5 minutes at low heat.
10. Take an oven-proof container and add place the aubergine and meat in alternating layers. You should aim at 3 layers of aubergine and 2 layers of meat, remembering that the aubergine goes both at the bottom and at the top.
11. Place the lasagna in the oven and cook for 16-20 minutes.
12. Serve and eat hot.

Extra comments/notes

Avoid adding excess oil to the aubergine when cooking it if at all possible since, otherwise, the aubergine will suck up most of the oil and become too greasy.

Chicken Steak with Avocado and Broccoli

Chicken Steak with Avocado and Broccoli 1

serving. Ready in 20 min.

Ingredients

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

Olive Oil, **1 portion (15 g)**

Broccoli, **2 portion (88 g)**

Avocado, **0.5 avocado (79 g)**

Chili Powder, **1 portion (3 g)**

Lemon, **0.5 portion (57 g)**

Coriander (Cilantro) Leaves, **0.25 cup (4 g)**

Black Pepper, **1 tsp, ground (2 g)**

Parsley, **1 portion (10 g)**

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



Instructions/Preparation

For the chicken:

1. Place the olive oil, chopped parsley, and chopped garlic into a bowl.
2. Make one or two incisions in the chicken breast with a knife so that you can extend the meat with your hands into a steak.
3. Introduce the chicken in the bowl and mix it thoroughly with your hands ensuring that the garlic and parsley pieces stick to the meat.
4. Fry the chicken at medium heat in a non-stick pan (without any oil other than the oil already present in the chicken breast) for 3 minutes.
5. Add the broccoli (chopped into pieces) to the pan, next to the chicken, and cook all the ingredients for 5 minutes.
6. Stir frequently and flip the chicken breast each 2 minutes or so so that it gets cooked on both sides.
7. If you want the chicken to have a crispier skin, you can raise the heat for the last 1 or 2 minutes of cooking.

For the avocado:

1. Cut the avocado into pieces and mash together in a bowl.
2. Squeeze half a lemon in the avocado bowl.
3. Add the chili pepper (optional).
4. Add the coriander, chopped into small pieces.
5. Mash all of the ingredients with a fork and add the mix to the plate on the side.

Almond Milk Protein Shake with Coconut Cream

Almond Milk Protein Shake with Coconut Cream 1 serving. Ready in 5 min.

Ingredients

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

Coconut Cream, **1 tbsp (15 g)**

Beverages, almond milk, unsweetened, shelf stable, **1.5 cup (393 g)**



Instructions/Preparation

Blend all the ingredients together and consume immediately. You can also make protein shakes in bulk and keep them for later in suitable containers/bottles.

Extra comments/notes

There are many different flavors of protein powder, including chocolate, vanilla, fruit, etc. Try a few and choose your favorite.

Beef Steak with Sesame Coating

Beef Steak with Sesame Coating 2 servings. Ready in 20 min.

Ingredients

Sesame seeds, **8 tbsp (72 g)**
Coconut Oil, **1 tbsp (13 g)**
Spring Onions (Scallions), **1 bunch (24 g)**
Chili Powder, **1 tsp (3 g)**
Sesame Oil, **1 tablespoon (14 g)**
Asparagus, Fresh, **10 spear, extra large (8-3/4" to 10" long) (240 g)**
Onion, Fresh, **1 small (70 g)**
Spinach, **1 package (10 oz) (284 g)**
Lemon Juice, **1 tablespoons (15 g)**
Black Pepper, **2 teaspoon (4 g)**
Coriander (Cilantro) Leaves, **4 sprigs (12 g)**
Porterhouse (Short Loin) Beef Steak, **2 portion (500 g)**



Instructions/Preparation

1. Place the sesame seeds on a plate.
2. Using your hands, press the beef steaks in the plate against the sesame seeds until a coating forms around. The seeds should stick to the meat.
3. Place the oil in a pan and heat.
4. Add the beef steaks to the pan when it is hot and cook for 2-3 minutes on each side.
5. In a separate pan (or after you are done cooking the meat) add the chopped onion and asparagus and cook for 3-4 minutes.
6. Add the spinach and lemon juice to the onion and asparagus and cook for a further few minutes until the spinach is wet.
7. Place the vegetables on a plate next to the beef steak and add the sesame oil.
8. Optionally, add some chili powder or seeds to the plate. You can also add spring onions if you want.

Extra comments/notes

You can eat the beef rare, or cook it for longer if you like it well done.

Orange and Nuts Salad

Orange and Nuts Salad 1 serving. Ready in 5 min.

Ingredients

Spinach, **1 cups (29 g)**

Pecan nuts, **1 portion (28 g)**

Orange, Fresh, **1 fruit (2-5/8" dia) (131 g)**



Instructions/Preparation

1. Peel the orange.
2. Separate the orange into wedges.
3. Toss the orange over the spinach leaves.
4. Garnish with Pecan Nuts.

Blueberry Banana Almond Milk Smoothie

Blueberry Banana Almond Milk Smoothie 1

serving. Ready in 5 min.

Ingredients

Blueberries, **50 berries (68 g)**

Banana, **1 banana (119 g)**

Almond Milk, **1 cup (262 g)**

Almonds, **10 portion (10 g)**

Cinnamon, **1 tsp (3 g)**

Instructions/Preparation

Blend all ingredients together until achieving uniform consistency

Extra comments/notes

You can use frozen blueberries if you don't have fresh ones.

Banana Strawberry Almond Smoothie

Banana Strawberry Almond Smoothie 1 serving. Ready in 5 min.

Ingredients

Banana, **1 banana (119 g)**

Strawberries, **1 cup, halves (152 g)**

Almond Milk, **1 cup (262 g)**

Almonds, **5 portion (5 g)**

Instructions/Preparation

Blend all ingredients together until achieving uniform consistency

Shopping List

Dairy and Egg Products

- Raw Egg, 19.5 egg (839 g)

Finfish and Shellfish Products

- Light Tuna, Canned in Water, 6.5 can (1073 g)
- Cod Fish, 0.25 lb (108 g)
- Shrimps, 3 portion (300 g)

Vegetables and Vegetable Products

- Asparagus, Fresh, 26 spear, medium (5-1/4" to 7" long) (416 g)
- Onion, Fresh, 13 tbsp chopped (130 g)
- Coriander (Cilantro) Leaves, 1.63 cup (26 g)
- Garlic, 11.01 garlic clove (44 g)
- Mushrooms, Fresh, 4.5 cups (437 g)
- Onion, Fresh, 6.25 portion (438 g)
- Arugula, 4 cup (112 g)
- Spring Onions (Scallions), 1 bunch (24 g)
- Asparagus, Fresh, 10.01 spear, extra large (8-3/4" to 10" long) (240 g)
- Spinach, 1 package (10 oz) (284 g)
- Coriander (Cilantro) Leaves, 4 sprigs (12 g)
- Tomato, Canned, 0.25 can (100 g)
- Fresh Parsley, 0.75 portion (8 g)
- Garlic, 1.5 cloves (5 g)
- Tomato Puree, 1 tbsp (16 g)
- Red Pepper, 0.5 red bell pepper (58 g)
- Spinach, 3.5 cups (102 g)
- Zucchini Noodles, 2 portion (396 g)
- Soybean sprouts, 8 portion (280 g)
- Broccoli, 1 portion (44 g)
- Aubergine (Eggplant), 0.5 portion (274 g)
- Tomato Puree, 2 portion (28 g)
- Sun-dried Tomatoes, 0.25 cup (14 g)

Fats and Oils

- Coconut Oil, 9.5 tbsp (124 g)
- Olive Oil, 8.26 portion (124 g)
- Sesame Oil, 1 tablespoon (14 g)

Spices and Herbs

- Black Pepper, 14.01 teaspoon (28 g)
- Chili Powder, 4 portion (8 g)
- Mustard, 4 tsp or 1 packet (20 g)
- Balsamic Vinegar, 4 portion (64 g)
- Chili Powder, 3.5 tsp (11 g)
- Basil, 3 tablespoons (9 g)
- Cinnamon, 1 tsp (3 g)

Beverages

- Whey Protein, 1 scoop (30 g)
- Beverages, almond milk, unsweetened, shelf stable, 3.5 cup (917 g)

Nut and Seed Products

- Coconut Cream, 1 tbsp (15 g)
- Sesame seeds, 8.01 tbsp (72 g)
- Pecan nuts, 1.5 portion (42 g)
- Almonds, 15 portion (15 g)
- Brazil, Nuts, 8 kernel (40 g)
- Cashew Nuts, 1 portion(s) (30 g)
- Walnuts, 0.5 cup, in shell, edible yield (7 nuts) (14 g)

Poultry Products

- Chicken Breast, 4 portion (573 g)
- Chicken Breast, 1.5 large breasts (299 g)

Pork Products

- Parma Ham (Prosciutto), 12.01 portion (204 g)

Fruits and Fruit Juices

- Avocado, 2.25 avocado (356 g)
- Lemon, 2 fruit (2-1/8" dia) (116 g)
- Olives, 24.02 small (72 g)
- Lemon Juice, 3 tablespoons (45 g)
- Olives, 2.5 portion (20 g)
- Lemon, 0.25 portion (28 g)
- Orange, Fresh, 1.5 fruit (2-5/8" dia) (197 g)
- Banana, 2 banana (238 g)
- Strawberries, 1 cup, halves (152 g)
- Cherries, 1 cup, without pits (154 g)
- Blueberries, 50 berries (68 g)
- Blueberries, 1 cup (143 g)
- Apple, 0.5 small (2-3/4" dia) (75 g)

Beef Products

- Porterhouse (Short Loin) Beef Steak, 2 portion (500 g)
- Ground Beef (85/15), 0.5 pound (227 g)

Soups, Sauces, and Gravies

- Vegetable Stock, 0.25 cups (61 g)
- Beef Stock, 0.25 cup (60 g)

Sweets

- Maple Syrup, 2.5 tsp (18 g)

Other

