



Date: 18 August 2018

Practitioner: Rachel Aust

Client Name: Example Plans

Meal Plan

	Monday
Breakfast	Blueberry Protein Pancakes, 1 serving (57 g)
Lunch	Tuna Steak with Sesame Coating, 1 serving (546 g)
Dinner	Tuna and Egg Pasta, 1 serving (350 g)
Snacks	Skim Milk Protein Shake, 1 serving (396 g)

	Tuesday
Breakfast	Protein Shake with Frozen Berries, 1 serving (465 g)
Lunch	Chicken Sweet Potato Broccoli, 1 serving (431 g)
Dinner	Tuna and Egg Pasta, 1 serving (350 g)
Snacks	Ham & Asparagus Omelette, 2 serving (640 g)

	Wednesday
Breakfast	Tuna & Asparagus Omelette, 1 serving (393 g)
Lunch	Chicken Pesto Broccoli Pasta, 1 serving (369 g)
Dinner	Lean Beef Rice and Broccoli, 1 serving (281 g)
Snacks	Skim Milk Protein Shake, 2 serving (792 g)

	Thursday
Breakfast	Tuna & Asparagus Omelette, 1 serving (393 g)
Lunch	Chicken Pesto Broccoli Pasta, 1 serving (369 g)
Dinner	Tuna and Egg Pasta, 1 serving (350 g)
Snacks	Boiled Eggs, 4 large (200 g)

	Friday
Breakfast	Blueberry Protein Pancakes, 1 serving (57 g)
Lunch	Chicken, Potato, and Pepper Roast, 1 serving (525 g)
Dinner	Tuna and Egg Pasta, 1 serving (350 g)
Snacks	Skim Milk Protein Shake, 2 serving (792 g)

	Saturday
Breakfast	Protein Shake with Frozen Berries, 1 serving (465 g)
Lunch	Tuna and Egg Pasta, 1 serving (350 g)
Dinner	Salmon Sweet Potato Broccoli, 2 serving (810 g)
Snacks	Ham & Asparagus Omelette, 1 serving (320 g)

	Sunday
Breakfast	Greek Yoghurt with Seeds, Nuts, Strawberries and Maple Syrup, 1 serving (319 g)
Lunch	Chicken Skewers, 2 serving (860 g)
Dinner	Chicken Pesto Broccoli Pasta, 1 serving (369 g)
Snacks	Protein Shake with Frozen Berries, 1 serving (465 g)

Meal Plan Summary

	Breakfast	Lunch	Dinner	Snacks
M o	Blueberry Protein Pancakes, 1 serving (57 g)	Tuna Steak with Sesame Coating, 1 serving (546 g)	Tuna and Egg Pasta, 1 serving (350 g)	Skim Milk Protein Shake, 1 serving (396 g)
T u	Protein Shake with Frozen Berries, 1 serving (465 g)	Chicken Sweet Potato Broccoli, 1 serving (431 g)	Tuna and Egg Pasta, 1 serving (350 g)	Ham & Asparagus Omelette, 2 serving (640 g)
W e	Tuna & Asparagus Omelette, 1 serving (393 g)	Chicken Pesto Broccoli Pasta, 1 serving (369 g)	Lean Beef Rice and Broccoli, 1 serving (281 g)	Skim Milk Protein Shake, 2 serving (792 g)
T h	Tuna & Asparagus Omelette, 1 serving (393 g)	Chicken Pesto Broccoli Pasta, 1 serving (369 g)	Tuna and Egg Pasta, 1 serving (350 g)	Boiled Eggs, 4 large (200 g)
F r	Blueberry Protein Pancakes, 1 serving (57 g)	Chicken, Potato, and Pepper Roast, 1 serving (525 g)	Tuna and Egg Pasta, 1 serving (350 g)	Skim Milk Protein Shake, 2 serving (792 g)
S a	Protein Shake with Frozen Berries, 1 serving (465 g)	Tuna and Egg Pasta, 1 serving (350 g)	Salmon Sweet Potato Broccoli, 2 serving (810 g)	Ham & Asparagus Omelette, 1 serving (320 g)
S u	Greek Yoghurt with Seeds, Nuts, Strawberries and Maple Syrup, 1 serving (319 g)	Chicken Skewers, 2 serving (860 g)	Chicken Pesto Broccoli Pasta, 1 serving (369 g)	Protein Shake with Frozen Berries, 1 serving (465 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.

Greek Yoghurt with Seeds, Nuts, Strawberries and Maple Syrup

Greek Yoghurt with Seeds, Nuts, Strawberries and Maple Syrup 1 serving. Ready in 5 min.

Ingredients

Yogurt, greek, plain, whole milk, **1 cup (245 g)**

Pumpkin seeds, **1 portion(s) (10 g)**

Hazelnut, Nut, **0.3 portion (8 g)**

Almonds, **1 portion(s) (15 g)**

Strawberries, **3 small (1" dia) (21 g)**

Raspberries, **5 (10 g)**

Syrups, maple, **0.5 tbsp (10 g)**



Instructions/Preparation

Add berries, nuts, and seeds to the yogurt and sprinkle with small amount of maple syrup.

Extra comments/notes

Can be served with a dash of pure cocoa powder or cinnamon on top.

Choose an unsweetened greek yoghurt made with whole milk.

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.

Tuna Steak with Sesame Coating

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

Ingredients

Sesame seeds, **8 tbsp (72 g)**
Yellowfin Tuna, Fresh, **2 steak (340 g)**
Coconut Oil, **1 tbsp (13 g)**
Spring Onions (Scallions), **1 portion (24 g)**
Chili Powder, **1 portion (3 g)**
Sesame Oil, **1 portion (14 g)**
Asparagus, Fresh, **10 portion (240 g)**
Onion, Fresh, **1 portion (70 g)**
Spinach, **1 portion (284 g)**
Lemon Juice, **1 portion (15 g)**
Black Pepper, **2 tsp, ground (4 g)**
Coriander (Cilantro) Leaves, **4 portion (12 g)**



Instructions/Preparation

1. Place the sesame seeds on a plate.
2. Using your hands, press the tuna steaks in the plate against the sesame seeds until a coating forms around. The seeds should stick to the tuna.
3. Place the oil in a pan and heat.
4. Add the tuna 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 tuna) 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 tuna 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.

Skim Milk Protein Shake

Skim Milk Protein Shake 1 serving. Ready in 5 min.

Ingredients

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

Skimmed (1% Fat) Milk, **1.5 cup (366 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.

Chicken, Potato, and Pepper Roast

Chicken, Potato, and Pepper Roast 2 servings. Ready in 55 min.

Ingredients

Chicken Breast, **2 portion (398 g)**

Chicken, Dark Meat (Drumsticks), **2 drumstick without skin (244 g)**

Red Pepper, **1 portion (115 g)**

Green Pepper, **1 medium (approx 2-3/4" long, 2-1/2" dia) (119 g)**

Potato, Fresh, **1 cup, diced (150 g)**

Rosemary, **3 tablespoons (6 g)**

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

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



Instructions/Preparation

1. Preheat the oven to 180°C/356°F.
2. Chop the potatoes and peppers into wedges.
3. Add the potatoes to an oven tray and bake for 5 minutes.
4. Add the chicken pieces to the tray. Bake for a further 5 minutes.
5. Add the peppers to the tray. Spread the olive oil, black pepper, and rosemary over the ingredients. Bake for 25-30 minutes or until the meat is done. Check every 10 minutes to monitor if the ingredients are cooked.
6. Serve and eat hot.

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.

Lean Beef Rice and Broccoli

Lean Beef Rice and Broccoli 1 serving. Ready in 30 min.

Ingredients

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)**

Lean Beef Steak, **6 oz (170 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. Mix the steak with the ingredients in the bowl.
6. Heat a non-stick pan and add the steak. 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 beef 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 beef and broccoli.
11. You may add chili powder or black pepper to the meat if you wish.

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.

Salmon Sweet Potato Broccoli

Salmon 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)**

Salmon, Fresh, **6 oz (170 g)**

Lemon Juice, **1 portion (5 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 salmon and broccoli:

1. Heat the oil in a non-stick pan.
2. When hot, add the salmon to the pan. Cook for 3 minutes on each side at medium heat.
3. Chop the garlic and broccoli into small pieces.
4. Add the garlic and broccoli to the pan on the side.
5. Cook for 9–12 minutes, stirring the vegetables frequently and flipping the salmon fillet from time to time.
6. You can add some lemon juice to the salmon towards the end and continue cooking for 1 extra minute if you wish.
7. Serve the salmon and broccoli with the sweet potato.

Blueberry Protein Pancakes

Blueberry Protein Pancakes 12 servings. Ready in 15 min.

Ingredients

Egg White, **2 egg whites (60 g)**

Raw Egg, **1 egg (43 g)**

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

Whey Protein, **3 scoop (90 g)**

Rolled Oats, **0.75 cup (62 g)**

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

Blueberries, **1 portion(s) (50 g)**



Instructions/Preparation

1. Take all ingredients (except blueberries) and place in a NutriBullet or blender
2. Blend together until smooth
3. Stir through blueberries
4. Cook on a frying pan with a small amount of coconut oil
5. Flip when slightly bubbling

Original source: <https://eatrunlift.me/eat-run-lift/2018/5/22/recipe-blueberry-protein-pancakes>

Shopping List

Dairy and Egg Products

- Egg White, **0.33 egg whites (10 g)**
- Raw Egg, **25.17 egg (1082 g)**
- Whole Milk, **3 cup (732 g)**
- Greek Yogurt (Low Fat), **9 tbsp (153 g)**
- Yogurt, greek, plain, whole milk, **1 cup (245 g)**
- Skimmed (1% Fat) Milk, **7.5 cup (1830 g)**
- Boiled Eggs, **4 large (200 g)**

Fruits and Fruit Juices

- Banana, **0.17 banana (20 g)**
- Blueberries, **0.17 portion(s) (8 g)**
- Strawberries, **3 small (1" dia) (21 g)**
- Raspberries, **4.99 (10 g)**
- Lemon Juice, **0.5 portion (8 g)**
- Lemon Juice, **2 portion (10 g)**

Beverages

- Whey Protein, **8.5 scoop (255 g)**
- Almond Milk, **0.17 cup (44 g)**

Breakfast Cereals

- Rolled Oats, **0.12 cup (10 g)**

Branded Food Products Database

- frozen mixed berries, **2.25 cup (420 g)**

Finfish and Shellfish Products

- Light Tuna, Canned in Water, **7 can (1155 g)**
- Yellowfin Tuna, Fresh, **1 steak (170 g)**
- Salmon, Fresh, **11.99 oz (340 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)**
- Spring Onions (Scallions), **0.5 portion (12 g)**
- Asparagus, Fresh, **5 portion (120 g)**
- Onion, Fresh, **1.5 portion (105 g)**
- Spinach, **0.5 portion (142 g)**
- Coriander (Cilantro) Leaves, **2 portion (6 g)**
- Broccoli, **3 portion (270 g)**
- Sweet Potato, **3 portion (393 g)**
- Garlic, **10 garlic clove (40 g)**
- Broccoli, **3 portion (150 g)**
- Red Pepper, **1.5 portion (173 g)**
- Green Pepper, **0.5 medium (approx 2-3/4" long, 2-1/2" dia) (60 g)**
- Potato, Fresh, **0.5 cup, diced (75 g)**

- Garlic, 3 cloves (9 g)
- Tomato Puree, 2 tbsp (32 g)
- Mushrooms, Fresh, 1 cups (97 g)
- Spinach, 4 cups (116 g)
- Broccoli, 0.5 cup, chopped or diced (44 g)
- Parsley, 10 sprigs (10 g)

Fats and Oils

- Coconut Oil, 5.5 tbsp (72 g)
- Sesame Oil, 0.5 portion (7 g)
- Olive Oil, 12 portion (60 g)
- Olive Oil, 1.5 portion (23 g)

Spices and Herbs

- Black Pepper, 6.5 teaspoon (13 g)
- Chili Powder, 0.5 portion (2 g)
- Table salt, 3 portion (1 g)
- Paprika, 1 teaspoon (2 g)
- Rosemary, 1.5 tablespoons (3 g)
- Oregano, 5 teaspoon (15 g)

Nut and Seed Products

- Pumpkin seeds, 1 portion(s) (10 g)
- Hazelnut, Nut, 0.3 portion (8 g)
- Almonds, 1 portion(s) (15 g)
- Sesame seeds, 4 tbsp (36 g)

Sweets

- Syrups, maple, 0.5 tbsp (10 g)
- Maple Syrup, 1 tsp (7 g)

Poultry Products

- Chicken Breast, 7 portion (1393 g)
- Chicken, Dark Meat (Drumsticks), 1 drumstick without skin (122 g)

Soups, Sauces, and Gravies

- Pesto, 3 portion (48 g)

Cereal Grains and Pasta

- Whole Wheat Pasta, Dry, 3 cup spaghetti (273 g)
- Dry Pasta, 5 portion (455 g)
- Brown Rice, Raw, 1 servings (48 g)

Beef Products

- Lean Beef Steak, 6 oz (170 g)

Sausages and Luncheon Meats

- Ham, Lunchmeat, 12 slice (276 g)

Other

