



Date: 18 August 2018

Practitioner: Rachel Aust

Client Name: Example Plans

Meal Plan

	Monday
Breakfast	Tuna & Asparagus Omelette, 1 serving (393 g)
Lunch	Chicken Pesto Broccoli Pasta, 1 serving (369 g)
Dinner	Lean Pork Sweet Potato Broccoli, 1 serving (402 g)
Snacks	Blueberry Protein Pancakes, 1 serving (57 g)

	Tuesday
Breakfast	Tuna & Asparagus Omelette, 1 serving (393 g)
Lunch	Chicken Rice and Broccoli, 1 serving (310 g)
Dinner	Chicken Pesto Broccoli Pasta, 1 serving (369 g)
Snacks	Protein Shake with Frozen Berries, 1 serving (465 g)

	Wednesday
Breakfast	Tuna & Asparagus Omelette, 1 serving (393 g)
Lunch	Lean Beef Rice and Broccoli, 1 serving (281 g)
Dinner	Tuna and Egg Pasta, 1 serving (350 g)
Snacks	Protein Shake with Frozen Berries, 1 serving (465 g)

	Thursday
Breakfast	Greek Yoghurt with Seeds, Nuts, Strawberries and Maple Syrup, 1 serving (319 g)
Lunch	Chicken Skewers, 1 serving (430 g)
Dinner	Tuna and Egg Pasta, 1 serving (350 g)
Snacks	Protein Shake with Frozen Berries, 1 serving (465 g)

	Friday
Breakfast	Tuna & Asparagus Omelette, 1 serving (393 g)
Lunch	Tuna and Egg Pasta, 1 serving (350 g)
Dinner	Salmon Sweet Potato Broccoli, 1 serving (405 g)
Snacks	Protein Shake with Frozen Berries, 1 serving (465 g)

	Saturday
Breakfast	Tuna & Asparagus Omelette, 1 serving (393 g)
Lunch	Chicken Pesto Broccoli Pasta, 1 serving (369 g)
Dinner	Salmon Sweet Potato Broccoli, 1 serving (405 g)
Snacks	Protein Shake with Frozen Berries, 1 serving (465 g)

	Sunday
Breakfast	Blueberry Protein Pancakes, 1 serving (57 g)
Lunch	Salmon, Rice and Feta Salad, 1 serving (362 g)
Dinner	Tuna and Egg Pasta, 1 serving (350 g)
Snacks	Smoked Salmon and Cream Cheese on Cloud Breads, 1 serving (224 g)

Meal Plan Summary

	Breakfast	Lunch	Dinner	Snacks
M o	Tuna & Asparagus Omelette, 1 serving (393 g)	Chicken Pesto Broccoli Pasta, 1 serving (369 g)	Lean Pork Sweet Potato Broccoli, 1 serving (402 g)	Blueberry Protein Pancakes, 1 serving (57 g)
T u	Tuna & Asparagus Omelette, 1 serving (393 g)	Chicken Rice and Broccoli, 1 serving (310 g)	Chicken Pesto Broccoli Pasta, 1 serving (369 g)	Protein Shake with Frozen Berries, 1 serving (465 g)
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T h	Greek Yoghurt with Seeds, Nuts, Strawberries and Maple Syrup, 1 serving (319 g)	Chicken Skewers, 1 serving (430 g)	Tuna and Egg Pasta, 1 serving (350 g)	Protein Shake with Frozen Berries, 1 serving (465 g)
F r	Tuna & Asparagus Omelette, 1 serving (393 g)	Tuna and Egg Pasta, 1 serving (350 g)	Salmon Sweet Potato Broccoli, 1 serving (405 g)	Protein Shake with Frozen Berries, 1 serving (465 g)
S a	Tuna & Asparagus Omelette, 1 serving (393 g)	Chicken Pesto Broccoli Pasta, 1 serving (369 g)	Salmon Sweet Potato Broccoli, 1 serving (405 g)	Protein Shake with Frozen Berries, 1 serving (465 g)
S u	Blueberry Protein Pancakes, 1 serving (57 g)	Salmon, Rice and Feta Salad, 1 serving (362 g)	Tuna and Egg Pasta, 1 serving (350 g)	Smoked Salmon and Cream Cheese on Cloud Breads, 1 serving (224 g)

Comments

This is a ~2000cal per day meal plan which is high in protein.

Average macro ratios:

Protein 39%

Carbs 29%

Fats 31%

Recipes

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>

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.

Smoked Salmon and Cream Cheese on Cloud Breads

Smoked Salmon and Cream Cheese on Cloud Breads 2 servings. Ready in 1 min.

Ingredients

Raw Egg, **5 egg (215 g)**
Leavening agents, cream of tartar, **0.5 tsp (2 g)**
Cream Cheese (for dough), **4 oz (113 g)**
Table salt, **1 teaspoon (5 g)**
Salmon, Smoked, **2 oz, boneless (56 g)**
Cream Cheese (for spread), **2 oz (57 g)**



Instructions/Preparation

1. Preheat the oven to 150°C/302°F.
2. Separate the egg yolks and egg whites into two containers.
3. Whisk the egg whites with the cream of tartar using a fork or mixer until creating a foam.
4. Mix the egg yolks with the cream cheese.
5. Gently combine the contents of the two containers.
6. Place the dough on an oven tray, spreading the dough over the surface to form small circles (5cm or 2 inches in diameter).
7. Bake until the dough gets brown.
8. Spread Cream cheese over the baked cloud bread.
9. Add smoked salmon to the bread.

Extra comments/notes

You can prepare a few cloud breads in bulk, keep them in the fridge, and consume them over the week.

Salmon, Rice and Feta Salad

Salmon, Rice and Feta Salad 1 serving. Ready in 25 min.

Ingredients

Raw White Rice, **1 portion (50 g)**
Salmon, Fresh, **1 portion (198 g)**
Arugula, **1 cup (28 g)**
Feta Cheese, **1 oz (28 g)**
Parsley, **1 portion (10 g)**
Olive Oil, **1 portion (15 g)**
Cherry tomatoes, **0.5 portion (31 g)**
Black Pepper, **1 tsp, ground (2 g)**



Instructions/Preparation

1. Boil water in a saucepan.
2. Once boiling, add the rice. Cook at medium heat for 12 minutes (or as otherwise indicated on the packaging).
3. Place the olive oil in a non-stick pan.
4. Chop the parsley.
5. Press the salmon fillet gently against the parsley and black pepper to form a coating.
6. Cook the salmon fillet at medium heat for 8–10 minutes, until cooked, flipping it from side to side.
7. Chop the feta cheese into cubes.
8. Serve the salmon with a portion of rice and arugula.
9. Scatter the feta cheese and tomatoes over the arugula leaves.

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.

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.

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.

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.

Shopping List

Dairy and Egg Products

- Raw Egg, 25.67 egg (1104 g)
- Yogurt, greek, plain, whole milk, 1 cup (245 g)
- Egg White, 0.33 egg whites (10 g)
- Feta Cheese, 1 oz (28 g)
- Whole Milk, 5 cup (1220 g)
- Greek Yogurt (Low Fat), 15 tbsp (255 g)
- Cream Cheese (for dough), 3 oz (85 g)

Finfish and Shellfish Products

- Light Tuna, Canned in Water, 9 can (1485 g)
- Salmon, Fresh, 1 portion (198 g)
- Salmon, Fresh, 11.99 oz (340 g)
- Salmon, Smoked, 1 oz, boneless (28 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, 11 garlic clove (44 g)
- Broccoli, 1 cup, chopped or diced (88 g)
- Parsley, 30.01 sprigs (30 g)
- Garlic, 1.5 cloves (5 g)
- Tomato Puree, 1 tbsp (16 g)
- Onion, Fresh, 0.5 small (35 g)
- Red Pepper, 0.5 red bell pepper (58 g)
- Mushrooms, Fresh, 0.5 cups (49 g)
- Spinach, 2 cups (58 g)
- Arugula, 1 cup (28 g)
- Cherry tomatoes, 0.5 portion (31 g)
- Broccoli, 3 cups (270 g)
- Sweet Potato, 3 cup (393 g)

Fats and Oils

- Coconut Oil, 5 tbsp (65 g)
- Olive Oil, 12 portion (60 g)
- Olive Oil, 1.5 tablespoon (23 g)

Spices and Herbs

- Black Pepper, 6 teaspoon (12 g)
- Oregano, 4 teaspoon (12 g)
- Table salt, 3 dash (1 g)
- Paprika, 1 teaspoon (2 g)
- Table salt, 0.5 teaspoon (3 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)

Fruits and Fruit Juices

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

Sweets

- Syrups, maple, 0.5 tbsp (10 g)
- Maple Syrup, 0.5 tsp (4 g)

Beverages

- Whey Protein, 5.5 scoop (165 g)
- Almond Milk, 0.17 cup (44 g)

Breakfast Cereals

- Rolled Oats, 0.12 cup (10 g)

Poultry Products

- Chicken Breast, 5 portion (995 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, 2 servings (96 g)
- Dry Pasta, 4 portion (364 g)
- Raw White Rice, 1 portion (50 g)

Beef Products

- Lean Beef Steak, 6 oz (170 g)

Pork Products

- Lean Pork Steak, 5.99 oz (170 g)

Branded Food Products Database

- frozen mixed berries, 3.75 cup (700 g)

Baked Products

- Leavening agents, cream of tartar, 0.25 tsp (1 g)

Other

