



Date: 11 November 2018

Practitioner: Rachel Aust

Client Name: Premium Coaching

Meal Plan

	Monday
Breakfast	Greek Yogurt (Low Fat), 1 portion(s) (100 g) Chia seeds, 1 tbsp (12 g) Strawberries, 1 cup, halves (152 g)
Lunch	Garlic Butter Roasted Mushrooms-Noah's Mushrooms, 1 serving (145 g) Salmon, Fresh, 1 fillet (125 g) Cauliflower, 1 cup (108 g) Broccoli, 0.5 cup, chopped or diced (44 g)
Dinner	Lamb, all cuts, separable fat, cooked, 100 grams (100 g) Carrot, 1 carrot (64 g) Sweet Potato, 1 cup, cubes (133 g) Cauliflower, 0.5 cup (54 g)
Snacks	No Bake Macadamia Pecan Slice, 1 serving (34 g)

	Tuesday
Breakfast	<p>Egg White, 2 egg whites (60 g) Tomato, Fresh, 0.5 tomato (62 g) Avocado, 0.25 avocado (40 g) Spinach, 1 cups (29 g) Bbq sauce, upc: 013000000277, 1 Tbsp (19 g)</p>
Lunch	<p>Garlic Butter Roasted Mushrooms-Noah's Mushrooms, 1 serving (145 g) Salmon, Fresh, 1 fillet (125 g) Cauliflower, 1 cup (108 g) Broccoli, 0.5 cup, chopped or diced (44 g)</p>
Dinner	<p>Beef, stir-fry strips or diced, separable fat, fried or stir-fried, no added fat, 100 grams (100 g) Easy Holiday Roasted Vegetables with Pecans and Cranberries, 1 serving (240 g)</p>
Snacks	<p>Greek Yogurt (Low Fat), 1 portion(s) (100 g)</p>

	Wednesday
Breakfast	Meal Prep Baked Breakfast, 1 serving (403 g)
Lunch	Beef, stir-fry strips or diced, separable fat, fried or stir-fried, no added fat, 100 grams (100 g) Easy Holiday Roasted Vegetables with Pecans and Cranberries, 1 serving (240 g)
Dinner	Salmon, Fresh, 1 fillet (125 g) Broccoli, 1 cup chopped (91 g) Green Beans, Fresh, 0.5 cups (55 g) Butter, No Salt, 1 slice spread (5 g)
Snacks	Banana, 1 banana (119 g)

	Thursday
Breakfast	Meal Prep Baked Breakfast, 1 serving (403 g)
Lunch	Salmon, Fresh, 1 fillet (125 g) Broccoli, 1 cup chopped (91 g) Green Beans, Fresh, 0.5 cups (55 g) Butter, No Salt, 1 slice spread (5 g)
Dinner	Lamb, all cuts, separable fat, cooked, 100 grams (100 g) Carrot, 1 carrot (64 g) Cauliflower, 0.5 cup (54 g) Broccoli, 0.5 cup, chopped or diced (44 g)
Snacks	Greek Yogurt (Low Fat), 1 portion(s) (100 g)

	Friday
Breakfast	Almonds, 1 portion(s) (35 g) Greek Yogurt (Low Fat), 1 portion(s) (100 g)
Lunch	Lamb, all cuts, separable fat, cooked, 100 grams (100 g) Carrot, 1 carrot (64 g) Sweet Potato, 1 cup, cubes (133 g) Cauliflower, 0.5 cup (54 g) Broccoli, 0.5 cup, chopped or diced (44 g)
Dinner	Chicken Breast, 1 portion(s) (150 g) Garlic, 3 garlic clove (12 g) Green Beans, Fresh, 1 ounces (28 g) Sweet Potato, 1 cup, cubes (133 g)
Snacks	No Bake Macadamia Pecan Slice, 1 serving (34 g) Strawberries, 1 cup, halves (152 g)

	Saturday
Breakfast	<p>Whey Protein, 1 scoop (30 g) Peanut butter, reduced sodium, 1 tbsp (16 g) Almond Milk, 1 cup (262 g) Banana, 0.5 banana (60 g)</p>
Lunch	<p>Chicken Breast, 1 portion(s) (150 g) Garlic, 3 garlic clove (12 g) Green Beans, Fresh, 1 ounces (28 g) Sweet Potato, 1 cup, cubes (133 g)</p>
Dinner	<p>Beef, stir-fry strips or diced, separable fat, fried or stir-fried, no added fat, 100 grams (100 g) Easy Holiday Roasted Vegetables with Pecans and Cranberries, 1 serving (240 g) Broccoli, 0.5 cup, chopped or diced (44 g)</p>
Snacks	<p>No Bake Macadamia Pecan Slice, 1 serving (34 g)</p>

	Sunday
Breakfast	Greek Yogurt (Low Fat), 1 portion(s) (100 g) Blueberries, 1 portion(s) (50 g)
Lunch	Avocado, 0.25 avocado (40 g) Beef, stir-fry strips or diced, separable fat, fried or stir-fried, no added fat, 100 grams (100 g) Easy Holiday Roasted Vegetables with Pecans and Cranberries, 1 serving (240 g) Broccoli, 0.5 cup, chopped or diced (44 g)
Dinner	Chicken Breast, 1 portion(s) (150 g) Garlic, 3 garlic clove (12 g) Green Beans, Fresh, 1 ounces (28 g) Sweet Potato, 1 cup, cubes (133 g)
Snacks	Strawberries, 1 cup, halves (152 g) Almonds, 1 portion(s) (35 g)

Meal Plan Summary

	Breakfast	Lunch	Dinner	Snacks
M O	Greek Yogurt (Low Fat), 1 portion(s) (100 g) Chia seeds, 1 tbsp (12 g) Strawberries, 1 cup, halves (152 g)	Garlic Butter Roasted Mushrooms-Noah's Mushrooms, 1 serving (145 g) Salmon, Fresh, 1 fillet (125 g) Cauliflower, 1 cup (108 g) Broccoli, 0.5 cup, chopped or diced (44 g)	Lamb, all cuts, separable fat, cooked, 100 grams (100 g) Carrot, 1 carrot (64 g) Sweet Potato, 1 cup, cubes (133 g) Cauliflower, 0.5 cup (54 g)	No Bake Macadamia Pecan Slice, 1 serving (34 g)
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F R	Almonds, 1 portion(s) (35 g) Greek Yogurt (Low Fat), 1 portion(s) (100 g)	Lamb, all cuts, separable fat, cooked, 100 grams (100 g) Carrot, 1 carrot (64 g) Sweet Potato, 1 cup, cubes (133 g) Cauliflower, 0.5 cup (54 g) Broccoli, 0.5 cup, chopped or diced (44 g)	Chicken Breast, 1 portion(s) (150 g) Garlic, 3 garlic clove (12 g) Green Beans, Fresh, 1 ounces (28 g) Sweet Potato, 1 cup, cubes (133 g)	No Bake Macadamia Pecan Slice, 1 serving (34 g) Strawberries, 1 cup, halves (152 g)
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Comments

This meal plan is for weeks 1, 2, and 3

I've got your calories and macros on my end, and will be adding this meal plan up with what you list in your food diary. If you follow a meal plan meal exactly, feel free to write "meal plan" in the allocated section of the food diary.

If you would like to have a chat about how I am programming your nutrition, how to calculate your calories, and how to adjust your macros for your goals, let me know and we can do this in a call after week 6. For now I'd like you to not think about it too much, and just follow what I've programmed in.

As we go on I will be adding more meals into the plan and slowing phasing it over.

If you really enjoy a meal (and want it kept in your next meal plan) or really hate a meal (and want it taken out) let me know during our next phone call so I can take notes and make adjustments for you.

COOKING METHODS

In some of the recipes I've just listed 'fish' or 'chicken' - feel free to season these as you feel appropriate.

If you see 'fried' or 'poached' eggs and you *hate* a particular way of having eggs, feel free to cook it another way (provided you aren't adding extra ingredients).

MEAL PREP

Many of the meals and snacks can be prepped in advance incase you'll be busy and need to take the food out.

I've made it so you can cook extra dinners and have them for lunch the following day (to save you some prepping time).

MULTIPLE SNACKS

On some days you might see a snack which doesn't look like it goes together,

e.g.

"sweet potato fries

avocado dip

strawberries"

I only have the ability to list the snacks in one box, so split it up into what you like, in this case it'd be

Snack 1: Sweet potato fries with avocado dip

Snack 2: Strawberries

MEAL PREP BAKED BREAKFAST

Swap potato for sweet potato or pumpkin :)

SALMON MEAL

Pre-cook salmon

use frozen greens

store in airtight container

reheat in microwave (will cook frozen greens one time only, instead of reheating veg)

Recipes

Meal Prep Baked Breakfast

Meal Prep Baked Breakfast 2 servings. Ready in 1 min.

Ingredients

Potato, Fresh, 4 small (1-3/4" to 2-1/4" dia.) (368 g)

Oil, avocado, 1 tsp (5 g)

Cayenne Pepper, 1 tsp (2 g)

Boiled Eggs, 3 1 (195 g)

Spinach, 2 cups (58 g)

Avocado, 1 avocado (158 g)

Chutney or relish, commercial, 20 grams (20 g)



Instructions/Preparation

1. Preheat oven to 210C (410F)
2. Dice up 4 potatoes (if making enough for two people)
3. Lightly cover potato with avocado oil and cayenne pepper and place on a baking tray
4. Cook for 15-20 mins, until cooked through
5. While the potatoes are cooking boil 3 eggs on your stovetop
6. After eggs have boiled allow them to cool
7. Place a steamer on top of the still hot water from the eggs and steam your baby spinach leaves
8. Once the eggs are cool remove the shells and cut the eggs up
9. Store eggs, potato and spinach in a container, serve with tomato chutney and avocado.

Original source: <https://eatrunlift.me/eat-run-lift/2016/8/25/recipe-meal-prep-baked-brekky>

No Bake Macadamia Pecan Slice

No Bake Macadamia Pecan Slice 10 servings. Ready in 60 min.

Ingredients

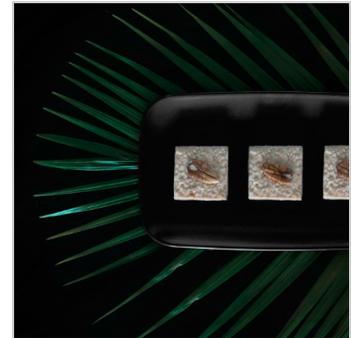
Macadamia nuts, **2 cup (248 g)**

Almond Butter, **2 tbsp (32 g)**

Coconut Oil, **2 tbsp (26 g)**

Stevia, **2 package (2 g)**

Pecan nuts, **10 pecans (28 g)**



Instructions/Preparation

1. Place macadamia nuts into a food processor and break them down into fine pieces
2. Tip the macadamias into a mixing bowl and add in the almond butter, coconut oil and stevia
3. Mix together well
4. Take a baking tray and line it with baking paper
5. Tip the mixture into the baking tray and press it up to one side (the mixture should be thick enough to want to hold together, it should not be runny and should not take up a large amount of the baking tray)
6. Evenly spread the 10 pecans on top (as guidelines to where you will cut the slice)
7. Place in the freezer for 1-2 hours before eating, and keep stored in the freezer

Original source: <https://eatrunlift.me/eat-run-lift/2017/6/30/recipe-no-bake-macadamia-pecan-slice>

Garlic Butter Roasted Mushrooms-Noah's Mushrooms

Garlic Butter Roasted Mushrooms-Noah's Mushrooms 4 servings. Ready in 20 min.

Ingredients

3 tablespoons unsalted butter, cut into pieces, **3 tablespoons (45 g)**

2 tablespoons capers, rinsed and chopped, **2 tablespoons (16 g)**

2 tablespoons vegetable oil, **2 tablespoons (28 g)**

2 teaspoons fresh lemon juice, **2 teaspoons (10 g)**

3 large garlic cloves, minced, **3 clove (9 g)**

1 pound mushrooms, **1 pound (454 g)**

1/4 cup chopped flat-leaf parsley, **0.25 cup (16 g)**



Instructions/Preparation

Preheat oven to 450F with rack in middle. Toss mushrooms with capers, garlic, oil, 1/8 teaspoon salt and several grinds of pepper in a 1 1/2- to 2-qt shallow baking dish. Top with butter and roast, stirring occasionally, until mushrooms are tender and golden and bubbly garlic sauce forms below, 15 to 20 minutes. Stir in lemon juice and parsley. Serve immediately, with crusty bread on the side for swiping up the juices.

See more: [Appetizer](#), [Mushrooms](#), [Photo](#), [Side Dish](#), [Thanksgiving](#), [Vegetarian](#)

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Original source: <http://smittenkitchen.com/blog/2010/12/garlic-butter-roasted-mushrooms/>

Easy Holiday Roasted Vegetables with Pecans and Cranberries

Easy Holiday Roasted Vegetables with Pecans and Cranberries 3 servings. Ready in 35 min. □

Ingredients

1 tsp chopped rosemary leaves, **1 tsp (2 g)**
1 tsp chopped thyme leaves, **1 tsp (1 g)**
1 tbsp balsamic vinegar, **1 Tbs (17 g)**
1 tbsp extra-virgin olive oil, **1 tablespoon (15 g)**
1/3 cup unsweetened dried cranberries, **0.33 cup (34 g)**
1 lb. brussels sprouts, trimmed and halved, **1 pound (459 g)**
2 large carrots, peeled and sliced into 1/2" pieces, **2 medium (122 g)**
1/2 cup pecans, **0.5 cup (49 g)**
1 tbsp maple syrup, **1 tablespoons (21 g)**
Sea salt and freshly cracked pepper, **3 servings (2 g)**

Instructions/Preparation

Preheat oven to 400F/200C. Line a baking sheet with parchment paper for easy cleaning. In a large bowl mix together Brussels sprouts, carrots, olive oil, balsamic vinegar, maple syrup, rosemary and thyme until well combined. Scatter on the prepared baking sheet in a single layer. Season with sea salt and freshly cracked pepper to taste. Bake for 25 to 30 minutes, stirring once, or until veggies are cooked through and slightly caramelized. Stir in pecans during the last 10 minutes of baking time. Remove from the oven, stir in cranberries and serve immediately.

Original source: <https://notenoughcinnamon.com/2017/11/08/easy-holiday-roasted-vegetables-pecans-cranberries/>

Shopping List

Dairy and Egg Products

- Greek Yogurt (Low Fat), 5 portion(s) (500 g)
- Egg White, 2 egg whites (60 g)
- Boiled Eggs, 3 1 (195 g)
- 3 tablespoons unsalted butter, cut into pieces, 1.51 tablespoons (23 g)

Nut and Seed Products

- Chia seeds, 1 tbsp (12 g)
- Almonds, 2 portion(s) (70 g)
- 1/2 cup pecans, 0.67 cup (65 g)
- Macadamia nuts, 0.61 cup (75 g)
- Almond Butter, 0.61 tbsp (10 g)
- Pecan nuts, 3.04 pecans (9 g)

Fruits and Fruit Juices

- Strawberries, 3 cup, halves (456 g)
- Avocado, 1.5 avocado (237 g)
- Banana, 1.5 banana (179 g)
- Blueberries, 1 portion(s) (50 g)
- 2 teaspoons fresh lemon juice, 1 teaspoons (5 g)
- 1/3 cup unsweetened dried cranberries, 0.44 cup (45 g)

Vegetables and Vegetable Products

- Tomato, Fresh, 0.5 tomato (62 g)
- Spinach, 3 cups (87 g)
- Potato, Fresh, 4 small (1-3/4" to 2-1/4" dia.) (368 g)
- 3 large garlic cloves, minced, 1.51 clove (5 g)
- 1 pound mushrooms, 0.5 pound (228 g)
- 1/4 cup chopped flat-leaf parsley, 0.13 cup (8 g)
- Cauliflower, 3.5 cup (378 g)
- Broccoli, 3 cup, chopped or diced (264 g)
- 1 lb. brussels sprouts, trimmed and halved, 1.33 pound (611 g)
- 2 large carrots, peeled and sliced into 1/2" pieces, 2.66 medium (162 g)
- Broccoli, 2 cup chopped (182 g)
- Green Beans, Fresh, 1 cups (110 g)
- Carrot, 3 carrot (192 g)
- Sweet Potato, 5 cup, cubes (665 g)
- Garlic, 9 garlic clove (36 g)
- Green Beans, Fresh, 3 ounces (84 g)

Branded Food Products Database

- Bbq sauce, upc: 013000000277, 1 Tbsp (19 g)

Fats and Oils

- Oil, avocado, 1 tsp (5 g)
- 2 tablespoons vegetable oil, 1 tablespoons (14 g)
- 1 tbsp extra-virgin olive oil, 1.33 tablespoon (20 g)

- Butter, No Salt, 2 slice spread (10 g)
- Coconut Oil, 0.61 tbsp (8 g)

Spices and Herbs

- Cayenne Pepper, 1 tsp (2 g)
- 2 tablespoons capers, rinsed and chopped, 1 tablespoons (8 g)
- 1 tsp chopped rosemary leaves, 1.33 tsp (3 g)
- 1 tsp chopped thyme leaves, 1.33 tsp (1 g)
- 1 tbsp balsamic vinegar, 1.33 Tbs (23 g)

Sweets

- Chutney or relish, commercial, 20.02 grams (20 g)
- 1 tbsp maple syrup, 1.33 tablespoons (28 g)
- Stevia, 0.61 package (1 g)

Beverages

- Whey Protein, 1 scoop (30 g)
- Almond Milk, 1 cup (262 g)

Legumes and Legume Products

- Peanut butter, reduced sodium, 1 tbsp (16 g)

Finfish and Shellfish Products

- Salmon, Fresh, 4 fillet (500 g)

Beef Products

- Beef, stir-fry strips or diced, separable fat, fried or stir-fried, no added fat, 400 grams (400 g)

Spices and Seasonings

- Sea salt and freshly cracked pepper, 3.99 servings (2 g)

Lamb, Veal, and Game Products

- Lamb, all cuts, separable fat, cooked, 300 grams (300 g)

Poultry Products

- Chicken Breast, 3 portion(s) (450 g)

Other

