



Female Meal Plan Weeks 5-6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 Packet of Uncle Toby's Quick Oats and a Protein shake in 250ml of Lite Milk	2 Boiled Eggs with 2 slices of Aldi Shortcut Bacon and 1 piece of Toast	2 Slices of Wholemeal/Multigrain Bread and All-Natural Peanut Butter and a Protein Shake	40 grams of Avocado on 2 Pieces of Toast/English Muffins	2 scrambled eggs with 2 pieces of Country Split Wholemeal toast	2 Crumpets with Peanut Butter and Honey	2 Boiled Eggs with 1 piece of Burgen/Multigrain/Whole Bread
Snack	Blueberry Coconut Smoothie (see recipe)	Protein Bar	Nature Valley Nut Bar	Cheese and crackers - slice of cheese, 6 x Jatz crackers	Apple & 12 almonds	Nature Valley Nut Bar	Protein Bar
Lunch	Tuna Bean Salad, ½ red onion, 1 celery heart, ½ bunch of flat leaf parsley (15g) 330grams butter beans, 95 gram can of Tuna	Burrito Bowl - 100g Lean mince, 100g basmati rice, 100g peas & corn, salsa and cheese	Ham (100-120grams) Sandwich/Wrap on Multigrain Bread and Salad	Turkey Protein Pasta (Ingredients will be posted in group)	Nando's Lemon Herb Chicken Bowl (Ingredients will be posted in group)	1 Beef/Kangaroo Patty on a Brioche Bun with 2 slices of Bega Super Slim Cheese	Chicken (100-120grams) Sandwich/Wrap on Multigrain Bread and Salad
Snack	Yo-pro or Chobai Yoghurt	Apple or Banana	Protein Shake	95gram Can of Tuna (any flavour) and Steam Fresh Veggies	Continental Cup of Soup (anyone)	Blueberry Coconut Smoothie (see recipe)	Protein Shake in Water
Dinner	Chicken & Fried Rice (See recipes for more details)	Sandwich Thin Pizzas (See recipes for more details)	150 grams of Chicken Breast with 150 grams of Basmati White Rice	150-gram Lean Steak with 150 grams of Sweet Potato	Salmon with 125g broccoli/green vegetables and 150g Carisma/Spudlite potato	Cheat Meal of Your Choice	150 grams of Perch/Bassa Fish with cauliflower rice and veggies (no potato)
Snack	No-bake Jelly Cheesecakes (See recipes for more details)	Skinny Cow Sundae	175 grams of Yoplait Zero Yoghurt with 50 grams of Blue/Black Berries	Air Popped Pop Corn	Half a pun net of black berries and half a pun net of strawberries	My Double Choc Protein Mug Cake (see recipe)	Protein Bar or Shake

All these items can be purchased at Woolies and possibly Coles

Cauliflower Rice



Cauliflower Rice 2



Protein Bar



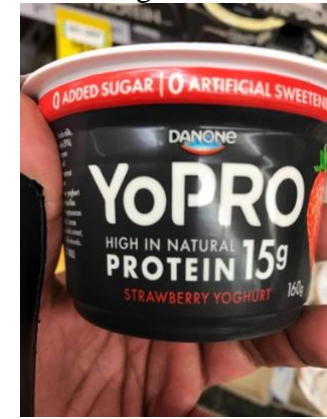
Protein Shake



Protein Shake



Yoghurt 1



Yoghurt 2



Zucchini Noodles



Fettuccine Slendier



Spaghetti Slendier



Aldi Shortcut Bacon



Nature Valley Nut Bar



Yoplait Zero Yoghurt



Country Split Wholemeal Bread



Aldi Lean Beef Mince



Kangaroo Beef Patty



Extra Lean Beef Burger



Brioche Burger Bun



Bega Super Slim Cheese



Spud Light Potato's



Sugar Free Avalanche Drinking Chocolate





Turkey Protein Pasta

- 63grams of Turkey Mince (Steggles)
- 40 grams Mixed Vegetables Frozen (Coles Brand)
- 10 grams Extra Sharp Parmesan Shredded
- 42 grams High Protein Pasta (Vetta)
- 22 grams Tuscan Meatball Sauce (Masterfoods)
- 60 grams Passata Sauce
- 60 grams of White Mushrooms





Lemon Herb Chicken

- 140 grams of Boneless Chicken Breast
- 100 grams of Basmati White Rice
- 150 grams Winter Vegetables Mix
- 30 grams of Lemon & Herb Chicken Marinade



Blueberry Coconut Smoothie

Serves: 1
 Prep time: 3 minutes
 Total time: 3 minutes
 Calories: 176
 Macros: C:14 P:26 F:1



Ingredients

Coconut water | 200ml
 Frozen blueberries | 50g
 Protein powder - vanilla | 1 scoop (30g)
 Water | 1/3 cup (approx. 80ml)

Directions

Add all ingredients to a blender and blend until smooth.
 Enjoy!

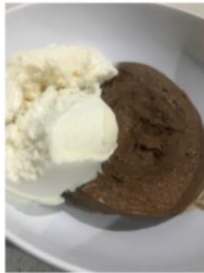
Specific ingredients used:	Additional Information
<ul style="list-style-type: none"> Bulk Nutrients Protein Matrix – vanilla 	You can use any brand of protein powder. Calories/macros will change accordingly. Other suggested combinations: <ul style="list-style-type: none"> Cherry Ripe – Chocolate protein powder & frozen cherries

#HighProtein #Breakfast #Snack



Double Choc Protein Mug Cake

Serves: 1
 Prep time: 3 minutes
 Total time: 3 minutes
 Calories: 98
 Macros: C:3 P:17 F:2



Ingredients

Unsweetened almond milk | 60ml
 Sugar-free drinking chocolate | 10g
 Protein powder - chocolate | 2/3 scoop (20g)
 Baking powder | ¼ teaspoon (2g)

Directions

Combine all dry ingredients into a small ceramic bowl or mug. Add almond milk and mix or whisk until smooth.

Heat on HIGH for 45 seconds. Then heat in 15 second intervals until it resembles a 'cake' to your liking. If you cook it for too long in one go, it will rise too much and spill over.

Note: I prefer mine still a little wet around the edges.

Serving options:

- Yoplait Zero French Vanilla yoghurt (88g, 35 cal)
- Peters Light 'n' Creamy French Vanilla ice cream (46g, 62 cal)

Specific ingredients used:	Additional Information
<ul style="list-style-type: none"> • Bulk Nutrients Protein Matrix – chocolate • Avalanche Sugar Free Drinking chocolate. • Almond Breeze Unsweetened Almond milk 	You can use any brand of protein powder but a blend is preferable to a whey protein (WPI) as it could become rubbery in texture. Calories/macros will change accordingly.

#HighProtein #Dessert #Snack

No-bake Jelly Cheesecakes

Serves: 6
 Prep time: 15 minutes
 Total time: 1 hour
 Calories: 72 per serve
 Macros: C:4 P:10 F:2



Ingredients

Cottage Cheese | 500g
 Lemon Jelly Lite | 1 sachet (9g)
 Water | 150ml boiling, 100ml cold

Directions

Dissolve jelly in 150ml boiling water. Once dissolved, stir in 100ml cold water. Set aside to cool for 10 minutes. If you use while still hot, your cheesecake will curdle.

Using a blender, blend the cottage cheese and cooled jelly mix together until smooth.

Distribute evenly into six small containers and refrigerate for 45 minutes. They will keep for days in the fridge.

Enjoy! Originally a creation of Jenny Ford-Wylie.

Specific ingredients used:	Additional Information
<ul style="list-style-type: none"> Aldi Manhattan Cottage Cheese 	You can use any flavour of Jelly Lite you prefer. Calories for a larger serve: 4 – 110 calories (C:6 P:16 F:3) 5 – 88 calories (C:4 P:13 F:2)

#HighProtein #Dessert #Snack



Sandwich Thin Pizzas

Serves: 1
Prep time: 3 minutes
Total time: 5 minutes
Calories: 396
Macros: C:40 P:32 F:9



Ingredients

Sandwich Thins | 2 (makes 4 pizzas)
Pizza sauce | 4 teaspoons (40g)
Leg Ham (sliced) | 4 slices (50g)
Semi-dried tomato strips | 40g
Light Swiss cheese | 2 slices

Directions

If using grill, turn on and pre-heat. You can also use a microwave.
 Lay sandwich thins on a board or plate, cut side up, to have 4 pizzas.
 Place 1 teaspoon of pizza sauce on each pizza and spread with a spoon.
 Place a slice of ham on each pizza and evenly distribute tomato strips.
 Tear each cheese slice into strips and distribute evenly on each pizza.
 Heat in the microwave or place under the grill until cheese is melted.
 Enjoy!

Specific ingredients used:	Additional Information
<ul style="list-style-type: none"> • Tip Tip Sandwich Thins • Sandhurst semi-dried tomato strips • Leggo's Pizza Sauce with garlic, onion & herbs • Jarlsberg Lite Cheese slices 	You can use any toppings you like! Great low-cal options include No Sugar BBQ sauce, shredded roast chicken, mushrooms, tomato, herbs, capsicum, etc. Calories and macros will change accordingly.

#HighProtein #Lunch #Dinner #Snack #SmartSwap