# 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) | Chicken Stir Fry (See recipe for details) | 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** |

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## All these items can be purchased at Woolies and possibly Coles

Cauliflower Rice

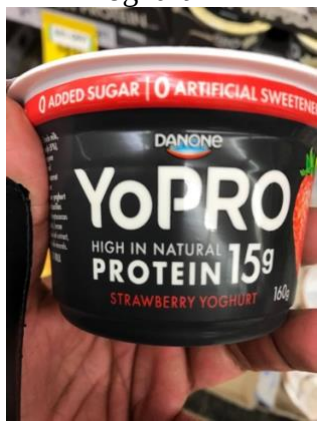
Cauliflower Rice 2

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

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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

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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

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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

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## *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 |
|---|---|
| • Bulk Nutrients Protein Matrix – vanilla | You can use any brand of protein powder. Calories/macros will change accordingly. Other suggested combinations:<br>• Cherry Ripe – Chocolate protein powder & frozen cherries |

***#HighProtein #Breakfast #Snack***

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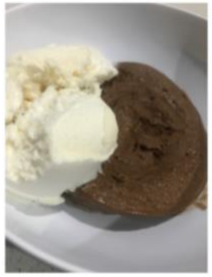
# Double Choc Protein Mug Cake

**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 |
|---|---|
| • Bulk Nutrients Protein Matrix – chocolate<br>• Avalanche Sugar Free Drinking chocolate.<br>• 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***

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# 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 |
|---|---|
| • Aldi Manhattan Cottage Cheese | You can use any flavour of Jelly Lite you prefer.<br>Calories for a larger serve:<br>4 – 110 calories (C:6 P:16 F:3)<br>5 – 88 calories (C:4 P:13 F:2) |

***#HighProtein #Dessert #Snack***

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# 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 |
|---|---|
| • Tip Tip Sandwich Thins<br>• Sandhurst semi-dried tomato strips<br>• Leggo's Pizza Sauce with garlic, onion & herbs<br>• Jarlsberg Lite Cheese slices | You can use any toppings you like!<br>Great low-cal options include No Sugar BBQ sauce, shredded roast chicken, mushrooms, tomato, herbs, capsicum, etc.<br>Calories and macros will change accordingly. |

***#HighProtein #Lunch #Dinner #Snack #SmartSwap***

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CHICKEN STIR FRY

**Thai Chicken Stir Fry**
**500g chicken**
**400g stir fry vegetables**
**2 x Stirfry shot pots**
**400g cooked rice**

320 cal

| 50% | 9% | 40% |
|---|---|---|
| 38.9 g | 3.2 g | 30.9 g |
| Carbohydrates | Fat | Protein |

Show Nutrition Facts

Meal Items

| | |
|---|---|
| Thai Stir Fry Shot<br>Five Tastes, 22 g | 24 |
| Australian Stir Fry Vegetables Snap-frozen<br>Coles, 125 g | 33 |
| Boneless Skinless Chicken Breast<br>Aldi, 127.1 gram | 123 |
| Jasmine Rice (Cooked)<br>Jasmine Rice (Cooked), 100 g cooked | 140 |

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