



7 Day Meal Plan

Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies.



Contents & Key

6	Buckwheat Protein Pancakes	GF	Gluten Free
8	Rosti with Bacon Mushrooms & Green Onions	DF	Dairy Free
10	Spiced Pear Overnight Oats	LC	Low Carb (20g- serve)
12	High Protein Crustless Quiche	MP	Meal Prep/Freezer Friendly
14	Warm Spiced Prawns & Potato Salad	HP	High Protein (20g+ per serve)
16	Instant Pot Cauliflower, Potato & Bean Soup	V	Vegetarian
18	Chicken Curry Lettuce Wrap	Q	Quick (under 30 mins)
20	Thai Style Fish en Papillote	N	Contains Nuts
22	Slow Cooker Tacos Al Pastor		
24	Meatballs in Bacon & Onion Gravy with Cheesy Mash & Broccoli		
26	Chicken Fried Rice		
28	Barbecue Ribs		
30	Carrot & Apple Muffins		
32	Cacao Energy Balls		
34	Berry & Almond Protein Smoothie		

Sample 7 Day Meal Plan

	Breakfast	Lunch	Snack	Dinner
Mon	Spiced Pear Overnight Oats	Warm Spiced Prawn Potato Salad	E.g. Berry & Almond Protein Smoothie, Carrot & Apple Muffins, Caocao Energy Balls	Thai Style Fish en Papillote
Tue	High Protein Crustless Quiche	Warm Spiced Prawn Potato Salad	E.g. Berry & Almond Protein Smoothie, Carrot & Apple Muffins, Caocao Energy Balls	Slow Cooker Tacos al Pastor
Wed	High Protein Crustless Quiche	Leftover Slow Cooker Tacos al Pastor	E.g. Berry & Almond Protein Smoothie, Carrot & Apple Muffins, Caocao Energy Balls	Meatballs in Bacon & Onion Gravy with Cheesy Mash & Broccoli
Thu	Spiced Pear Overnight Oats	Instant Pot Cauliflower, Potato & Bean Soup	E.g. Berry & Almond Protein Smoothie, Carrot & Apple Muffins, Caocao Energy Balls	Meatballs in Bacon & Onion Gravy with Cheesy Mash & Broccoli
Fri	Berry & Almond Protein Smoothie	Instant Pot Cauliflower, Potato & Bean Soup	E.g. Berry & Almond Protein Smoothie, Carrot & Apple Muffins, Caocao Energy Balls	Chicken Fried Rice
Sat	Rosti with Bacon, Mushrooms & Green Onion	Leftover Chicken Fried Rice	E.g. Berry & Almond Protein Smoothie, Carrot & Apple Muffins, Caocao Energy Balls	Meal Out - Enjoy!
Sun	Rosti with Bacon, Mushrooms & Green Onion	Chicken Curry Lettuce Wraps	E.g. Berry & Almond Protein Smoothie, Carrot & Apple Muffins, Caocao Energy Balls	Barbecue Ribs

Shopping List

Fruits, Vegetables	Protein, Dairy	Grains, Seeds, Baking, Herbs & Spices	Cans, Condiments, Misc
<p>Fruits</p> <ul style="list-style-type: none"> •banana •3 lemons •pear •2 avocados •mango •pineapple •3 limes •2 apples •blueberries •raspberries <p>Vegetables</p> <ul style="list-style-type: none"> •mushrooms •2 bunches green onions •2 bulbs of garlic •3 lbs. (1.38kg) white potato •4 red onions •1 yellow onion •1 shallot •2 zucchinis (courgette) •2 carrots •1 red bell pepper •bag baby spinach •cauliflower •broccoli •baby gem lettuce •root ginger •2 chili peppers •green beans •shiitake mushrooms <p>Fresh Herbs</p> <ul style="list-style-type: none"> •parsley •chives •cilantro (coriander) <p>Dried Fruit</p> <ul style="list-style-type: none"> •raisins •8 Medjool dates 	<p>Meats</p> <ul style="list-style-type: none"> •smoked bacon •14 oz. (400g) cooked chicken •4.4 lbs. (2kg) pork shoulder •4.2 oz. (120g) pork, minced •4.2 oz. (120g) beef, minced •10 oz. (280g) chicken thigh •3.5 lbs. (1.6 kg) pork back ribs <p>Fish & Seafood</p> <ul style="list-style-type: none"> •12 oz. (340g) raw prawns •14 oz. (400g) white fish fillet <p>Cold</p> <ul style="list-style-type: none"> •13 eggs •unsweetened almond milk •milk •unsweetened apple juice •butter •Greek yogurt •natural soy yogurt •cottage cheese •feta cheese •parmesan cheese •cheddar cheese •ricotta cheese •cream cheese 	<p>Grains</p> <ul style="list-style-type: none"> •rolled oats •Basmati rice <p>Nuts & Seeds</p> <ul style="list-style-type: none"> •almonds •pecans •salted peanuts •ground almonds •chia seeds •ground flaxseeds •sunflower seeds <p>Baking</p> <ul style="list-style-type: none"> •baking powder •vanilla extract •buckwheat flour •cacao nibs •desiccated coconut <p>Dried Herbs & Spices</p> <ul style="list-style-type: none"> •black pepper •ground cinnamon •ground nutmeg •garlic granules •herbs de Provence or mixed herbs •smoked paprika •ground turmeric •dried thyme •curry powder •chili powder •ground cumin 	<p>Oils</p> <ul style="list-style-type: none"> •coconut oil •olive oil <p>Sweeteners</p> <ul style="list-style-type: none"> •honey •coconut sugar •maple syrup <p>Boxed, Canned & Condi</p> <ul style="list-style-type: none"> •Sun dried tomatoes •2x 14 oz. (2x 400g) cans cannellini beans •1½ pints (840ml) vegetable broth •½ pint (240ml) chicken broth •chicken stock cube •mayonnaise •tomato puree (tomato puree) •fish sauce •chipotles in adobo sauce •white wine vinegar •breadcrumbs •sambal oelek •tamari •ketjap manis •tomato ketchup •Dijon mustard <p>Misc/Other</p> <ul style="list-style-type: none"> •sea salt •vanilla protein powder •pack 16 corn tortillas



Buckwheat Protein Pancakes

Serves 2

1 cup (120g) buckwheat flour
1 banana, chopped
1 tsp. ground cinnamon
2 scoops (60g) vanilla protein powder
1 egg
¾ cup (175ml) almond milk
1 tbsp. coconut oil
4 tbsp. raspberries, to serve
2 tbsp. Greek yogurt, to serve
1 tbsp. honey, to serve

What you need to do

1. Place the buckwheat flour, banana, cinnamon, protein powder, egg and almond milk into a food processor or high-speed blender and blitz to form a smooth pancake batter.
2. Heat 1 teaspoon of coconut oil in a large skillet over a medium-high heat. Pour roughly 2 tablespoons of the pancake batter, per pancake, into the pan. Cook for about 2 minutes then flip and cook for a further 2 minutes on the second side. Repeat the process with the remaining pancake batter.
3. Crush the raspberries in a bowl and mix in the Greek yogurt. Stack the pancakes on a plate, layering through the raspberry yogurt.
4. Serve topped with fresh berries and a drizzle of honey.

GF	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	12 min	315	7	48	21	6

*Nutrition per serving.





Rosti with Bacon Mushrooms & Green Onions

Serves 2

2 slices bacon, diced
 2 tbsp. coconut oil
 1 cup (70g) mushrooms, thinly sliced
 ¼ cup (25g) green onions, chopped (plus extra for optional garnish)
 ¼ tsp. garlic, minced
 1 cup (140g) white potato, grated
 1 egg
 ½ tsp. fine sea salt
 ⅛ tsp. black pepper

What you need to do

1. Place the bacon in a large skillet over medium heat and fry until crispy. Reserve a little bit of the cooked bacon for garnish later.
2. Add the coconut oil, mushrooms, green onions and garlic to the pan and sauté for 5 minutes, or until the mushrooms are golden.
3. Place the grated potato and egg into a large bowl, season with salt and pepper, and mix well.
4. Transfer the potato and eggs to the skillet with the bacon and vegetables. Spread the egg mixture out to cover the skillet. Cook the rosti for 5 minutes over a medium heat, until the bottom is crispy and golden brown. Then flip the rosti over and continue to cook for a further 10 minutes.
5. Remove the skillet from the heat and serve with extra bacon and green onions.
6. Store leftovers in an airtight container in the refrigerator for up to 4 days.

GF	DF	LC	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	20 min	250	18	14	10	1

*Nutrition per serving.





Spiced Pear Overnight Oats

Serves 4

1 cup (90g) rolled oats
 1 cup (240ml) almond milk,
 unsweetened
 ½ cup (112g) natural soy yogurt
 2 tbsp. chia seeds
 2 tbsp. maple syrup
 1 pear, diced
 2 tbsp. pecans, chopped
 1 tsp. ground cinnamon
 ¼ tsp. ground nutmeg

What you need to do

1. Place all the ingredients into a large bowl and stir until well combined. Cover the bowl and place into the refrigerator for at least 2 hours, or overnight.
2. Divide the oats between 4 serving glasses or jars and top with an additional pear (optional and not included in nutritional breakdown).

MP	V	N
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	2-8 hr	230	9	32	7	6

*Nutrition per serving.





High Protein Crustless Quiche

Serves 4

4 tsp. olive oil
1 red onion, diced
1 zucchini, finely chopped
salt & pepper
1 tsp. garlic granules
1 tsp. Herbs de Provence
6 eggs
4 tbsp. cottage cheese
2 tbsp. fresh parsley, chopped
½ cup (30g) sun-dried tomatoes,
chopped
1 cup (115g) feta cheese, crumbled
2 tbsp. Parmesan cheese, grated
½ red onion, sliced, to garnish

What you need to do

1. Preheat the oven to 350°F (180°C) and grease a pie dish with 1 teaspoon of olive oil.
2. Heat the remaining 3 teaspoons of olive oil in a pan over a medium-high heat and sauté the red onion and zucchini for 3-4 minutes. Season with salt and pepper and add in the garlic granules and herbs. Stir through and continue to cook for a further 3-4 minutes until soft, then set aside to cool slightly.
3. Break the eggs into a large bowl and add the cottage cheese, whisk until combined. Next stir through the parsley, sun-dried tomatoes and cooked vegetables.
4. Transfer the mixture to the earlier prepared dish. Sprinkle over the crumbled feta cheese and Parmesan and garnish with sliced red onion.
5. Place the dish in the hot oven and bake for 40 minutes or until set.
6. Once baked, set aside to cool for 5 minutes before slicing and serving.

GF	LC	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 min	40 min	284	20	9	18	2

*Nutrition per serving.





Warm Spiced Prawns & Potato Salad

Serves 2

12 oz. (340g) white potato, chopped into cubes
 2 tsp. coconut oil
 1 red onion, diced
 2 cloves garlic, chopped
 1 zucchini, chopped
 ½ red bell pepper, sliced
 2 eggs
 12 oz. (340g) raw prawns
 Salt & pepper
 3 tsp. smoked paprika
 1 tsp. ground turmeric
 1 cup (30g) baby spinach
 juice of 1 lemon

What you need to do

1. Place the cubed potato into a pot, cover with water and bring to a boil, then simmer for 10-12 minutes or until the potato has cooked. Drain and set aside.
2. Heat 1 teaspoon of the coconut oil in a skillet over a medium-high heat. Add the onion, garlic, zucchini and red pepper and stir fry for 2 minutes.
3. Meanwhile, poach the eggs using your favorite cooking method.
4. As soon as the potato is cooked add it to the skillet along with the prawns. Bring the heat up to high and fry, stirring occasionally.
5. Once the prawns have turned pink, reduce the heat to medium and season with salt, pepper, smoked paprika and turmeric. Add a tablespoon of water, if necessary to prevent the spices from burning. Now stir through the baby spinach and take the skillet off the heat.
6. To serve, divide the warm salad between two plates, drizzle over the lemon juice and top each salad with a poached egg.

GF	DF	LC	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	25 min	393	8	40	43	2

*Nutrition per serving.





Instant Pot Cauliflower, Potato & Bean Soup

Serves 6

1 tbsp. olive oil
 1 yellow onion, finely chopped
 3 garlic cloves, minced
 1 lb. (450g) potatoes, peeled and cut into chunks
 1 lb. (450g) cauliflower, florets, and stems
 2x 14 oz. (400g) cans cannellini beans, drained
 3½ cups (830ml) vegetable broth
 3 tbsp. butter
 1 tsp. dried thyme
 ½ tsp. garlic granules
 1½ tsp. salt
 ¼ lemon, juiced
 1 cup (240ml) Greek yogurt
 ½ cup fresh chives, chopped
 4 tbsp. cheddar cheese, grated

What you need to do

1. Set the Instant Pot to “sauté” and heat the olive oil. Add the onion and garlic and sauté for 3 minutes.
2. Now add the potatoes, cauliflower, beans, vegetable broth, butter, thyme, garlic granules, and salt. Stir to combine then cover and seal the lid. Cook on high pressure for 10 minutes, then let the pressure release naturally for a further 10 minutes.
3. Add the lemon juice and use an immersion blender to puree into a creamy soup. Stir through the yogurt and chives. Taste and season with a little extra salt if necessary.
4. Serve the soup topped with grated cheddar cheese.

GF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	25 min	295	11	38	12	7

*Nutrition per serving.





Chicken Curry Lettuce Wrap

Serves 4

2 tbsp. mayonnaise
¼ cup (70g) Greek yogurt
1 tbsp. tomato puree
2 green onions, sliced
1 tbsp. curry powder
½ lemon, juiced
salt & pepper
14 oz. (400g) cooked chicken,
chopped
4 baby gem lettuce leaves
1 avocado, de-stoned, sliced
½ mango, de-stoned, sliced
2 tbsp. cilantro, chopped
2 tbsp. almonds, chopped

What you need to do

1. Place the mayonnaise, yogurt, tomato puree, green onions, curry powder and lemon juice in a bowl. Season with salt and pepper and mix well. Add in the chicken pieces and mix again until the chicken is well coated.
2. Lay the lettuce leaves on 2 serving plates and divide the chicken mixture over each leaf. Top each with a few slices of avocado, mango, cilantro and chopped almonds. Serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	0 min	353	19	15	35	5

*Nutrition per serving.



Thai Style Fish en Papillote

Serves 2

For the fish:

14 oz. (400g) white fish fillet,
boneless and skinless (e.g., sea
bass, halibut, or cod)
3 green onions, chopped

For the sauce:

2 tsp. grated ginger
½ lemon zest
1 tbsp. lemon juice
2 tbsp. olive oil
1½ tbsp. fish sauce
1 shallot, diced
1 chili pepper, de-seeded, chopped

For the crispy garlic:

6 large garlic cloves, finely sliced
finely
2 tbsp. olive oil
salt

What you need to do

1. Preheat the oven to 400°F (200°C).
2. Combine all the sauce ingredients in a small bowl and set aside.
3. Now make a parcel to cook the fish in. Start by preparing a piece of baking paper big enough to fit the fish into. Start by folding it in half, then open it back up again. Place the fish fillet on one-half of the paper, placing it alongside the folded edge. Sprinkle over the green onions and the earlier prepared sauce.
4. Next, fold the paper over the fish so the two ends meet. Beginning at one end, make small, overlapping diagonal folds around the fish to seal it in the parcel. You should end up with a semi-circular airtight package. Seal the parcel, or papillote, tight and place it on a baking tray.
5. Place the tray into the hot oven and bake for 12-20 minutes until the fish is flaky and cooked through (cooking times will vary depending on the thickness of the fish fillets so adjust cooking times accordingly). Remove the tray from the oven and set aside to cool for 3-4 minutes before opening the parcel.
6. Just before the fish has finished cooking, preheat a pot over a medium-low heat and add 2 tablespoons of olive. Add the garlic and gently stir around the pot, until golden brown. Season to taste with salt.
7. To serve, place the parcel on a plate and cut open the parcel. Spoon over a few teaspoons of the crispy garlic and serve immediately.

GF	DF	LC	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 min	30 min	333	17	6	39	1

*Nutrition per serving.





Slow Cooker Tacos Al Pastor

Serves 8

4.4 lbs. (2kg) pork shoulder, boneless, fat trimmed off
2 tsp. salt
1 tsp. black pepper
1 cup (240ml) chicken broth
3 chipotle chilis in adobo sauce
1 tsp. adobo sauce
1 fresh pineapple, peeled, cored, roughly chopped
½ medium red onion
2 ½ tbsp. chili powder
½ tsp. ground cumin
2 tbsp. lime juice
2 tbsp. white wine vinegar
2 cloves garlic
16 corn tortillas

Optional toppings (not included in nutritional breakdown):
pineapple, finely chopped
red onion, diced
cilantro, chopped

What you need to do

1. Rub the pork with salt and black pepper.
2. Set the slow cooker to “sauté” and brown the pork on all sides. Alternatively, you can do this in a skillet on the stove.
3. In a food processor or high-speed blender, combine the chicken broth, chipotle chilis, sauce, pineapple, red onion, chili powder, cumin, lime juice, white wine vinegar and garlic. Blitz until smooth.
4. Place the pork into the slow cooker and cover with the marinade, cook on high for 4 hours or low for 8 hours.
5. Once the pork has cooked, remove from the slow cooker and shred using two forks. Return the shredded pork to the pot and stir through the marinade until well combined.
6. Serve the pork with warm corn tortillas and additional diced pineapple, red onion, and cilantro.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	4 hrs	523	14	39	61	6

*Nutrition per serving.





Meatballs in Bacon & Onion Gravy with Cheesy Mash & Broccoli

Serves 4

1 lb. (450g) potatoes, peeled chopped
 ½ tsp. salt
 2 tsp. Herbs de Provence
 2 tbsp. breadcrumbs
 4.2 oz. (120g) pork, minced
 4.2 oz. (120g) beef, minced
 salt & pepper
 2 tbsp. olive oil
 ½ red onion, diced
 2 oz. (60g) smoked bacon, chopped
 ½ cup (120ml) water
 1 chicken stock cube
 ¼ cup (30g) cheddar cheese, grated
 2 tbsp. milk
 ½ broccoli head, florets

What you need to do

1. Preheat the oven to 400°F (200°C). Prepare a large baking sheet lined with baking paper.
2. Bring a large pot of water to the boil and add ½ teaspoon of salt. Add the chopped potatoes and cook for 15-20 minutes until tender. Once cooked, drain and set aside.
3. While the potatoes are cooking, place the herbs and breadcrumbs in a large bowl. Add the minced pork and beef and season with salt and pepper. Using your hands, mix everything together until well combined and shape the mixture into walnut sized meatballs.
4. Place the meatballs on the baking sheet and drizzle with 1 tablespoon of olive oil. Place into the hot oven and bake for 12-15 minutes, until the meatballs are cooked through and golden.
5. Meanwhile, start making the gravy by heating the remaining 1 tablespoons of olive oil in a skillet over medium-high heat. Add the onion and bacon and cook for 4-5 minutes, stirring occasionally. Next, add in the water and stock cube and simmer for 5 minutes until the gravy reduces and thickens.
6. Bring a pot of water to a boil and cook the broccoli for 3-4 minutes until tender, then drain and set aside.
7. Mash the potatoes and stir through the grated cheese and milk. Season to taste with salt and pepper and set aside.
8. To serve, divide the mashed potatoes between 2 plates, top with meatballs and gravy and serve with a side of broccoli.

MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 min	30 min	408	23	32	21	3

*Nutrition per serving.





Chicken Fried Rice

Serves 4

⅔ cup (120g) basmati rice, raw
 1 tbsp. coconut oil
 10 oz. (280g) chicken thigh, diced
 salt & pepper
 3.5 oz. (100g) shiitake mushrooms,
 sliced
 1 tbsp. root ginger, grated
 1 tbsp. sambal oelek
 2 garlic cloves
 1 cup (100g) green beans, chopped
 4 green onions, sliced
 2 tbsp. tamari
 4 tbsp. ketjap manis
 ½ lime, zested & juiced
 3 tbsp. salted peanuts, chopped

What you need to do

1. Cook the rice according to instructions on the packaging.
2. Meanwhile, heat the coconut oil in a large skillet over a high heat. Add the chicken, season with salt and pepper and stir-fry for 6-7 minutes until the chicken is golden brown.
3. Add the sliced mushrooms and continue cooking for a further 3-4 minutes. Next, add the grated ginger, sambal, garlic, green beans and half the green onions to the pan and cook for 2 minutes, stirring frequently, then lower the heat to medium.
4. Once everything has cooked, stir through the cooked rice and sauté for 1-2 minutes. Remove the pan from the heat and stir in the tamari, ketjap manis, lime zest, and lime juice.
5. To serve, divide between 2 bowls and sprinkle over the peanuts and remaining green onions.

DF	MP	HP	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	20 min	339	10	43	21	3

*Nutrition per serving.





Barbecue Ribs

Serves 4

2 tbsp. olive oil
3.5 lbs. (1.6 kg) pork back ribs
salt & pepper

Marinade:

1 red chili, chopped
1 thumb-sized piece of root ginger, grated
2 cloves of garlic, minced
 $\frac{2}{3}$ cup (150ml) unsweetened apple juice
 $\frac{1}{2}$ cup (120ml) white wine vinegar
2 tbsp. tomato ketchup
1 tbsp. Dijon mustard
 $\frac{1}{2}$ cup (120ml) tamari
 $\frac{1}{2}$ cup (85g) coconut sugar

What you need to do

1. Preheat the oven to 400°F (200°C).
2. Drizzle the olive oil over the ribs, season with salt and pepper and rub well to coat.
3. Combine all of the marinade ingredients in a small pot and place on the stove over a medium heat. Heat the marinade until the sugar has dissolved, then simmer gently for 10-15 minutes until the marinade has thickened.
4. Place the ribs in a large roasting dish and brush with the marinade, then cover the dish with tin foil. Place the dish into the hot oven for 1½ hours, or until the meat pulls away from the bone easily. Baste the ribs with the marinade every 30 minutes when in the oven.
5. Cook the ribs uncovered, for the final 15 minutes of the cook, basting halfway through.
6. Once cooked, transfer the ribs onto a chopping board and divide them up. Serve with fresh salad.



GF	DF	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	9 min	624	34	20	57	0

*Nutrition per serving.



Carrot & Apple Muffins

Makes 12

For the muffins:

2 carrots, grated
2 apples, peeled, grated
1 cup (100g) ground almonds
½ cup (70g) raisins
1 tsp. ground cinnamon
1 tsp. baking powder
⅔ cup (80g) ricotta cheese
3 eggs

For the icing:

2 tsp. vanilla extract
1 cup (120g) cream cheese
2 tsp. honey

What you need to do

1. Preheat the oven to 360°F (180°C). Line a 12-muffin tin with paper muffin cases.
2. Place all the muffin ingredients into a large bowl and mix until well combined. Divide the mixture evenly between the muffin cases.
3. Place the tray into the hot oven and bake for 25 minutes, until golden. Remove the tray from the oven and set aside on a wire rack to cool completely.
4. In the meantime, make the icing by whipping together the vanilla extract, cream cheese and honey. When the muffins have completely cooled, spread the cream cheese icing on top of the muffins.
5. Store the muffins in an airtight container in the refrigerator.

GF	LC	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 min	25 min	148	9	14	5	2

*Nutrition per serving.





Cacao Energy Balls

Makes 12

8 Medjool dates, pitted
1 cup (100g) ground almonds
2 tbsp. ground flaxseeds
2 tbsp. chia seeds
2 tbsp. sunflower seeds
2 tbsp. cacao nibs
4 tbsp. desiccated coconut,
unsweetened

What you need to do

1. Place the dates into a bowl and cover with boiling water. Set aside to soften for 5 minutes, then drain and place in a food processor with 2 tablespoons of the warm water. Blitz to a smooth puree.
2. Transfer the date puree into a bowl and add all the remaining ingredients, except the desiccated coconut. Mix until well combined.
3. Using wet hands, roll the mixture into 12 walnut-sized balls. Next roll the balls in the desiccated coconut to coat each ball.
4. Store in an airtight container for up to 4 days.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 min	0 min	103	8	8	3	3

*Nutrition per serving.



Berry & Almond Protein Smoothie

Serves 1

¼ avocado
1 scoop (30g) vanilla protein powder
1 cup (240ml) almond milk,
unsweetened
½ cup (70g) blueberries
½ cup (60g) raspberries
2 tbsp. almonds
4 tbsp. Greek yogurt

What you need to do

1. Place all the ingredients into a high-speed blender and blitz until smooth. Pour into a glass and serve immediately.

GF	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	0 min	441	21	30	40	12

*Nutrition per serving.



THANK YOU FOR DOWNLOADING MY 7 DAY MEAL PLAN!



I AM JENNA TAYLOR

I am a personal trainer & nutrition coach both online and locally at my home gym in Parksville, BC.

I train women who are 30+ to ditch fad diets and achieve the hourglass shape they desire without tons of cardio or cutting out donuts and wine.

**IF YOU LIKED THIS MEAL
PLAN & ARE LOOKING FOR
MORE GUIDED SUPPORT
WITH YOUR NUTRITION &
FITNESS JOURNEY**

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