



Meal Plan

1st July 2024

THE GROUNDWORK FOR ALL
HAPPINESS IS GOOD HEALTH

How to Meal Prep

Handy tips for saving time with this weeks meal prep

Banana Protein Muffins and Yoghurt - Store any left over muffins in an air tight container and store in the fridge or freezer, to enjoy any time you like throughout the week.

Mango Overnight Oats - Prep the oats the night before so you can enjoy them in the morning.

Chocolate Bomb Smoothie - Make sure you make some ice cubes the night before so you can use them in your smoothie.

Stuffed Butternut Pumpkin - Only make half the recipe, the shopping list accommodates for 1 serve.

Corn and Courgette Fritters - Store leftovers in an airtight container to enjoy next week.

Note* Anywhere where berries are needed, frozen ones can be used instead. Also feel free to choose what ever berries you like, the recipes are only suggestions. Recipes that require fruit on the side, feel free to pick any fruit you like!

*As the weather is beginning to change and what fruit and vegetables are in season are also changing, keep an eye out for frozen substitutes. Most recipes will work well with frozen versions of ingredients.

Monday 1st July - Sunday 6th July 2024

M O N D A Y

- B** Banana Protein Muffins and yoghurt
- L** Beetroot Quinoa salad
- D** Stuffed Kumara

T U E S D A Y

- B** Chilli and Lime Sardines on Toast
- L** Thai Chicken Lettuce Cups
- D** Spicy chicken bean soup

W E D N E S D A Y

- B** Mango Overnight Oats
- L** Green Rice with Chilli Lime Chicken
- D** Thai Fish Curry

T H U R S D A Y

- B** Mexican Scrambled Eggs and Potatoes
- L** Open Fish Pita
- D** Greek Inspired Chicken Bowl

F R I D A Y

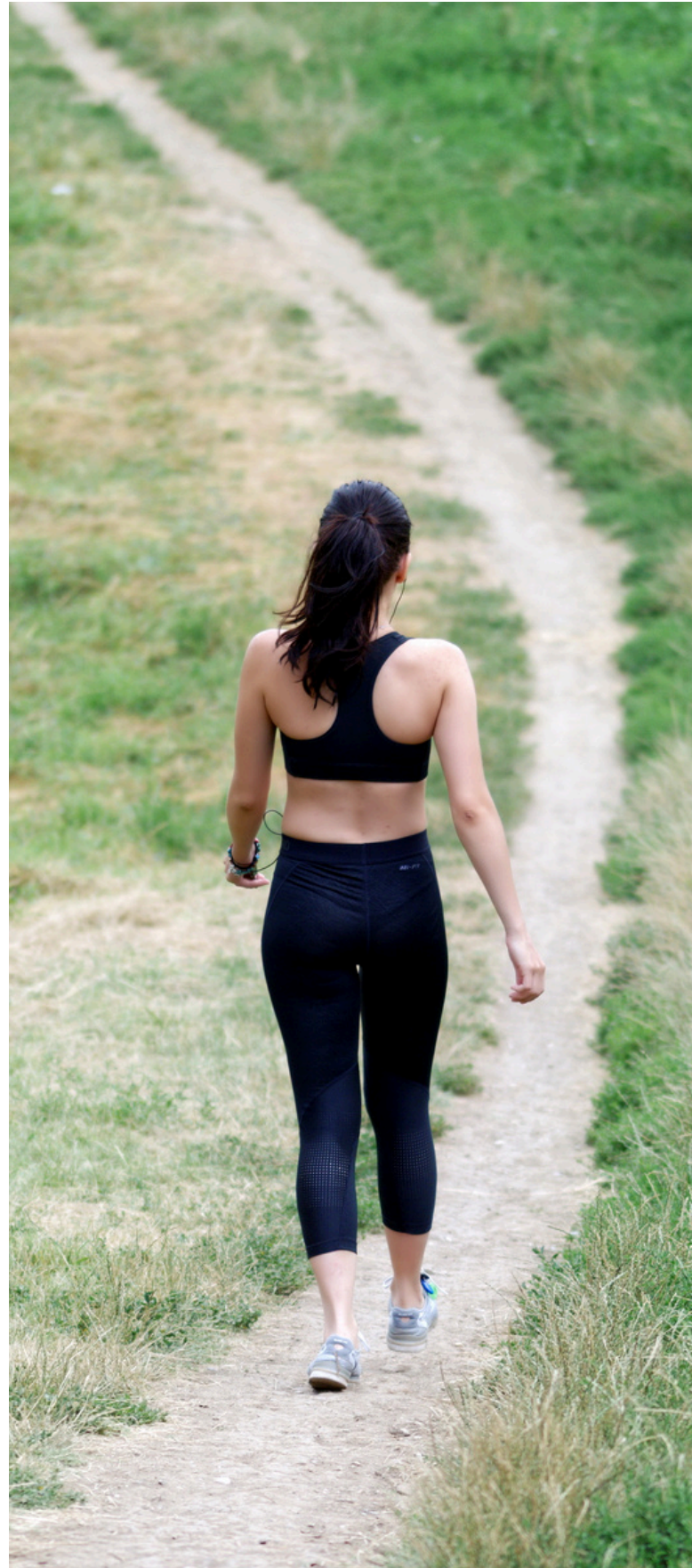
- B** Raspberry and Lime Chia Seed Pudding
- L** Broccoli Bacon salad
- D** Meatball Tacos

S A T U R D A Y

- B** Red Cabbage and Sauerkraut Omelette
- L** Stuffed Butternut Pumpkin
- D** Lemon and Mint Yoghurt Chicken Pitas

S U N D A Y

- B** Chocolate Bomb Smoothie
- L** Corn and Courgette Fritters
- D** Beef Meatballs with Roasted Veggies



SHOPPING LIST

PRODUCE

- 2 3/4 onion
- 2 1/4 red onion
- Garlic
- 1.5 cups baby potatoes, quartered
- 6 baby carrots
- 2 medium head of broccoli
- 1 1/2 lemon zest and juice
- Zest of 2 limes
- Juice of 4 1/2 limes
- 1/2 cup shredded lettuce
- Whole ice berg lettuce leaves
- 1 cup lettuce
- 1 1/2 tomato
- 3/4 cucumber
- Parsley
- 3 1/2 avocado
- Coriander
- 2/3 cup cherry tomatoes

- 1 1/2 tbsp fresh ginger
- 75g stir fry vegetables e.g. broccoli, capsicum
- 1 celery stalk
- 1 3/4 red capsicum
- 1 1/3 cup frozen corn
- 1 medium large kumara
- 1/2 cup coleslaw mix
- 1 cup grated courgette
- 1/2 butternut pumpkin
- 1/2 carrot
- Small bunch chives
- 1 spring onion
- 2 tbsp fresh coriander
- 2 handfuls baby spinach
- Mint
- 1 small medium beetroot
- 1/2 frozen banana

- 2 large bananas
- Half a medium chilli (optional)
- 1/2 cup red cabbage
- 1/3 cup frozen raspberries
- 1 medjool date
- 35g frozen mango

MEAT, POULTRY, DAIRY

- 310g ground lean beef mince
- 310g Greek yoghurt, plus more for serving
- 7 medium chicken breast
- 1 egg white
- 7 eggs
- 80 g feta cheese
- 1/2 cup grated edam cheese
- 1/4 cup milk
- 9 slices chicken bacon

- 1 wholemeal crumbed fish fillet
- 225g chicken mince
- 2 cups almond milk
- 3/4 cup light drinking coconut milk
- 120g tinned sardines

GRAINS, BEANS, NUTS, LEGUMES

- 2 wholemeal pita pocket
- 3/4 cup black beans
- 1/2 cup brown rice, dry
- 1/2 cup cooked brown rice
- 1/2 cup whole wheat flour
- 170g cooked quinoa
- 25g toasted pine nut
- 1 tbsp crushed cashews
- 1 tbsp pumpkin seeds

- 3 slices wholegrain bread
- 1/4 cup + 2 tsp chia seeds
- 1/2 cup rolled oats

MISCELLANEOUS

- A spoonful of sauerkraut
- 3 tbsp hummus
- 1/4 cup Kalamata olives
- 25 g pitted black olives
- 1 tbsp red wine vinegar
- 1/2 tsp Dijon mustard
- 1 heaped tbsp yellow curry paste
- 1 can light coconut milk
- 1 1/2 tbsp honey
- 1/2 a can of diced tomatoes
- 1/2 a cup chicken stock
- 1 tbsp tomato paste
- 1/4 tsp apple cider vinegar
- Baking powder
- 2 tbsp roasted sunflower seeds
- 1 tbsp dried cherries
- 1 1/2 tbsp white vinegar
- Low sodium soy sauce
- Fish sauce
- 3 tbsp stevia
- 30g sun-dried tomatoes (not in oil)
- 1 tbsp cocoa powder

- 1 tbsp pumpkin seeds
- 1 serve vanilla or chocolate protein powder
- 2 serves + 1/2 cup Vanilla protein powder
- 1/4 cup bone broth
- Vanilla extract
- 1 tsp unhulled tahini
- Avocado oil
- Onion powder
- Smoked Paprika
- Turmeric
- Cinnamon
- Rosemary
- Dried thyme
- Parsley
- 1/2 tbsp cajun seasoning
- 1 tsp maple syrup
- 4 tbsp coconut oil
- Olive Oil
- Cajun seasoning
- Dried oregano

- Cumin
- Coriander
- Chipotle
- Chili flakes
- Dried dill
- Curry powder
- Dried chives
- Smoked paprika
- Basil
- Salt
- Pepper
- Ginger
- Garlic powder
- Cumin seeds
- Mixed herbs
- Dried coriander
- Dried parsley
- Cardamom