

TRUE PROTEIN

Weekly Meal Plan #6

BREAKFAST

Chipolata sausages, boiled egg and spinach and rocket mix

MORNING SNACK

Cottage cheese and cherry tomatoes

LUNCH

Slow cooked chicken curry and brown rice

AFTERNOON SNACK

Boiled egg, almonds and a carrot

ADDITIONAL SUPPLEMENTS

True Pre Workout

True Post Workout

True Whey Protein Isolate



SHOPPING

I try to buy organic wherever possible

Shopping List

10 chipolata sausages
1.5kg chicken thigh
600g cottage cheese
10 eggs
1 loaf wholemeal bread
125g almonds
1 x 400g can diced tomatoes
1 x 400g can coconut milk
3 tablespoons curry powder
2 cups brown rice (dry quantity)
500g baby spinach and rocket mix
8 carrots
1 punnet cherry tomatoes
2 onions
2 cloves garlic
1 inch piece of ginger

Pantry Items

Olive Oil

TIPS & TRICKS TO MAKE IT HAPPEN

Post any questions in the comments below and I will include in future tips & tricks

1. Be organised! It pays to plan ahead. I put an online click and collect Woolworths order in earlier in the week for collection on Sunday morning
2. Put aside one or two times to prep each week – I prefer to do it all at once on Sunday afternoon/evenings
3. Purchase good containers with really good seals, a few different sizes for different meals helps. It's a good idea to buy a few spares in case they go missing! I use Ikea containers, Sistema containers and glass jars (All BPA free)
4. Try to multi-task while you are prepping – cook your meat while vegies are baking etc. The more you prep the more efficient you will get.

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MACRONUTRIENTS

We try to base our meal preps on the following **macronutrients**: Male, 70kg body weight, heavy exercise (5-7 times a week), with a goal of putting on less than half a kg per week.

Daily Target

2937 calories
220 grams of protein
367 grams of carbs
65 grams of fat

This Menu Plan

1942 calories
148 grams protein
367 grams carbs
95 grams fat

You can tailor the amount of macronutrients to suit your body weight and goals at www.macronutrientcalculator.com

PREPARATION & COOKING

1. Brown the chicken in a splash of olive oil in a pan. Place in the slow cooker.
2. Dice the onions and mince the garlic and ginger. Fry in the pan until softened. Add the curry powder and stir until fragrant. Add to the slow cooker.
3. Cut 3 of the carrots into 2cm long pieces and add to the slow cooker along with the can of tomatoes and coconut milk.
4. Slow cook for 4 hours.
5. Cook the rice according to the packet instructions. I use the absorption method.
6. Fry the sausages in a pan or on the BBQ until cooked through.
7. Boil the eggs for 14 minutes and allow to cool in a bowl of cold water.
8. Place the sausages, spinach and rocket mix and 1 egg in each breakfast container.
9. Divide the cottage cheese and cherry tomatoes between 5 snack containers.
10. Divide the rice and chicken curry between each lunch container.
11. Place 25g of almonds per day in each snack container and serve with 1 egg and 1 carrot