

TRUE PROTEIN

Weekly Meal Plan #1

BREAKFAST

Boiled eggs, baked beans, baby spinach and baked sweet potato

MORNING SNACK

Greek yoghurt and banana

LUNCH

Grilled steak, broccoli and brown rice

AFTERNOON SNACK

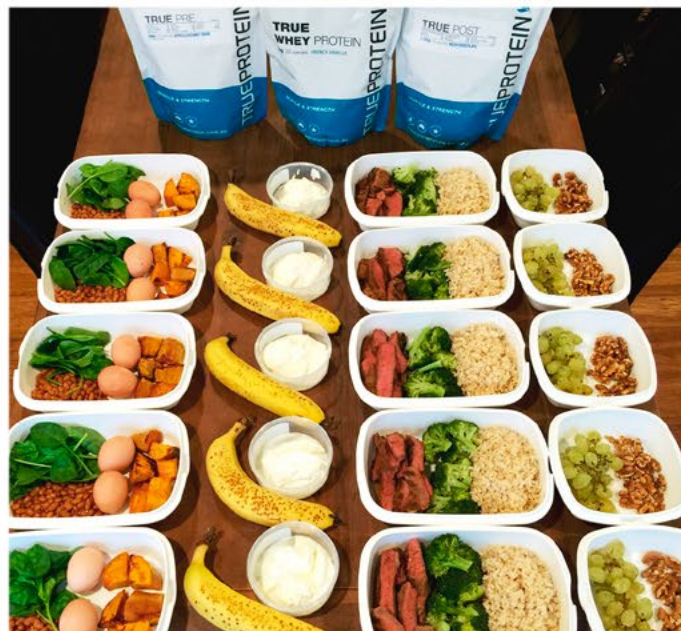
Grapes and walnuts

ADDITIONAL SUPPLEMENTS

True Pre workout

True Post workout

Whey Protein Concentrate



SHOPPING

Shopping List

- 10 free range eggs
- 500g full fat greek yoghurt
- 1.8kg grass fed rump steak
- 2 x 400g cans organic baked beans (no added salt)
- 3 cups organic brown rice (dry quantity)
- 100g walnuts
- 2 large sweet potatoes
- 100g baby spinach
- 2 large heads of broccoli
- 5 bananas
- 400g grapes
- 4 cloves Garlic

Pantry Items

Olive Oil, Turmeric, Paprika

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
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. A first time prep can take 4-5 hours but I can now usually have it all done in under 2 hrs.
5. I don't normally freeze the meals & just keep them in the refrigerator. This is a personal choice though and many meals can be frozen. You may just like to freeze Thursday/Friday for example.

PREPARATION

1. Preheat fan forced oven to 200 degrees Celsius
2. Peel and chop sweet potato into medium pieces
3. Drizzle with olive oil & bake for approximately 40 mins
4. Make steak marinade by combining crushed garlic with 1 teaspoon of turmeric, 2 teaspoons paprika and 2 tablespoons olive oil.
5. Spread marinade over steak and put aside
6. Cook 3 cups of brown rice as per packet instructions (I used the absorption method which takes 25 minutes)
7. Place 10 eggs in a saucepan of cold water. Bring to the boil and gently boil for 12 - 14 minutes. Place in a bowl of cold water to cool
8. Cut broccoli into large pieces and steam for 5 – 7 minutes
9. Cook the steak on a grill or BBQ turning once. Cook to your liking. Allow to rest and then slice into pieces against the grain of the meat.
10. Place cooled hard boiled eggs into a large container with baked beans, spinach and roasted sweet potato.
11. Spoon yoghurt into small container. Leave banana whole.
12. Place rice, broccoli and steak into a large container.
13. Place grapes and walnuts into a small container.

MACRONUTRIENTS

Based on a 70kg male, exercising heavily (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

2358 calories
166 grams of protein
206 grams of carbs
75 grams of fat

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