

TRUE PROTEIN

Weekly Meal Plan #2

BREAKFAST

Chia pudding, Greek yoghurt and banana

MORNING SNACK

Tuna and Vitaweats

LUNCH

Bolognese beef mince and sweet potato mash

AFTERNOON SNACK

Cottage cheese and tomato

ADDITIONAL SUPPLEMENTS

True Pre workout

True Post workout

Whey Protein Isolate



SHOPPING

I try to buy organic wherever possible.

Shopping List

- 85g True Protein organic chia seeds
- 1.5kg extra lean beef mince
- 550g Greek yoghurt
- 800g Cottage cheese
- 5 x 95g tins tuna
- 1 x 400g tin diced tomatoes
- 1 packet Vitaweats
- 100g almonds
- 5 Bananas
- 2 onions
- 4 large sweet potato (approximately 2kg)
- 5 tomatoes

Pantry Items

Olive Oil, Honey, Vanilla Essence, Bay leaves, Chilli flakes, Beef stock/broth, Butter, Milk.

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

1836 calories
152 grams of protein
144 grams of carbs
66 grams of fat

PREPARATION

1. Prepare the chia puddings. I used the following recipe using a Bellini Intelli Kitchen Master, however there are many Chia pudding recipes out there to try:

<http://www.recipecommunity.com.au/recipes/almond-chia-pudding/122842>

2. Divide the chia pudding mix between 5 jars and place in the fridge to set

3. Dice 2 onions and fry in a little olive oil. Add the beef mince and stir until browned. Add 3 bay leaves, chilli flakes to taste, 1 cup of beef stock/broth and the can of tomatoes. Simmer, stirring occasionally until most of the liquid evaporates.

4. Bring a large pot of water to the boil. Peel sweet potato and cut into large chunks. Boil until tender and drain all liquid.

5. Add 25g butter and a slurp of milk to your sweet potato and mash to desired consistency

6. Once cooler place the mince and sweet potato mash into one half each of a large container.

7. Once the chia puddings are set, spoon approximately 110g of Greek yoghurt into the jars on top of the chia pudding. Leave the banana whole and serve with the chia puddings each day.

8. Place tins of tuna and Vitaweats into a small container

9. Place 160g cottage cheese into each small container. Leave the tomatoes whole and serve with the cottage cheese each day.