

TRUE PROTEIN

Weekly Meal Plan #3

BREAKFAST

Baked egg and vegetable cups, baby spinach and tomato

MORNING SNACK

Cashew coconut biscuits and apple/banana

LUNCH

Chicken stir-fry with brown rice

AFTERNOON SNACK

Greek yoghurt and raspberries

ADDITIONAL SUPPLEMENTS

True Pre Workout

True Post Workout

Whey Protein Isolate



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

1462 calories
110 grams protein
90 grams carbs
72 grams fat

SHOPPING

I try to buy organic wherever possible.

Shopping List

8 free range eggs
1.5kg chicken thigh
1kg Greek yoghurt
1 onion
7 tomatoes
3 large mushrooms
2 carrots
1 large head of broccoli
1 large zucchini
120g baby spinach leaves
3 cloves garlic
3 apples
1 banana
1 punnet raspberries
1 cup desiccated coconut
1 cup raw cashews
2 cups Brown rice (dry quantity)

Pantry Items

Milk, Olive Oil, Honey, Salt, Soy/Tamari sauce, Oyster sauce, Fish sauce, Chilli flakes

PREPARATION

1. Dice the chicken thigh into bite size pieces. Place in a bowl and marinate in a splash each of soy/tamari, oyster and fish sauce, 3 cloves crushed garlic and chilli flakes to taste (I used 1 teaspoon). You can use whatever flavours you like to marinate the chicken – this is just a simple tasty one.
2. Preheat fan forced oven to 200 degrees Celsius
3. Crack the eggs into a bowl, pour a slurp of milk in and whisk
4. Dice the onion, 2 of the tomatoes and the mushrooms and add to the egg mixture. Stir to combine.
5. Pour mixture into 10 silicone muffin cases in a muffin tray and bake in the oven for 15 – 20 minutes, until golden on top and cooked through. Allow to cool.
6. Cook the brown rice as per packet instructions. I use the absorption method which takes 25 minutes.
7. Chop the carrots, broccoli and zucchini for the stir-fry
8. Heat a pan or wok over high heat and add 1 tablespoon of olive oil
9. Cook the chicken in batches until sealed and just cooked through – place aside on a plate
10. Add the vegetables to the pan & stir-fry until just tender
11. Return the chicken to the pan and stir-fry for 1 minute. Add more sauce if required.
12. Make the cashew coconut biscuits using the following recipe: <https://wholefoodsimply.com/coconut-cookies/>
13. These biscuits only have 4 ingredients – cashews, coconut, honey and salt and are very quick and easy to make. Just process in a food processor, divide into balls and bake at 175 degrees Celsius for 8 – 10 minutes.
14. Place 2 cooled eggs cups, 1 tomato and a handful of spinach in a large container for each day
15. Place two cooled cashew coconut biscuits and either an apple or half a banana into a small container for each day
16. Divide the rice and chicken stir-fry between 5 large containers
17. Place 200g greek yoghurt into 5 small tubs and divide a punnet of raspberries between the containers