

# TRUE PROTEIN

## Weekly Meal Plan #4

### BREAKFAST

Chocolate overnight oats

### MORNING SNACK

Homemade hummus and carrot sticks

### LUNCH

Mexican pulled chicken with corn and coriander brown rice

### AFTERNOON SNACK

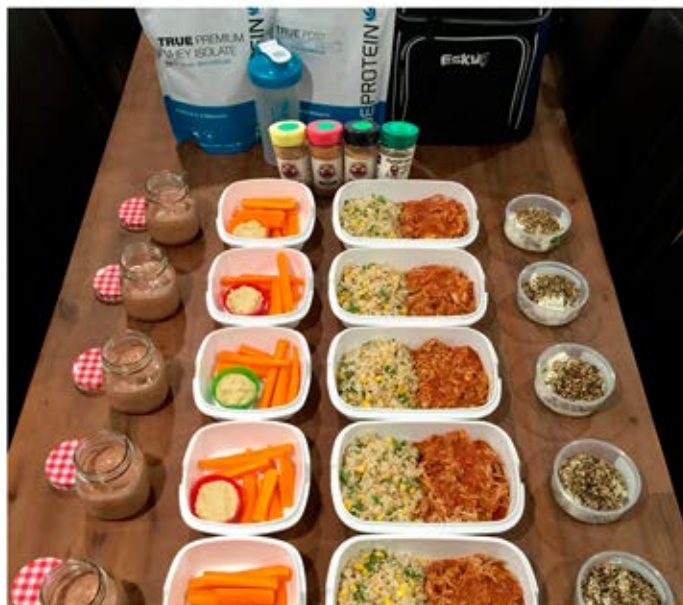
Greek yoghurt with seed mix

### 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

1844 calories  
114 grams protein  
170 grams carbs  
74 grams fat

### SHOPPING

*\*\*I try to buy organic wherever possible\*\**

#### Shopping List

2 ½ cups oats  
2 ½ cups coconut milk  
1 x 400g can chickpeas  
2 x 400g cans diced tomatoes  
1 x 310g can corn  
1 x 40g fajita spice mix  
2 cups brown rice (dry quantity)  
5 tablespoons shredded coconut  
5 tablespoons honey  
2 tablespoons hulled tahini  
5 tablespoons True Protein organic cocoa powder  
2 ½ teaspoons True Protein organic vanilla powder  
2 ½ teaspoons True Protein organic cinnamon powder  
5 tablespoons mixed seeds  
1.5kg chicken thigh  
1kg Greek yoghurt  
5 large carrots  
3 bananas  
1 lemon  
2 garlic cloves  
1 bunch coriander

#### Pantry Items

Olive Oil, Chilli flakes (optional), Flavor God Spices.

### PREPARATION

1. Cook the chicken thighs in a pan until sealed on all sides (do not cook through).
2. Place the chicken thighs, fajita spice mix and 2 cans of tomatoes into a slow cooker and cook for 4 hours.
3. After 4 hours, shred the thighs with a fork and continue cooking in the slow cooker for half an hour. If you do not have a slow cooker you can cook in a saucepan over a very low heat.
4. Prepare the chocolate overnight oats using the following recipe: <http://mindovermunch.com/?portfolio=cocoa-nut-banana-overnight-oats> (I multiplied this recipe by 5 for 5 servings)
5. Divide the overnight oats between 5 jars and store in the fridge.
6. Cook the brown rice as per packet instructions. I use the absorption method which takes 25 minutes.
7. Once the rice has cooled, drain the can of corn and stir in the corn and approximately ½ cup of chopped coriander leaves (or to taste)
8. Make the hummus. Place the following ingredients in a food processor and blend until smooth: 1 can chickpeas, juice of 1 lemon, 1 teaspoon of lemon zest, 2 garlic cloves, 2 tablespoons hulled tahini and 2 tablespoons olive oil.
9. Peel and cut the carrots into sticks. Store the carrot sticks in water to last longer.
10. Place approximately 100g yoghurt into 5 containers and sprinkle with 1 tablespoon of seed mix.
11. Once prepared and cooled place the rest of your meals into your containers for the week!