

TRUE PROTEIN

Weekly Meal Plan #8

BREAKFAST

Banana bread with Greek yoghurt, sliced bananas and honey

MORNING SNACK

Avocado and tuna

LUNCH

Leek and chorizo impossible pie

AFTERNOON SNACK

Kiwifruit and WPI shake

ADDITIONAL SUPPLEMENTS

True Pre & True Post Workout

True Dextrose

True Whey Protein Isolate



SHOPPING

I try to buy organic wherever possible

Shopping List

4 tablespoons rice malt syrup
3 x 95g tins tuna in olive oil
25g chopped nuts (optional)
6 large eggs
2 chorizo sausages
750g natural yoghurt
1 ½ cups milk
1 cup grated tasty cheese (I buy the block and grate myself)
5 bananas (3 need to be over ripe)
5 kiwi fruit
3 avocados
1 onion
1 leek

Pantry Items

Olive oil
1 teaspoon bicarbonate of soda
1 teaspoon baking powder
Self-raising flour
Wholemeal flour
Honey
Flavor God

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

1162 calories
82 grams protein
41 grams carbs
73 grams fat

PREPARATION & COOKING

1. Prepare the banana bread using the following recipe (I replaced the agave syrup with rice malt syrup) - <http://www.bbcgoodfood.com/recipes/2554643/healthy-banana-bread>
2. Serve the banana bread with 120g yoghurt, sliced banana and honey each day.
3. To make the leek and chorizo Impossible pie preheat the oven to 200 degrees Celsius and grease a 24 cm quiche or pie dish.
4. Chop the leek and chorizo and fry in a little olive oil for 4-5 minutes until tender. Set aside to cool slightly.
5. Whisk 3 eggs, the milk and ½ cup of self-raising flour in a bowl until well combined. Stir in the chorizo and leek mixture, the grated cheese and season with salt and pepper.
6. Pour mixture into the greased dish and bake for 45 – 50 minutes or until set in the centre and golden on top.
7. Snacks this week are served as is – no prepping needed. ½ an avocado and ½ a tin of tuna per day as a morning snack, and a kiwi fruit per day as an afternoon snack.

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!
4. Try to multi-task while you are prepping – cook your meat while veges are baking etc.

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

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