

NUTRITION MADE SIMPLE

HIGH PROTEIN MEAL DATABASE

BREAKFASTS

MIXED BERRY OVERNIGHT OATS

40g Oats
150g High Protein Yogurt
1 Scoop Whey Protein Powder
150g Frozen Mixed Berries
(Refrigerate overnight and use some water/milk to suit preferred texture)
400kcal - 40g Protein

STRAWBERRY PROTEIN OATS

50g Oats
200ml Dairy Free Milk
1 Scoop Whey Protein Powder
1 Handful of Berries
(Add powder after the oats have been cooked)
400kcal - 40g Protein

YOGURT & PEANUT BUTTER TOAST

150g High Protein Yogurt
1 Scoop Whey Protein Powder
Handful of Berries
1 Slice Wholegrain Toast
15g Peanut Butter
400kcal - 40g Protein

PB TOAST WITH PROTEIN SHAKE & FRUIT

1 Slice of Wholemeal Bread
15g Peanut Butter
1 Scoop of Whey Protein Powder
150-200ml Dairy Free Milk
1 Apple
400kcal - 30g Protein

MIXED BERRY PROTEIN PANCAKES

2 Eggs
1 Banana
1 Scoop of Whey Protein Powder
(Blend together to make the batter)
1 Spray of Oil to coat the pan
1 Handful of Sliced Strawberries
1 Handful of Blueberries
30ml of Queens Sugar Free Maple Syrup
450kcal - 35g Protein

MAPLE BACON PROTEIN PANCAKES

2 Eggs
1 Banana
1 Scoop of Whey Protein Powder
(Blend together to make the batter)
1 Spray of Oil to coat the pan
2 Slices of Short Cut Bacon
30ml of Queens Sugar Free Maple Syrup
500kcal - 45g Protein

HAM, CHEESE & ONION OMELETTE

3 Whole Eggs
50g Cold Ham
30g Low Fat Cheese
1 Small Spray of Oil to Coat Pan
Topped with Spring Onion
400kcal - 35g Protein

MINI GRILLED BREKKY

1 Whole Egg
2 Slices of Shortcut Bacon
1 Chicken Sausage
100g Baked Beans
1 Small handful of Spinach
1 Small handful of cooked mushrooms
1/2 Grilled Tomato
500kcal - 30g Protein

HEALTHY BREKKY BOWL

3 Whole Eggs Scrambled
3 Chopped Slices of Shortcut Bacon
1 Small Spray of Oil to Coat Pan
35g Mashed Avocado
1 Small Handful of Sliced Mini Tomatoes
1 Small Handful of Cooked Spinach
1/4 Cooked Red Onion
450kcal - 30g Protein

LUNCHES

CHICKEN BURRITO BOWL

100g Chicken Breast (w/Fajita Seasoning)
1/4 Mixed Capsicum
1/4 Red Onion
1/4 Can of Black Beans
1/4 Can of Sweetcorn
1/2 Bag of Micro Rice or 50g Boiled Rice
Add Lettuce, Tomato, Cucumber
400kcal - 40g Protein

NANDOS CHICKEN WRAP

100g Chicken Breast (w/Nando's rub)
1 Wholemeal Wrap
25ml Peri Peri Sauce
30g Avocado
25g Low Fat Grated Cheese
400kcal - 40g Protein

BBQ CHICKEN & BACON WRAP

100g Chicken Breast
2 Slices of Shortcut Bacon
30ml BBQ Sauce
Add Preferred Salad Vegetables
450kcal - 45g Protein

CHEESEY CHICKEN & BROCCOLI PASTA

100g Chicken Breast
50g Fettuccine Pasta
50g of 40% Lighter Philadelphia Cheese
50-100ml Chicken Stock
1 Handful of Broccoli
450kcal - 45g Protein

CHEESEY CAJUN CHICKEN PASTA

100g Chicken Breast
50g of 40% Lighter Philadelphia Cheese
50-100ml Chicken Stock
1/4 Mixed Capsicum
1/4 Red Onion
Mix through Cajun Spice
50g Penne Pasta
500kcal - 45g Protein

CHICKEN & TOMATO PASTA

100g Chicken Breast
50g Penne Pasta
1/4 Jar of Dolmio Tomato & Garlic Sauce
1/4 Brown Onion
1 Small Handful of Sliced Mini Tomatoes
Add Side of Salad Vegetables
400kcal - 40g Protein

TUNA PASTA SALAD

1 Tin of Tuna
50g Penne Pasta
30ml Light Mayo
1/4 Can of Sweetcorn
1/4 Red Onion
Add Lettuce, Tomato, Cucumber Etc..
400kcal - 30g Protein

HAM & CHEESE SALAD

75g Cold Ham
2 Boiled Eggs
30g Low Fat Cheese
2 Handfuls of Salad Vegetables
1 Small handful of Chopped Tomato
Top with Spring Onion
450kcal - 30g Protein

SWEET CHILLI CHICKEN & RICE

125g Chicken Breast
1/2 Bag of Micro Rice or 50g Boiled Rice
30ml Sweet Chilli Sauce
2 Large Handfuls of Salad Vegetables
400kcal - 45g Protein

DINNERS

BEEF TACO BOWL

125g Lean Beef Mince with Taco Seasoning
1/2 Bag of Micro Rice or 50g Boiled Rice
1/4Can of Black Beans
1/4 Can of Sweetcorn
Add Mixed Capsicum, Red Onion, Lettuce. Tomato and Cucumber
500kcal - 35g Protein

LEAN BEEF CHILLI CON CARNE

125g Lean Beef Mince
1/4 Can of Red Kidney Beans
1/4 Brown Onion
Add Chilli/Taco Seasoning
1/2 Bag Micro Rice or 50g Boiled Rice
500kcal - 35g Protein

LEAN BEEF PASTA BOLOGNESE

125g Lean Beef Mince
1/4 Brown Onion
50g Penne Pasta
1/4 Jar of Dolmio Sauce
Add 1 Portion of Green Veg
500kcal - 30g Protein

RUMP STEAK POTATOES & GREENS

150g Lean Rump Steak Medallion
350g Spud Lite Potatoes
Can be boiled, baked, cut into wedges and air fried.
1 Small spray of oil to coat the pan
1 Small serve of Creamy Pepper Sauce
Add 1-2 Serves of Green Vegetables
500kcal - 45g Protein

HOISIN & SESAME BEEF

125g Lean Stir Fry Beef
50ml Hoisin Sauce
1/4 Green Capsicum
1tsp Sesame Seeds
1/2 Bag of Micro Rice or 50g Boiled Rice
450kcal - 35g Protein

NAKED BEEF BURGERS

2 Peppercorn Lean Beef Burgers (Woolies)
25g Low Fat Cheese
20g Ketchup
1 Small Handful of Lettuce
1 Small Handful of Sliced Tomato
1 Small Handful of Sliced Cucumber
450kcal - 35g Protein

CHICKEN & CHORIZO RICE

100g Chicken Breast
25g Chorizo Sausage
1/4 Red Onion
1/4 Red Capsicum
1 Small Handful of Sliced Mini Tomatoes
1/4 Jar of Dolmio Extra Garlic Sauce
1/2 Bag of Micro Rice or 50g Boiled Rice
400kcal - 40g Protein

CHICKEN STIR FRY

100g Chicken Breast
120g Hokkien Egg Noodles
2 Large Handfuls of Stir Fry Vegetables
1/4 Sachet of Preferred StirFry Sauce
400kcal - 40g Protein

SALMON POTATOES & GREENS

125g Salmon (Fresh or Frozen)
Seasoned to your preference
350g Spud Lite Potatoes
Can be boiled, baked, cut into wedges and air fried.
Add a 1-2 Serves of Green Vegetables
450kcal - 30g Protein

SNA CKS

You can add snacks together to make up your calories

HIGH PROTEIN SNACKS UNDER 150KCAL

- YoPro/Chobani Fit Yogurt
- 1 Scoop Whey Protein Powder
- 1 YoPro Ice Cream
- 2 Low Fat Baby Bell
- (Most protein bars are ~200-250kcal)

HEALTHY SNACKS UNDER 100-150KCAL

- 1 Apple
- 1 Banana
- 1 Pear
- Watermelon
- Loads of Berries
- 3 Celery Sticks with 15g Peanut Butter

SWEET SNACKS UNDER 120KCAL

- Fibre One Bar (Any Flavour)
- LCM Bar (Any Flavour)
- 2 Oreos or Mini Bag of Oreos
- 1 Curly Wurly Bar
- 2 Kit-kat Fingers
- Cadbury Furry Friend Bar

SWEET SNAC KS UNDER 200KCAL

- *1 Original Glaze Krispy Kreme*
- *1 Cadbury Flake*
- *1 Chobani Flip Yogurt*
- *1 Mars Ice cream Bar*

SAVOURY SN ACKS UNDER 120KCAL

- *1 Pack of Vege Chips (21g)*
- *1 Pack of Arnott's Shapes (25g)*
- *1 Bag of Cob's Popcorn (25g)*
- Flavoured Rice Cakes (25g)
- Smiths Single Serve Pack Chips

SNACKING TI PS

- *OPT FOR A HIGH PROTEIN SNACK AND FRUIT IF YOU'RE HUNGRY*
- *DOUBLE CHECK FOOD LABLES AS OFTEN A SINGLE PACK CAN BE 2 OR MORE SERVES AND NOT JUST 1 LIKE IT SEEMS*
- *DO NOT OPT FOR SNACKS THAT YOU KNOW YOU WILL NOT STOP EATING - SNACKS SHOULD BE ENJOYED BUT CAN RUIN PROGRESS IF IT LEADS TO BINGING*

EXAMPLE MEAL PLAN

BREAKFAST	LUNCH	DINNER	SNACK	TOTALS
HAM, CHEESE & ONION OMELETTE 400kcal - 35g Protein	NANDOS CHICKEN WRAP 400kcal - 40g Protein	LEAN BEEF CHILLI CON CARNE 500kcal - 35g Protein	YOPRO POUCH BANANA & BERRIES 250kcal - 20g Protein	130G PROTEIN 1,550 CALORIES
STRAWBERRY PROTEIN OATS 400kcal - 40g Protein	CHEESEY CAJUN CHICKEN PASTA 500kcal - 45g Protein	RUMP STEAK POTATOES & GREENS 500kcal - 45g Protein	1 BABY BELL LIGHT 3 CELLERY STICKS WITH PB 200kcal - 10g Protein	140G PROTEIN 1,600 CALORIES

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	TOTALS
YOGURT & PEANUT BUTTER TOAST 400kcal - 40g Pro	PROTEIN SHAKE BANANA & BERRIES 250kcal - 25g Pro	CHICKEN BURRITO BOWL 400kcal - 40g Pro	PROTEIN BAR 250kcal - 25g Pro	NAKED BEEF BURGERS 450kcal - 35g Pro	165G PROTEIN 1,750 CALORIES
HEALTHY BREKKY BOWL 450kcal - 30g Pro	YOPRO POUCH 2 LCM BARS 300kcal - 20g Pro	TUNA PASTA SALAD 400kcal - 30g Prot	PROTEIN SHAKE APPLE & BERRIES 250kcal - 25g Pro	CHICKEN & CHORIZO RICE 400kcal - 40g Prot	165G PROTEIN 1,800 CALORIES
MINI GRILLED BREKKY 500kcal - 30g Pro	APPLE 20G PEANUT BUTTER 250kcal - 5g Pro	CHEESEY CAJUN CHICKEN PASTA 500kcal - 45g Pro	PROTEIN BAR WATERMELON 300kcal - 20g Pro	BEEF TACO BOWL 500kcal - 35g Pro	135G PROTEIN 2,050 CALORIES



TAG ME IN YOUR SOCIALS

@natasha__fitness

Natasha Farrell Nutrition & Fitness