Higher Protein Meal Plan

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Meal Plan

	Breakfast	Lunch	Dinner	Snack
Thu, Jul 28	Almond banana cereal	Tuna salad with pita chips	Beef bolognese with zoodles	Vegetables & fruits
Fri, Jul 29	Banana bran smoothie	Sesame beef salad	Barbecue teriyaki salmon skewers & vegetables	Vegetables & fruits
Sat, Jul 30	Almond banana cereal	Basil chicken pita pocket	Leftover Barbecue teriyaki salmon skewers & vegetables	Vegetables & fruits
Sun, Jul 31	Breakfast pita	Roasted vegetable pizza	Leftover Beef bolognese with zoodles	Vegetables & fruits
Mon, Aug 1	Banana bran smoothie	Sesame beef salad	Teriyaki tofu stir-fry	Vegetables & fruits
Tue, Aug 2	Breakfast pita	Leftover Roast vegetable pizza	Tomato & basil chicken	Vegetables & fruits
Wed, Aug 3	Almond banana cereal	Basil chicken pita pocket	Leftover Teriyaki tofu stir-fry	Vegetables & fruits

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Prep steps and tips for this week

Here's your checklist to help you prepare for the week:

1. **Swap meals to suit your preferences.** If you don't like a particular meal, go to your Meal Plan and click the "Swap" button to select a different recipe.
2. **Shop for all the ingredients.** Review the Grocery List at the end of this PDF or on the website. Adjust the list to cater for your family and needs. Check off items you already have.
3. **Freeze banana for the Banana bran smoothie*.** You can purchase frozen banana or freeze them yourself. Frozen banana in smoothies adds a nice creamy texture.
4. **Prepare your fruits and vegetables.** Wash, chop, shred and slice any fruits and vegetables you need for your meals and snacks this week and store them in separate airtight containers in the fridge. Alternately, you can buy pre-packaged cut fruit and vegetables at most supermarkets.
5. **Get a head start on lunch the night before.** Toast the pita bread and chop the vegetables for the Tuna salad with pita chips*. Cook the rice, chop the vegetables and make the basil-sesame dressing for the Sesame beef salad*. Make a double batch of the chicken avocado filling for the Basil chicken pita pocket*. Roast the vegetables for the Roasted vegetable pizza*. This allows you to simply assemble quick-and-easy lunches the next day.
6. **Cook once, eat twice.** When preparing your breakfasts and dinners, make a double batch of the recipes that appear twice. Store the second serving in an airtight container in the fridge for a quick reheat-and-eat meal later in the week.
7. **Dried mixed herbs.** If you're unable to find the premixed seasoning blend in the supermarket, you can make your own using this recipe (Dried mixed herbs).

*Refers to recipes in the meal plan as specified. Your meal plan may differ if you have swapped meals.

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Breakfast meals

Breakfast pita

Eggs, 2 large, raw (3½oz)

Cheddar cheese, reduced fat, shredded, 3 tbsp(s) (0.7oz)

Black pepper, 1 dash(es), ground

Tomato, 1 medium, whole, diced (4.3oz)

Avocado, 2 tbsp(s), diced (1.1oz)

Red onion, chopped, 1½ tbsp(s) (½oz)

Whole wheat pita, ½ large pita(s) (6-1/2" dia) (1.1oz)

Fruit, any type, 1 small piece(s), e.g. apple, banana, pear (3½oz)

Method

Lightly whisk eggs and cheese, and a little black pepper together. Pour into a non-stick pan over medium heat and continue to stir until egg is cooked through and is light and fluffy. Remove from heat.

Add tomato, avocado and red onion to scrambled eggs and gently fold through.

Open the pocket of the pita half and fill with egg mixture.. Alternatively, open and flatten pita half and place egg mixture in center. Roll to make a tasty breakfast burrito.

Follow with a piece of fruit, or save for a mid-morning snack.

Makes 1 serve. Each serve provides: 1.1 Vegetables, 1.0 Fruit, 1.2 Carbohydrates, 1.9 Protein/Dairy, 1.1 Fats, 432 calories, 24.1g protein.

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Lunch meals

Sesame beef salad

Instant brown rice, cooked, ⅔ cup(s) (5oz)

Basil, fresh, 1 tbsp(s), chopped (0.1oz)

Extra virgin olive oil, ½ tsp(s) (0.1oz)

Lemon, ¼ medium, juiced (0.7oz)

Sesame seeds, 1 tsp(s) (0.1oz)

Arugula, 2 cup(s) (1.4oz)

Tomato, 1 medium, whole, chopped (4.3oz)

Red bell pepper, chopped, 2½ tbsp(s) (0.8oz)

Red onion, chopped, 1½ tbsp(s) (½oz)

Sliced deli beef, reduced sodium, 3 oz(s) (3oz)

Method

Prepare rice according to packet instructions. Place rice in a serving bowl.

To make a dressing, combine basil, olive oil, lemon juice and sesame seeds.

Add arugula, tomato, bell pepper and onion to rice. Pour over salad dressing and toss to coat. Top salad with sliced beef.

TIP: If making this ahead of time, layer in an airtight container or jar, starting with the dressing and followed by the rice, arugula, tomato, bell pepper, onion and finally the beef. Simply pour into a bowl when ready.

Makes 1 serve. Each serve provides: 1.8 Vegetables, 0.1 Fruit, 2.2 Carbohydrates, 0.9 Protein/Dairy, 0.8 Fats, 339 calories, 22.6g protein.

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Dinner meals

Tomato & basil chicken

Extra virgin olive oil, 2 tsp(s) (0.3oz)

Chicken breast, raw, 4½ oz(s), sliced or diced (4½oz)

Red onion, chopped, 1½ tbsp(s) (½oz)

Garlic, minced, 1 tsp(s) (0.1oz)

Dried mixed herbs, 1 tsp(s) (0.1oz)

Red bell pepper, chopped, 2½ tbsp(s) (0.8oz)

Mushrooms, raw, 1 cup(s), whole, sliced (3.4oz)

Canned diced tomatoes, fire roasted, 1 cup(s) (8.7oz)

Arugula, 2 cup(s) (1.4oz)

Basil, fresh, 5 leaf(s) (0.1oz)

Lemon, ¼ medium, juiced (0.7oz)

Method

Heat oil in a non-stick frying pan or wok. Add chicken and cook, while stirring for 4-5 minutes until browned. Add onion, garlic, and dried mixed herbs, and cook for a further 5 minutes.

Add bell pepper and mushrooms. Stir through tomatoes and bring to the boil. Reduce heat to low, cover and let simmer for 5 minutes.

Remove from heat, stir in the arugula and basil. Drizzle with lemon juice to serve.

Makes 1 serve. Each serve provides: 2.0 Vegetables, 0.1 Fruit, 1.4 Protein/Dairy, 1.7 Fats, 351 calories, 36.2g protein.

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Snack meals

Vegetables & fruits

Vegetable sticks (carrot, celery, cucumber, bell pepper), 1 cup(s) (4oz)

Fruit, any type, 1 small piece(s) (3½oz)

Method

Enjoy unlimited servings of vegetables and fruits throughout the day.

Makes 1 serve. Each serve provides: 1.0 Vegetables, 1.0 Fruit, 86 calories, 1.8g protein.

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Grocery List

Fruits & Vegetables

- [ ] Arugula 8.8oz
- [ ] Avocado 4.2oz
- [ ] Banana, 2½ medium (10.4oz)
- [ ] Basil, fresh 0.8oz
- [ ] Cherry tomatoes 5.3oz
- [ ] Cucumber, ¾ cucumber(s) (8oz)
- [ ] Fruit, any type, 9 small piece(s) (2lb)
- [ ] Garlic, minced 0.8oz
- [ ] Green bell pepper, 1 pepper(s) (4oz)
- [ ] Lemon, 2 medium (5.9oz)
- [ ] Mushrooms, raw 13.4oz
- [ ] Red bell pepper, chopped 9.4oz
- [ ] Red onion, 1 small (2.1oz)
- [ ] Red onion, chopped 6.4oz
- [ ] Tomato, 7 medium, whole (1.9lb)
- [ ] Vegetable sticks (carrot, celery, cucumber, bell pepper), 7 cup(s) (1.8lb)
- [ ] Zucchini, 1 medium (6.9oz)
- [ ] Zucchini, noodles 6.4oz

Pantry Items

- [ ] Almonds, unsalted 1.3oz
- [ ] Black pepper
- [ ] Bran flakes 3.4oz
- [ ] Canned diced tomatoes, fire roasted 8.7oz
- [ ] Dried mixed herbs 0.3oz
- [ ] Extra virgin olive oil 1.3oz
- [ ] Instant brown rice, cooked, 1.3 cup(s) (10oz)
- [ ] Olive oil spray 1.1oz
- [ ] Sesame seeds 0.6oz
- [ ] Teriyaki marinade 3.8oz
- [ ] Tomato paste 1.7oz
- [ ] Tuna, canned in water 3oz

Bread & Bakery

- [ ] Whole wheat pita, 6 large pita(s) (6-1/2" dia) (13.5oz)

Meat, Poultry, Seafood

- [ ] Atlantic salmon, farmed 6oz
- [ ] Chicken breast, cooked 4oz
- [ ] Chicken breast, raw 4.5oz
- [ ] Eggs, 4 large (7.1oz)
- [ ] Ground beef, extra lean 9oz
- [ ] Sliced deli beef, reduced sodium 5.9oz

Chilled & Frozen Goods

- [ ] 1% milk, 2½ cup(s) (1.3pt)
- [ ] Cheddar cheese, reduced fat, shredded 4.1oz

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