

# THE LEAN BODY MEAL PLAN



by

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# Lean Body Meal Plan

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## How to eat you way to leaner body

If you want to look like a **Lean Body Babe** you have to start eating like one. Although exercise is a big part of shaping up, a lean body starts in the kitchen. My goal is to give you all the tools you need to create your dream body and maintain it for life.

Before we dive in, let's recap on a little history of humanity. The way we were designed to eat is very different from our modern food. Our bodies thrive on REAL whole foods such as vegetables, fish, meat, nuts and seeds, and moderate amounts of fruit. Sugar was never an essential part of our diet. We evolved without it, and when we eat too much, it plays havoc on our entire system. Hence why even natural sugar consumption should be kept to a minimum.

Our species of humans first began to evolve 200,000 years ago. Traditionally, the dietary intake of these whole foods was the staple, but with the introduction of farming as little as 10,000 years ago, the foundation of our diet shifted towards grains, gluten and starch-loaded foods like rice, wheat and potato. It is believed that even after a hundred and ninety thousand years of evolution, the human digestive system still hasn't developed the ability to properly process high amounts of these starch and gluten-rich foods.

With modern foods being heavily processed, full of sugar, and often chemically altered, going back to basics is the only thing that helps to restore a healthy balance and get rid of excess body fat. With the elimination of processed sugars, high amounts of grains, dairy and starch what you are eating is just **REAL WHOLE FOOD!**

Eating this way will not only make you lean,  
but it will also make you glow from the inside out.

## NUTRIENT REQUIREMENTS

To create your **Lean Body** and ensure you meet all your nutrient requirements at the same time, you should include each of the following foods daily:

4-5 cups of non-starchy vegetables  
(salad greens, broccoli, peppers, cucumber, green beans etc)

Good carbohydrates – 1-2 serves of starchy vegetables or  
gluten-free grains (sweet potato, quinoa, brown rice etc)

1 piece of fruit

3 serves of meat/poultry/fish/seafood or legumes

2-3 servings of good fats

1-2 eggs

25g of fibre

2.5-3 Liters of water

Also recommended: 1 serve of whey or plant based protein powder to help you increase lean muscle and burn more fat.

## THE KEYS TO SUCCESS

### Preparation

Without a doubt, preparation and variety are the two most important elements for success. As mentioned in the **Lean Body Formula**, if your meals are not prepared in advance, it is easy to reach for the wrong foods.

I find that the best way to get organized and save time is doing scheduled meal preps twice per week. I find it works best for me if I do it on Sundays and Thursdays, but you can certainly adapt it to your own schedule. It takes about 2 hours to make your meals for the following 4 days, which will save you a lot of time you can spend doing something fun. I suggest picking 3-4 new recipes each week and making large batches. Then portion out each meal and place them in containers, so they are ready to grab whenever you need them. Trust me, once you start doing things this way, you will never look back.

### Variety

It isn't just about having your meals prepared, the diversity of those meals is equally important. Through my experience working one-on-one with hundreds of clients, I have found that one of the biggest keys to succeeding and staying on track lies in variety. Being constantly challenged in the kitchen is key to avoid boredom. When your mind gets bored, your body will follow!

It's easy to look at a meal plan and say, "that's similar to how I cook and the foods I've been making" but that is exactly where most people go wrong. When you eat the same meals you, your mum, or your granny have been making for many years, it is easy to get bored and look for flavours elsewhere. Fast food, takeout, protein bars...you name it.

However, when you include as much variety as possible in your weekly meals, use new recipes and incorporate new ingredients each week, you will find that you actually look forward to your meals and they will satisfy you more. This is why I encourage you to try at least 3-4 of my recipes each week. They are delicious, quick and easy to make.



## SPICE IT UP!

Variety can take many forms. Sometimes all you need is a new herb or spice mix to change the entire flavour of a dish. Here are my favourite ways to spice up simple meals.

### Chicken

Flavoured salts (see my recipes)

Baked with salt, pepper, lemon juice and fresh basil

Pan fried on coconut oil with salt, pepper and a squeeze of fresh orange juice

Grill with cinnamon, salt, pepper and chili – just trust me on this one!

Sautee on olive oil, dry mayoram, salt and pepper

### Fish

Salt, pepper, lemon juice and capers

Steamed with ginger, coriander with a dash of tamari or low sodium soy

### Pork

Pan fried with a touch of tamari

Maple glazed (see recipe)

Smoked salt

### Kangaroo

Sliced very thin and pan-fried on coconut oil, salt, pepper and with fresh garlic

### Vegetables

Raw veggies are always best as they contain live enzymes and more nutrients

Steamed veggies are the second best, but they can become boring fast. Try baking them in the oven, with added spices.

To enhance their flavour, add fresh or dried herbs such as oregano, majoram, basil or dukkah

### Try:

Baked sweet potato or pumpkin with salt, pepper, cinnamon and chili

Zucchini with basil, salt and pepper

Cauliflower with coconut oil, tumeric, salt and pepper

## HOUSEKEEPING

If you are new to cooking and food preparation you must know a few simple things to avoid food contamination and possible illness:

Always wash hands with hot soapy water after handling raw meat, fish or eggs.

Always use a separate chopping board for raw meat and vegetables.

Do not store raw chicken or turkey in the fridge for more than 2-3 days. If you don't have time to cook it straight away, just pop it in the freezer.

When reheating food on the stove, make sure you bring it to the boil.

It is best to drink fresh juices and smoothies immediately after preparation. The longer you wait, the more fresh enzymes you lose and the juice can become oxidized.

Avoid using the microwave where possible, as it decreases the food's nutrient content.



## MY FAVOURITE KITCHEN TOOLS

Before we kick on and get to your delicious meals plans, I want to share my must-have kitchen tools with you that I have found significantly reduce my meal preparation time.

Lemon squeezer

Spiral vegetable slicer or spiraliser

Measuring cups / kitchen scale

Steamer (electric steamer or a metal steamer top)

Hand blender, food processor, Magic bullet or a high power blender such as the Vitamix

Sharp chef's knife

Garlic press

Non-stick good quality cooking pan (I like Neoflam)

Crockpot / Slow cooker



# CONVERSION CHART

## OVEN TEMPERATURES

ELECTRIC (Celsius)	FAN FORCED (Celsius)	DEGREES (Fahrenheit)	GAS	DESCRIPTION
110	90	225	1/4	Very slow
120/130	100/110	250	1/2	Very slow
140	120	275	1	Slow
150	130	300	2	Slow
160/170	140/150	325	3	Moderate
180	160	350	4	Moderate
190	170	375	5	Moderately hot
200	180	400	6	Moderately hot
220	200	425	7	Hot
230	210	450	8	Hot
240	220	475	9	Very hot

## LIQUID MEASURES

METRIC	IMPERIAL
30ml	1 fl oz
60ml	2 fl oz
100ml	3 fl oz
125ml	4 fl oz
150ml	5 fl oz (1/4 pint)
190ml	6 fl oz
250ml	8 fl oz
300ml	10 fl oz (1/2 pint)
500ml	16 fl oz
600ml	20 fl oz (1 pint)
1000ml (1L)	1 1/4 pints

## DRY MEASURES

METRIC	IMPERIAL
15g	1/2 oz
30g	1 oz
60g	2 oz
90g	3 oz
125g	4 oz (1/4lb)
155g	5 oz
185g	6 oz
220g	7 oz
250g	8 oz (1/2lb)
280g	9 oz
315g	10 oz
345g	11 oz
375g	12 oz
410g	13 oz
440g	14 oz
470g	15 oz
500g	16 oz (1lb)
750g	24 oz (1.5lb)
1000g (1kg)	32 oz (2lb)

COMMON MEASURES	METRIC	IMPERIAL
1 cup	250ml	8 fl oz
1 tablespoon (tbsp)	20ml	0.68 fl oz
1 teaspoon (tsp)	5ml	0.17 fl oz

## SUPERFOOD SHOPPING LIST

The things you may not already have in your cupboard!

- Almond meal – ground almonds
- Arrowroot (tapioca flour) – used to thicken sauces
- Cacao nibs – small pieces of cocoa beans, substitute for choc chips
- Coconut oil – coconut fat
- Chia seeds – seeds high in fibre and Omega 3 fats
- Flax seeds -seeds high in fibre and Omega 3 fats
- Himalayan rock salt – salt with high mineral and nutrient value
- Maple syrup - sweetener
- Nori – seaweed sheets
- Nutritional yeast flakes – yellow powder, a form of healthy yeast.  
(Used as a cheese substitute)
- Liquid stevia – natural sweetener
- Slippery elm bark powder – healing functional food
- Psyllium husk – fibre
- Tamari – gluten-free soy sauce
- Tahini – sesame seed paste
- Turmeric powder – Indian anti-inflammatory spice
- Vanilla bean powder or vanilla extract – sweet spice

## LEAN BODY ACCELERATE PHASE

To change your body composition successfully, you need to obtain these nutrients in the right ratio. I've created the Accelerate Phase based on this principle, and I have calculated the right ratio of macronutrients for you.

Your fat-loss results will depend on how well you can follow the outlined 7-day plan. You don't need to count calories or think too much about it, simply stick to the portions and meals and exercise at least 40-45 minutes per day.

Avoid substituting any of the ingredients. If it makes it easier and more time efficient for you to eat the same foods two days in a row, that's not a problem. Just avoid eating the same foods every day of the week. Your body and your palate both need variety. This is key!

I recommend buying a small digital kitchen scale, so you can get familiar with the portions. After a few weeks, you won't need it. For the sake of your results and convenience, I kept the foods and meals extremely simple and accessible for this phase. There aren't many fancy ingredients, so no excuse! You should start seeing results in as little as 2-4 weeks depending on how much excess body fat you carry.

The remaining 28-day sample plan is suitable for those who want to lose weight at a slower pace or as a maintenance phase when you have achieved the desired results.

Disclaimer: Do not follow the accelerate phase if you are breastfeeding or pregnant.

# Day 1

## Before breakfast

**300ml lemon water with 1 tsp psyllium husk**

## Breakfast

### Superseed muesli

(see page 48)

½ cup Superseed muesli  
 ½ cup light coconut milk  
 ½ cup frozen berries  
 Sprinkle of cinnamon



## AM snack

**10 raw almonds**

## Lunch

### Chicken and rice bowl

100g chicken breast  
 ¼ cup wild rice  
 ½ cup red capsicum  
 2 cups leafy greens salad mix

### Dressing

(combine in a jar)  
 1 tbsp apple cider vinegar  
 + ½ tsp Dijon mustard  
 + 1 tsp olive oil  
 +1 tbsp lemon juice  
 + drops liquid stevia

## PM snack

### Vanilla mousse

100g plain Greek or coconut yogurt  
 2 tbsp vanilla protein powder  
 ½ tsp of vanilla extract  
 1 tbsp psyllium husk  
 Mix ingredients well, let it sit for 5 minutes and serve.

## Dinner

### San choy bow

100g turkey mince  
 3 lettuce cups  
 1 grated carrot  
 1 grated zucchini  
 2 tbsp onion  
 1 cup soy bean sprouts  
 1 tbsp tamari sauce

## Supper

### Ginger-lemongrass tea

## Water intake

**minimum 2-2.5L**

# Day 2

## Before breakfast

**300ml lemon water with 1 tsp chia seeds**

## Breakfast

### **Peachy dream breakfast smoothie**

30g vanilla protein  
10g oats  
1 cup spinach  
½ cup almond milk  
½ cup frozen peaches  
2 tsp psyllium husk  
½ cup water  
1 cup ice

Place all ingredients in a high-power blender and blend until smooth.



## AM snack

**25g cashew nuts**

## Lunch

### **Salmon and tabbouleh salad with Lamb Kofta**

(see page 70)  
Serving size 2 cups salad  
2 koftas 90g grilled or smoked salmon fillet  
1 bunch of parsley, finely diced  
¼ cup quinoa  
1 tsp sesame seeds  
1 tomato  
1 tbsp spring onion

### **Dressing**

1 tsp olive oil + ½ lemon's juice 60

## PM snack

### **Turkey wrap-up**

3 slices of turkey (approx 80g)  
½ cup cucumber, thinly sliced lengthways  
½ red capsicum, thinly sliced lengthways  
Use a slice of meat and wrap around the veggies.

## Dinner

### **Skinny tacos**

100g beef mince  
3-4 pieces of iceberg lettuce

### **Salsa mix**

1 tomato, diced  
¼ cup spring onions, diced  
25g avocado, diced  
Juice of ½ lime  
Hot sauce & fresh coriander to taste

## Supper

**1 tbsp raw cacao nibs**

## Water intake

**minimum 2-2.5L**

# Day 3

## Before Breakfast

**300ml lemon water with 1 tsp psyllium husk**

## Breakfast

### Meat and nut brekky

80g beef steak or grilled chicken  
30g raw walnuts (8 pcs)  
½ cup blueberries  
option: add leafy greens



## AM snack

### 2 tbsp hummus

½ cup cucumber  
½ cup celery sticks

## Lunch

### Tuna salad

1 small can tuna in spring water  
2 cups rocket leaves  
¼ cup wild rice  
1 tbsp spring onions  
½ cup tomatoes  
30g goat's feta cheese  
1 tbsp flax seeds  
dressing: Lemon juice

## PM snack

### Coconutty protein smoothie

30g protein powder  
½ cup coconut water  
1 cup water  
1 tsp psyllium husk  
1 cup ice  
Blend and enjoy.

## Dinner

### Peanut butter tofu bowl

100g organic tofu  
+1 tsp coconut oil  
+1 tbsp tamari/soy sauce  
1 cup steamed broccoli  
1 cup steamed cauliflower  
2 tbsp natural peanut or almond butter

Pan fry tofu in a pan, add nut butter and soy sauce and stir through the veggies.

## Supper

### Licorice tea

## Water intake

**minimum 2-2.5L**



# Day 4

## Before breakfast

**300mls warm water with lemon**

## Breakfast

### **1 thin slice of gluten-free seed toast**

(no white bread! Must be dark and full of seeds)

or Ezekiel bread 90-133

1 slice (50g) smoked salmon or turkey

1 poached egg

1 cup rocket leaves



## AM snack

**20g Brazil nuts**

## Lunch

### **Chia chicken curry salad**

(see page 62)

Serving size 100g chicken mix

2 cups salad

100g cooked shredded chicken breast

25g avocado

5 almonds, chopped

1 tbsp parsley

1 tbsp chia seeds

1 tsp curry powder

3 cups mixed salad greens

Combine everything in a bowl and serve.

## PM snack

### **Sushi hand roll**

1 sheets of nori

1 small can tuna (in springwater)

½ sliced cucumber

1 tsp soy sauce

## Dinner

### **Turkey meatballs**

(see page 57)

100g turkey

1 cup broccoli mashed

1 cup cauliflower mashed

½ cup peas

(mash together with a fork or blend)

## Supper

### **Lemongrass and ginger tea**

## Water intake

**minimum 2-2.5L**

# Day 5

## Before breakfast

**300mls warm water with lemon**  
and a pinch of cayenne pepper

## Breakfast

### Omelette

2 eggs  
1 tbsp chives  
½ cup mushrooms  
25g capsicum

### To serve

25g avocado  
1 cup spinach leaves

## AM snack

### ½ green apple

1 tsp almond butter  
sprinkle with cinnamon

## Lunch

### Rocket and Quinoa Salad with Chicken

(see page 53)  
90g poached / grilled chicken  
¼ cup cooked quinoa  
1 small carrot, grated  
2 cups rocket (arugula) leaves  
1 tbsp preserved lemon, diced

### Topping

1 handful of alfalfa (or other) sprouts

### Dressing

Mix 2 tbsp red wine vinegar  
1 tsp olive oil  
1 tsp mustard  
salt and pepper



## PM snack

### Cacao protein smoothie

30g protein powder  
½ cup coconut water  
½ cup water  
1 tsp chia seeds  
1 cup ice

Blend in a blender and enjoy.

## Dinner

### 125g grilled salmon fillet

2 cups salad  
25g goats cheese

### Dressing

1 tbsp balsamic vinaigrette + 1 tbsp olive oil

## Dessert

### 1 tbsp cashew butter mixed with

1 tsp cacao powder

## Water intake

**minimum 2-2.5L**

# Day 6

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## Before breakfast

### 300mls warm water with lemon

+ 1 tsp psyllium husk

## Breakfast at a restaurant

### 2 eggs any style

½ cup roasted tomatoes or sauteed mushrooms

½ cup sautéed spinach

1 slice of smoked salmon or short cut bacon



## AM snack

### 1 cinnamon bite

(see page 90)

Serving size 1 bite

## Lunch

### Mackerel salad

125g canned mackerel (oil drained)

1 tbsp flax seeds

5 black olives

2 cups spinach-rocket mix

### Dressing

1 tsp olive oil

juice of ½ lemon

½ tsp mustard

2 drops stevia

salt and pepper

## PM snack

### 1 Brown rice cake

1 tbsp tahini spread sprinkle with salt, paprika and chives or cinnamon

## Dinner

### 100g lamb

½ cup roast pumpkin

3 cups mixed greens salad

1 tbsp Lemon-herb dressing

## Supper

### Chamomile tea

## Water intake

minimum 2-2.5L

# Day 7

## Before breakfast

### 300mls warm water with lemon

+ 1 tsp psyllium husk

## Breakfast

### 2 protein pancakes

1 tbsp coconut yogurt ½  
cup berries

## AM snack

### 20g Brazil nuts



## Lunch

### Red Cabbage and Chickpea Salad with Creamy Tahini Dressing

(see page 61)

½ cup cooked chickpeas  
¼ cup cooked quinoa  
1 cup shredded red cabbage  
1 tbsp spring onion  
1 tbsp pumpkin seeds  
1 tbsp flax seeds  
1 hard boiled egg boiled

#### Tahini dressing

½ lemon's juice  
1 tbsp tahini  
½ tsp salt  
½ tsp minced garlic  
Shake well in a jar.

## PM snack

### 100g cottage cheese

1 tbsp chocolate protein powder  
Mix together.

## Dinner

### Zucchini fritters with Mint Yogurt Dressing

(see page 49)

2 zucchini fritters  
2 tbsp Greek yogurt  
½ shredded cucumber  
½ tsp dry mint  
½ tsp garlic

## Water intake

**minimum 2-2.5L**

## 28 DAY LEAN BODY MENU PLAN

This is an example of a monthly eating plan. Of course, this plan may vary depending on how much you exercise, the availability of ingredients in season, any allergies, and your taste and your daily routine. In case you were still wondering what you should eat before and after your workout sessions, I have provided an example week for both afternoon and morning training. You can swap meals to your liking.

I highly recommend preparing double the amount of food for dinner to allow for leftovers. It will save you a lot of time and thinking. Meal times are just an approximate. The idea is to eat every three hours. If you choose not to have a protein shake after training, then bring your next meal forward and eat it within 1 hour of exercising.

On **NON-TRAINING DAYS** the protein shake can be skipped.

## WEEK 1 – PM Workout

Assuming that exercise takes place in the afternoon

MONDAY	UPON RISING	LEMON WATER
<b>MEAL 1</b> (8AM)	BREAKFAST	SMOKED SALMON AND GOATS CHEESE OM- ELETTE
<b>MEAL 2</b> (10AM)	SNACK	TRAIL MIX
<b>MEAL 3</b> (12.30PM)	LUNCH	MAPLE GLAZED PORK CHOPS WITH BROCCO- LI MASH
<b>MEAL 4</b> (3.30PM)	PROTEIN SNACK	TURKEY MUFFINS WITH SALAD
<b>WORKOUT</b>	POST WORKOUT SHAKE	PROTEIN SHAKE MIXED WITH WATER
<b>MEAL 5</b> (7PM)	DINNER	LAMB KOFTA WITH QUINOA TABBOULEH
	SUPPER	HERBAL TEA

TUESDAY	UPON RISING	LEMON WATER
<b>MEAL 1</b> (8AM)	BREAKFAST	BREAKFAST MUFFINS
<b>MEAL 2</b> (10AM)	SNACK	TURMERIC HUMMUS WITH VEGGIE STICKS
<b>MEAL 3</b> (12.30PM)	LUNCH	SPICY TUNA SALAD
<b>MEAL 4</b> (3.30PM)	PROTEIN SNACK	1 X LEFTOVER LAMB KOFTA
<b>WORKOUT</b>	POST-WORK- OUT SHAKE	PROTEIN SHAKE WITH WATER 1 X PIECE FRUIT
<b>MEAL 5 (7PM)</b>	DINNER	CHICKEN BREAST WITH SWEET POTATO MASH
	SUPPER	HERBAL TEA

## WEEK 1 cont – PM Workout

Assuming that exercise takes place in the afternoon

WEDNESDAY	UPON RISING	LEMON WATER
<b>MEAL 1</b> (8AM)	BREAKFAST	CHOCOLATE COVERED STRAWBERRY BREAKFAST SMOOTHIE
<b>MEAL 2</b> (10AM)	SNACK	CHEESY KALE CHIPS
<b>MEAL 3</b> (12.30PM)	LUNCH	ITALIAN MEATBALLS WITH TOMATO SAUCE AND ZUCCHINI NOODLES
<b>MEAL 4</b> (3.30PM)	PROTEIN SNACK	SMALLER PORTION OF ITALIAN MEAT BALLS
DAY OFF		
<b>MEAL 5</b> (7PM)	DINNER	ROCKET, QUINOA, PUMPKIN SALAD WITH CHICKEN
	SUPPER	HERBAL TEA

THURSDAY	UPON RISING	LEMON WATER
<b>MEAL 1</b> (8AM)	BREAKFAST	BREAKFAST MUFFINS
<b>MEAL 2</b> (10AM)	SNACK	1 SUSHI HAND ROLL
<b>MEAL 3</b> (12.30PM)	LUNCH	ROCKET, QUINOA, PUMPKIN SALAD WITH CHICKEN
<b>MEAL 4</b> (3.30PM)	PROTEIN SNACK	2 SALMON RICE PAPER ROLLS
<b>WORKOUT</b>	POST-WORK-OUT SHAKE	PROTEIN SHAKE WITH WATER
<b>MEAL 5 (7PM)</b>	DINNER	CHEESY TURKEY PATTIES
	SUPPER	HERBAL TEA

## WEEK 1 cont – PM Workout

Assuming that exercise takes place in the afternoon

FRIDAY	UPON RISING	LEMON WATER
<b>MEAL 1</b> (8AM)	BREAKFAST	BREAKFAST SMOOTHIE BOWL
<b>MEAL 2</b> (10AM)	SNACK	BUCKWHEAT CRACKERS WITH TUNA
<b>MEAL 3</b> (12.30PM)	LUNCH	LEFTOVER TURKEY-PATTIES WITH SALAD
<b>MEAL 4</b> (3.30PM)	PROTEIN SNACK	2 ITALIAN MEATBALLS
<b>WORKOUT</b>	POST WORKOUT SHAKE	PROTEIN SHAKE MIXED WITH WATER
<b>MEAL 5</b> (7PM)	DINNER	BAKED HERB FISH WITH CAULIFLOWER MASH
	SUPPER	HERBAL TEA

SATURDAY	UPON RISING	LEMON WATER
<b>MEAL 1</b> (8AM)	BREAKFAST	MEAT AND NUT BREAKY
<b>MEAL 2</b> (10AM)	SNACK	CHOCOLATE CHIP CHEESECAKE BITES
<b>MEAL 3</b> (12.30PM)	LUNCH	GARLIC-PRAWN AND BROWN RICE SALAD
<b>MEAL 4</b> (3.30PM)	PROTEIN SNACK	LEFTOVER PIECE OF BAKED HERB FISH WITH SALAD
<b>WORKOUT</b>	POST-WORK-OUT SHAKE	PROTEIN SHAKE WITH WATER
<b>MEAL 5 (7PM)</b>	DINNER	SANG CHOI BOW
	SUPPER	BERRY SORBET AND HERBAL TEA



## WEEK 1 cont – PM Workout

Assuming that exercise takes place in the afternoon

SUNDAY	UPON RISING	LEMON WATER
<b>MEAL 1</b> (8AM)	BREAKFAST	PROTEIN PANCAKES + 1 SERVE BERRIES
<b>MEAL 2</b> (10AM)	SNACK	PROSCIUTTO WRAPPED GREENS
<b>MEAL 3</b> (12.30PM)	LUNCH	MAPLE GLAZED PORK CHOPS
<b>MEAL 4</b> (3.30PM)	PROTEIN SNACK	LEFTOVER SANG CHOI BOW
DAY OFF		
<b>MEAL 5</b> (7PM)	DINNER	HEALTHY CHICKEN SCHNITZEL WITH SALAD
	SUPPER	HERBAL TEA

## WEEK 2 – PM Workout

Assuming that exercise takes place in the morning

MONDAY	UPON RISING	LEMON WATER
<b>WORKOUT</b>	POST WORK- OUT SHAKE	PROTEIN SHAKE MIXED WITH WATER
<b>MEAL 1</b> (9AM)	BREAKFAST	LEFTOVER PROTEIN PANCAKES
<b>MEAL 2</b> (11AM)	SNACK	GREEN GODDESS SMOOTHIE
<b>MEAL 3</b> (1.30PM)	LUNCH	GARLIC-PRAWN AND BROWN RICE SALAD
<b>MEAL 4</b> (4PM)	PROTEIN SNACK	LEFTOVER CHICKEN SCHNITZEL WITH SALAD
<b>MEAL 5</b> (7PM)	DINNER	KANGAROO AND VEGGIE KEBABS
	SUPPER	HERBAL TEA

TUESDAY	UPON RISING	LEMON WATER
<b>WORKOUT</b>	POST WORK- OUT SHAKE	PROTEIN SHAKE MIXED WITH WATER
<b>MEAL 1</b> (9AM)	BREAKFAST	VANILLA OATS
<b>MEAL 2</b> (11AM)	SNACK	BUCKWHEAT CRACKERS WITH TUNA
<b>MEAL 3</b> (1.30PM)	LUNCH	RED CABBAGE AND CHICKPEA SALAD WITH TAHINI DRESSING
<b>MEAL 4</b> (4PM)	PROTEIN SNACK	1 LEFTOVER KANGAROO KEBAB
<b>MEAL 5</b> (7PM)	DINNER	NUTTY MINCE BOWL
	SUPPER	HERBAL TEA

## WEEK 2 – PM Workout

Assuming that exercise takes place in the morning

WEDNESDAY	UPON RISING	LEMON WATER
DAY OFF		
<b>MEAL 1</b> (9AM)	BREAKFAST	ZUCCHINI FRITTERS
<b>MEAL 2</b> (11AM)	SNACK	TRAIL MIX
<b>MEAL 3</b> (1.30PM)	LUNCH	NUTTY MINCE BOWL
<b>MEAL 4</b> (4PM)	PROTEIN SNACK	PROSCIUTTO WRAPPED GREENS
<b>MEAL 5</b> (7PM)	DINNER	GRILLED SALMON WITH CAULIFLOWER MASH
	SUPPER	HERBAL TEA

THURSDAY	UPON RISING	LEMON WATER
<b>WORKOUT</b>	POST WORK- OUT SHAKE	PROTEIN SHAKE MIXED WITH WATER
<b>MEAL 1</b> (9AM)	BREAKFAST	SUPERSEED MUESLI
<b>MEAL 2</b> (11AM)	SNACK	2 CHICKEN PANCAKES
<b>MEAL 3</b> (1.30PM)	LUNCH	LAMB PATTIES WITH POMEGRANATE SALAD
<b>MEAL 4</b> (4PM)	PROTEIN SNACK	LEFTOVER ZUCCHINI FRITTERS
<b>MEAL 5</b> (7PM)	DINNER	SPICY THAI MEATLOAF WITH BROCCOLI MASH
	SUPPER	HERBAL TEA

## WEEK 2 – PM Workout

Assuming that exercise takes place in the morning

FRIDAY	UPON RISING	LEMON WATER
<b>WORKOUT</b>	POST WORK- OUT SHAKE	PROTEIN SHAKE MIXED WITH WATER + 1 PIECE FRUIT
<b>MEAL 1</b> (9AM)	BREAKFAST	SALMON AVOCADO BOAT
<b>MEAL 2</b> (11AM)	SNACK	HOME-MADE PROTEIN BAR
<b>MEAL 3</b> (1.30PM)	LUNCH	LEFTOVER SPICY THAI MEATLOAF WITH BROCCOLI MASH
<b>MEAL 4</b> (4PM)	PROTEIN SNACK	SUSHI HAND ROLL
<b>MEAL 5</b> (7PM)	DINNER	CHICKEN BREAST WITH MIXED GREENS SAL- AD AND LEMON-HERB DRESSING
	SUPPER	HERBAL TEA

SATURDAY	UPON RISING	LEMON WATER
<b>WORKOUT</b>	POST WORK- OUT SHAKE	PROTEIN SHAKE MIXED WITH WATER
<b>MEAL 1</b> (9AM)	BREAKFAST	CAFÉ STYLE BREAKY
<b>MEAL 2</b> (11AM)	SNACK	TURMERIC HUMMUS WITH VEGGIE STICKS
<b>MEAL 3</b> (1.30PM)	LUNCH	CHICKEN BREAST WITH PUMPKIN MASH
<b>MEAL 4</b> (4PM)	PROTEIN SNACK	SPICY TUNA SALAD
<b>MEAL 5</b> (7PM)	DINNER	LAMB KOFTA WITH QUINOA TABBOULEH
	DESSERT	BERRY CRUMBLE AND HERBAL TEA

## WEEK 2 – PM Workout

Assuming that exercise takes place in the morning

SUNDAY	UPON RISING	LEMON WATER
DAY OFF		
<b>MEAL 1</b> (9AM)	BREAKFAST	CHOCOLATE COVERED STRAWBERRY BREAKFAST SMOOTHIE
<b>MEAL 2</b> (11AM)	SNACK	CHOCOLATE CHIP STRAWBERRY POPSICLE
<b>MEAL 3</b> (1.30PM)	LUNCH	LEFTOVER LAMB KOFTA WITH QUINOA TABBOULEH
<b>MEAL 4</b> (4PM)	PROTEIN SNACK	LEFTOVER CHICKEN BREAST WITH SALAD
<b>MEAL 5</b> (7PM)	DINNER	ZUCCHINI NOODLES WITH WALNUT PESTO AND CHICKEN
	SUPPER	HERBAL TEA

## WEEK 3 – PM Workout

Assuming that exercise takes place in the afternoon

MONDAY	UPON RISING	LEMON WATER
<b>MEAL 1</b> (8AM)	BREAKFAST	ZUCCHINI FRITTERS
<b>MEAL 2</b> (10AM)	SNACK	TRAIL MIX
<b>MEAL 3</b> (12.30PM)	LUNCH	CHEESY TURKEY PATTIES
<b>MEAL 4</b> (3.30PM)	PROTEIN SNACK	SUSHI HAND ROLL
<b>WORKOUT</b>	POST WORKOUT SHAKE	PROTEIN SHAKE MIXED WITH WATER
<b>MEAL 5</b> (7PM)	DINNER	BAKED HERB FISH WITH CAULIFLOWER RICE
	SUPPER	HERBAL TEA

TUESDAY	UPON RISING	LEMON WATER
<b>MEAL 1</b> (8AM)	BREAKFAST	MEAT AND NUT BREAKKY
<b>MEAL 2</b> (10AM)	SNACK	2 CHOCOLATE CHIP CHEESECAKE BITES
<b>MEAL 3</b> (12.30PM)	LUNCH	LEFTOVER BAKED FISH
<b>MEAL 4</b> (3.30PM)	PROTEIN SNACK	LEFTOVER TURKEY PATTIES
<b>WORKOUT</b>	POST-WORK-OUT SHAKE	PROTEIN SHAKE WITH WATER
<b>MEAL 5 (7PM)</b>	DINNER	ORANGE CHICKEN WITH ASIAN VEGGIES
	SUPPER	HERBAL TEA

## WEEK 3 – PM Workout

Assuming that exercise takes place in the afternoon

WEDNESDAY	UPON RISING	LEMON WATER
<b>MEAL 1</b> (8AM)	BREAKFAST	CHOCOLATE COVERED STRAWBERRY BREAKFAST SMOOTHIE
<b>MEAL 2</b> (10AM)	SNACK	CHEESY KALE CHIPS
<b>MEAL 3</b> (12.30PM)	LUNCH	LEFTOVER ORANGE CHICKEN WITH ASIAN VEGGIES
<b>MEAL 4</b> (3.30PM)	PROTEIN SNACK	TURKEY MUFFINS
DAY OFF		
<b>MEAL 5</b> (7PM)	DINNER	NUTTY MINCE BOWL WITH BROWN RICE
	SUPPER	HERBAL TEA

THURSDAY	UPON RISING	LEMON WATER
<b>MEAL 1</b> (8AM)	BREAKFAST	SMOKED SALMON AND GOATS CHEESE OMELETTE
<b>MEAL 2</b> (10AM)	SNACK	30G OF RAW NUTS
<b>MEAL 3</b> (12.30PM)	LUNCH	LEFTOVER NUTTY MINCE BOWL
<b>MEAL 4</b> (3.30PM)	PROTEIN SNACK	LEFTOVER ORANGE CHICKEN
<b>WORKOUT</b>	POST-WORK-OUT SHAKE	PROTEIN SHAKE WITH WATER + 1 PIECE FRUIT
<b>MEAL 5 (7PM)</b>	DINNER	SPICY THAI MEATLOAF WITH BROCCOLI MASH
	SUPPER	HERBAL TEA

## WEEK 3 – PM Workout

Assuming that exercise takes place in the afternoon

FRIDAY	UPON RISING	LEMON WATER
<b>MEAL 1</b> (8AM)	BREAKFAST	BREAKFAST MUFFINS
<b>MEAL 2</b> (10AM)	SNACK	TRAIL MIX
<b>MEAL 3</b> (12.30PM)	LUNCH	LEFTOVER SPICY THAI MEATLOAF WITH BROCCOLI MASH
<b>MEAL 4</b> (3.30PM)	PROTEIN SNACK	SUSHI HAND ROLL
<b>WORKOUT</b>	POST WORKOUT SHAKE	PROTEIN SHAKE MIXED WITH WATER
<b>MEAL 5</b> (7PM)	DINNER	LAMB KOFTA WITH QUINOA TABBOULEH
	SUPPER	HERBAL TEA

SATURDAY	UPON RISING	LEMON WATER
<b>MEAL 1</b> (8AM)	BREAKFAST	VANILLA OATS
<b>MEAL 2</b> (10AM)	SNACK	CHEESY KALE CHIPS
<b>MEAL 3</b> (12.30PM)	LUNCH	CHIA CHICKEN SALAD
<b>MEAL 4</b> (3.30PM)	PROTEIN SNACK	LEFTOVER PIECE OF BAKED HERB FISH WITH SALAD
<b>WORKOUT</b>	POST-WORK-OUT SHAKE	PROTEIN SHAKE WITH WATER
<b>MEAL 5 (7PM)</b>	DINNER	ZUCCHINI NOODLES WITH WALNUT PESTO AND CHICKEN
	DESERT	CINNAMON BITES AND HERBAL TEA



## WEEK 3 – PM Workout

Assuming that exercise takes place in the afternoon

SUNDAY	UPON RISING	LEMON WATER
<b>MEAL 1</b> (8AM)	BREAKFAST	SALMON AVOCADO BOAT + 1 PIECE OF FRUIT
<b>MEAL 2</b> (10AM)	SNACK	PROTEIN BAR
<b>MEAL 3</b> (12.30PM)	LUNCH	SPICY TUNA SALAD
<b>MEAL 4</b> (3.30PM)	PROTEIN SNACK	LEFTOVER ZUCCHINI NOODLES
DAY OFF		
<b>MEAL 5</b> (7PM)	DINNER	KANGAROO AND VEGGIE KEBABS
	SUPPER	HERBAL TEA

## WEEK 4 – AM Workout

Assuming that exercise takes place in the morning

MONDAY	UPON RISING	LEMON WATER
<b>WORKOUT</b>	POST WORK-OUT SHAKE	PROTEIN SHAKE MIXED WITH WATER
<b>MEAL 1</b> (9AM)	BREAKFAST	MEAT AND NUT BREAKY (LEFTOVER KANGAROO + CASHEWS + RASPBERRIES)
<b>MEAL 2</b> (11AM)	SNACK	CHOCOLATE CHIP CHEESECAKE BITES
<b>MEAL 3</b> (1.30PM)	LUNCH	RED CABBAGE AND CHICKPEA SALAD WITH TAHINI DRESSING
<b>MEAL 4</b> (4PM)	PROTEIN SNACK	SUSHI HAND ROLL
<b>MEAL 5</b> (7PM)	DINNER	LAMB KOFTA WITH QUINOA TABBOULEH
	SUPPER	HERBAL TEA

TUESDAY	UPON RISING	LEMON WATER
<b>WORKOUT</b>	POST WORK-OUT SHAKE	PROTEIN SHAKE MIXED WITH WATER
<b>MEAL 1</b> (9AM)	BREAKFAST	BERRYLICIOUS PROTEIN SMOOTHIE
<b>MEAL 2</b> (11AM)	SNACK	HOME-MADE PROTEIN BAR
<b>MEAL 3</b> (1.30PM)	LUNCH	MAPLE GLAZED PORK CHOPS
<b>MEAL 4</b> (4PM)	PROTEIN SNACK	LEFTOVER KOFTA
<b>MEAL 5</b> (7PM)	DINNER	GRILLED SALMON WITH CAULIFLOWER MASH
	SUPPER	HERBAL TEA

## WEEK 4 – AM Workout

Assuming that exercise takes place in the morning

WEDNESDAY	UPON RISING	LEMON WATER
DAY OFF		
<b>MEAL 1</b> (9AM)	BREAKFAST	ZUCCHINI FRITTERS
<b>MEAL 2</b> (11AM)	SNACK	TRAIL MIX
<b>MEAL 3</b> (1.30PM)	LUNCH	LEFTOVER GRILLED SALMON WITH MIXED GREENS SALAD AND AVOCADO-LIME DRESSING
<b>MEAL 4</b> (4PM)	PROTEIN SNACK	CHIA CHICKEN
<b>MEAL 5</b> (7PM)	DINNER	NUTTY MINCE BOWL

THURSDAY	UPON RISING	LEMON WATER
<b>WORKOUT</b>	POST WORK-OUT SHAKE	PROTEIN SHAKE MIXED WITH WATER
<b>MEAL 1</b> (9AM)	BREAKFAST	VANILLA OATS
<b>MEAL 2</b> (11AM)	SNACK	2 CHICKEN PANCAKES
<b>MEAL 3</b> (1.30PM)	LUNCH	LAMB PATTIES WITH MIXED GREEN SALAD CREAMY TAHINI DRESSING
<b>MEAL 4</b> (4PM)	PROTEIN SNACK	LEFTOVER ZUCCHINI FRITTERS
<b>MEAL 5</b> (7PM)	DINNER	SANG CHOI BOW
	SUPPER	HERBAL TEA

## WEEK 4 – AM Workout

Assuming that exercise takes place in the morning

FRIDAY	UPON RISING	LEMON WATER
<b>WORKOUT</b>	POST WORK- OUT SHAKE	PROTEIN SHAKE MIXED WITH WATER + 1 PIECE FRUIT
<b>MEAL 1</b> (9AM)	BREAKFAST	CAFÉ STYLE BREAKY
<b>MEAL 2</b> (11AM)	SNACK	HOME-MADE PROTEIN BAR
<b>MEAL 3</b> (1.30PM)	LUNCH	LEFTOVER SANG CHOI BOW
<b>MEAL 4</b> (4PM)	PROTEIN SNACK	2 RICE PAPER ROLLS
<b>MEAL 5</b> (7PM)	DINNER	CHICKEN BREAST WITH MIXED GREENS SAL- AD AND SUPERGREEN DRESSING
	SUPPER	HERBAL TEA

SATURDAY	UPON RISING	LEMON WATER
<b>WORKOUT</b>	POST WORK- OUT SHAKE	PROTEIN SHAKE MIXED WITH WATER
<b>MEAL 1</b> (9AM)	BREAKFAST	CAFÉ STYLE BREAKY
<b>MEAL 2</b> (11AM)	SNACK	CHOC CHIP STRAWBERRY POPSICLE
<b>MEAL 3</b> (1.30PM)	LUNCH	CHICKEN BREAST WITH PUMPKIN MASH
<b>MEAL 4</b> (4PM)	PROTEIN SNACK	SPICY TUNA SALAD
<b>MEAL 5</b> (7PM)	DINNER	HEALTHY CHICKEN SCHNITZEL WITH MIXED GREENS SALAD AND LEMON-HERB DRESSING
	DESSERT	ALMOND BUTTER CUP AND HERBAL TEA

## WEEK 4 – AM Workout

Assuming that exercise takes place in the morning

SUNDAY	UPON RISING	LEMON WATER
DAY OFF		
<b>MEAL 1</b> (9AM)	BREAKFAST	SUPERSEED MUESLI
<b>MEAL 2</b> (11AM)	SNACK	CHEESY KALE CHIPS
<b>MEAL 3</b> (1.30PM)	LUNCH	LEFTOVER SCHNITZEL
<b>MEAL 4</b> (4PM)	PROTEIN SNACK	CHICKEN BREAST WITH FLAVOURED SALT
<b>MEAL 5</b> (7PM)	DINNER	SPICY THAI MEATLOAF WITH BROCCOLI MASH
	SUPPER	HERBAL TEA

## RECIPES

I have prepared some of my favourite recipes for each meal option to help you get started. I recommend that you plan out your meals for the entire week in a weekly meal planner and create a shopping list. This way you know what ingredients you need to buy for the coming week.

If for whatever reason you happen to run out of ideas, keep an eye on the recipe section of [www.theleanbodycoach.com](http://www.theleanbodycoach.com) and my Instagram account [@theleanbodycoach](https://www.instagram.com/theleanbodycoach)

I love seeing your progress photos and what you whip up in your kitchen. Seeing you post your before and after photos and Lean Body Meals inspires me every day! Be sure you hashtag [#theleanbodycoach](https://www.instagram.com/theleanbodycoach) so I don't miss a beat.

I invite you to become part of our **Lean Body Community!**

# BREAKFAST





## Meat and Nut Brekky

### Ingredients

80g Rump steak grilled or lean beef  
(roasted, slow cooked)

25g almonds

½ cup Blueberries

Hint of cinnamon

### Method

1. Season steak with coarse sea salt flakes and freshly ground pepper and cook to your liking
2. Slice steak into thin strips and enjoy with the crunchy nuts
  - Feel free to add a handful of greens
3. Dust the berries with cinnamon and enjoy for dessert





2

## Smoked Salmon and Goat's Cheese Omelette

### Ingredients

- 1 tsp olive oil
- 2 whole organic eggs + 1 egg white
- 1 tbsp water
- 1 slice smoked salmon cut into chunks
- 40g goats cheese (optional)
- Handful of spinach leaves
- Salt and pepper to taste

### Method

1. Whisk together eggs and water
2. Heat oil and pour in egg mixture
3. Add salmon, spinach and goats cheese crumbles on top
4. Cook on medium heat until omelette is set around the edges. You can pop it under the grill for 5 minutes to slightly melt the cheese on top



3

## Chocolate Covered Strawberry Breakfast Smoothie

### Ingredients

- 1 scoop chocolate protein powder
- ½ cup strawberries
- ¼ cup rolled oats
- ½ cup unsweetened almond milk
- ½ cup water
- ½-1 cup ice
- topping: 1 tsp raw cacao nibs

### Method

1. Blend smoothie ingredients, except the cacao nibs in a blender for 30-45 seconds and top with the cacao nibs



4

## Breakfast Muffins

Makes 10, serving size 2 muffins

### Ingredients

12 organic eggs (option: use 6 full eggs and 1.5 cups of liquid egg whites)

100g short cut bacon, diced (can also use cooked turkey or chicken mince )

1 medium onion, diced

1 capsicum, diced

100g mushrooms, diced

1 zucchini, finely diced

Handful fresh baby spinach

Coconut oil

Salt and pepper

1 tsp tumeric powder, paprika or cayenne pepper (optional)

### Method

1. Preheat oven to 180 degrees. Spray two muffin tins with coconut oil or olive oil spray and set aside

2. Cook onion and bacon over medium heat until brown but not crispy.

3. Add the bell pepper and mushrooms and cook for another 5 minutes. Remove and set aside and let the mixture cool

4. Whisk together the eggs and season with salt and pepper

6. Pour enough of the mixture into each muffin cup to fill it about a third of the way and bake for 20-25 minutes



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## Protein Pancakes

makes 10, serving size 3 pancakes

### Ingredients

- 2/3 cups oats flour (ground oats)
- 1 mashed banana
- 1 egg + 1 white
- 1.5 scoop of vanilla protein powder
- 1/3 cup light coconut milk
- 1/2 tsp cinnamon
- 1 tsp slippery elm powder (for gut health)
- 1/2 tsp baking soda
- Pinch of salt

**Option:** Instead of serving it with berries, add a handful frozen blueberries to the batter

### Method

1. Mix dry ingredients well, then combine with the wet ingredients (alternatively blend everything in a blender)
2. Fry in a non-stick pan with coconut oil until golden brown, then flip
3. (Implied step: Cook until golden brown on both sides)
4. Serve with 1 tbsp Greek or coconut yogurt mixed with 1 tsp protein powder and 1/2 cup of blueberries



6

## Salmon and Avocado Boat

### Ingredients

- 50g leftover grilled/baked salmon or smoked salmon fillet
- 1 boiled egg
- 1/3 sliced avocado
- 1/2 sliced tomato or sun-dried tomato
- 2 slices gluten-free buckwheat crispbread or buckwheat crackers (see recipe)
- 1/2 tsp dry dill

### Method

1. Cut avocado in half, take out the pit and scoop out the flesh. Cut into chunks
2. Place salmon, avocado, tomato and egg in the shell, and sprinkle with dill, salt and pepper
3. Serve with 2 palm size pieces of buckwheat crackers

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## Breakfast Smoothie Bowl



### Ingredients

- 1/2 cup coconut water
- 1/2 frozen banana
- 1 celery stalk
- a handful of spinach leaves
- 1 cm knob of ginger
- 2 tbsp vanilla protein powder
- 1/2 cup ice

### Topping:

- 2 tbsp almond meal
- 2 tbsp pumpkin seeds
- 10 pcs frozen raspberries

### Method

1. Blend smoothie ingredients in a blender for 30-45 seconds
2. Pour into a bowl and top with frozen raspberries, almond meal pumpkin seeds

8

## Vanilla Oats

For a lean body, choose this option max 2x per week



### Ingredients

½ cup rolled oats  
1 tbsp flax seeds  
½ tsp cinnamon  
1 tbsp chopped hazelnuts  
Pinch of nutmeg powder  
2 tbsp vanilla protein powder  
½ cup blueberries  
water

### Method

1. Mix oats, flax seeds and cinnamon in just enough water to cover it. Let it sit overnight or for at least 20 minutes (for better digestibility)
2. Mix in the rest of the ingredients, stir and enjoy
3. To serve, add ½ cup almond unsweetened milk and stevia if desired

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## Superseed Muesli

Serving size ½ cup



### Ingredients

- ½ cup chia seeds
- ½ cup hazelnut or almond meal
- 2 tbsp slippery elm bark powder\*
- ½ cup whole flaxseeds (linseeds)
- ½ cup sesame seeds
- 1 cup sunflower seeds
- 1 cup pumpkin seeds
- 1 cup coconut flakes
- 2 scoops of vanilla protein powder
- 2 tbsp cinnamon powder
- option: 1 tsp vanilla bean powder\*

\* both can be purchased at health food stores or online

### Method

1. Mix ingredients and store in airtight container
2. Serve 1/2 cup of muesli with ½ cup frozen berries and ½ cup unsweetened almond milk



10

## Zucchini Fritters



### Ingredients

- 2 small zucchinis, shredded
- 1/2 cup frozen organic corn
- 2 tbsp gluten-free flour
- 2 organic eggs, whisked
- 1/2 tsp turmeric powder
- salt and pepper
- 1 tbsp coconut oil for frying

### Mint Yogurt Dressing

Whisk together:

- 2 tbsp Greek yogurt
- 1/2 tsp dry mint
- 1/2 garlic clove, crushed
- Salt and pepper to taste

### Method

1. In a bowl mix together zucchini, flour, corn and spices then add in the 2 whisked eggs
2. Heat 1 tbsp coconut oil in a non-stick pan
3. Scoop a palm-size mixture and fry for 3-4 minutes on each side
4. Serve with mint yogurt dressing

II

## Breakfast - Dining Out



When eating out order the following:

2 eggs any style

Roasted tomatoes or sauteed mushrooms

Sautéed spinach

1/3 avocado

Option: add 1 slice of smoked salmon or short cut bacon

SKIP THE TOAST PLEASE!

# LUNCH





## Italian Meatballs in Tomato Sauce with Zucchini Noodles

Serving size 80g meatballs and 1

### Meatball Ingredients

- 500g lean beef mince
- 1 egg
- 1/2 onion, diced
- 2 garlic cloves crushed
- 1 tsp dried oregano
- 1/2 cup fresh basil chopped
- Salt and pepper to taste

### Sauce

- Small can of tomato paste
- 1/2 onion, chopped
- 1 garlic clove, crushed
- 1 tsp paprika
- 1 carrot grated
- 1 tbsp olive oil
- 1/4 cup water

### Method

1. Combine ingredients for meatballs and form golf-ball size meatballs. Set aside while making the sauce
2. Brown the onions and garlic on medium heat and add the tomato paste, spices and water and bring to the boil
3. Add meatballs to the pan, cover with a lid and cook for 15-20 minutes, stirring it half way through

### Zucchini noodles

1. Grate zucchini lengthways with a peeler or use a vegetable spiraliser. (see in my favourite kitchen tools)
2. Place in a bowl and pour boiling water over it, cover with a plate for 5 minutes, allowing it to soften then drain.
3. Serve with meatballs and sauce.



2

## Rocket and Quinoa Salad with Chicken

### Ingredients

90g poached / grilled chicken  
1/4 cup cooked quinoa  
1 carrot, grated  
2 cups rocket (aragula) leaves  
1 tbsp preserved lemon, diced  
topping: 1 handful of alfalfa sprouts

### Serve with Lemon Dressing

1 tbsp fresh lemon juice  
1 tsp olive oil  
Salt and pepper

### Method

#### Poaching the chicken:

1. Place chicken breasts in a pan and cover with water, add one bay leaf and any spices you desire. Bring to the boil then reduce immediately and simmer for 10 minutes
2. Turn off the heat and allow the chicken to remain in the water for 15 minutes
3. Mix salad ingredients in a bowl and serve with sliced chicken

**HOT TIP:** If you are making an Asian dish, substitute the bay leaf for star anise



3

## Cheesy Turkey Patties (dairy-free)

Serving size 2 patties

### Ingredients

- 500g lean turkey mince
- 1/2 cup spring onions, finely diced
- 1 garlic clove, pressed
- 1 egg
- 3 tbsp nutritional yeast\*
- 3 tbsp dried or fresh parsley
- pinch of cayenne pepper
- 1 tsp turmeric powder
- 1 tsp salt and pepper

\*If you suffer from Asthma, avoid using nutritional yeast as it can worsen the symptoms.

### Method

1. In a bowl combine the all the ingredients with a fork
2. Form palm size patties
3. Oven bake for 40 minutes turning half way, or pan fry on low-medium heat in a non-stick pan for about 5 mins on each side
4. Serve with 2 cups garden salad and the **lemon-herb dressing** (p.102)



## Lamb Patties with Pomegranate Salad

serving size 2 patties

~ Recipe inspired by Lorna Jane

### Pattie Ingredients

- 1 cup, cooked green lentils or  
1 can of lentils
- 500g lamb mince
- 2 cloves garlic
- 2 tbsp tamari
- 2 tbsp fresh mint chopped,
- 1 tsp ground cumin and coriander

### Salad Ingredients (makes 2)

- 1 large carrot, peeled
- 1 lebanese cucumber, peeled
- ½ pomegranate's seeds
- ½ cup mint leaves
- Big handful snowpea sprouts

With a veggie peeler, slice the carrots and cucumber lengthways and toss with the rest of the ingredients.

### Method

1. Combine lamb, lentils, onions, garlic, tamari, mint and spices and shape 16 patties
2. Cook on 1 tsp coconut oil in a non-stick pan until browned on both sides

**HOT TIP:** Freeze half of the patties for times when you don't have time to cook, and heat them up in a sandwich press, spraying them with a little olive oil spray.

### Dressing

Combine

- 1 tbsp extra virgin olive oil
- 2 tbsp red wine vinegar
- 1 garlic crushed
- Few drops of stevia
- ½ cup fresh mint leaves chopped
- Salt and pepper to taste



## Garlic-prawn and Brown Rice Salad

### Ingredients

- ¼ cup cooked brown rice
- ¼ cup corn kernels
- 8 large prawns (shrimp), peeled
- 1 clove garlic
- 1 tsp organic butter or olive oil
- Chili flakes
- 2 tbsp balsamic vinaigrette

### Salad Ingredients

- 1 spring onion chopped
- 4 cherry tomatoes, halved
- 2 cups mixed lettuce leaves

### Method

1. Heat butter and cook garlic until brown. Add prawns and fry until they are pink and fully cooked. Season with salt, pepper and chili. Set aside but keep the pan
2. Whilst still hot add the balsamic and stir until you get a thick sauce
3. Combine corn, rice and lettuce, place prawns on top and dress with the balsamic glaze



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## Turkey Meatballs

serving size 100g



### Ingredients

- 500g ground turkey
- 1 egg
- 40 g quinoa flakes
- pinch cayenne pepper
- 1/2 tsp ground cumin
- 1 tbsp wholegrain mustard
- 1 garlic clove, minced
- 1 small onion, diced
- 1 cup cauliflower, finely diced
- 1 tsp salt and pepper

### Method

1. Preheat oven to 190C/375F degrees and line a baking tray with baking paper. Spread 1 tsp coconut oil on the surface.
2. Combine all the ingredients in a large bowl and mix well with a fork, or use a food processor and process for 2 x 10 seconds.
3. Roll them into golf ball size meatballs and bake for 40 minutes, turning half way.
4. Serve with 2 cups of steamed mashed broccoli and cauliflower.

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## Spicy Tuna Salad



### Ingredients

- 1 small can of tuna in springwater
- ¼ avocado
- 2 tbsp jalapeno peppers, diced (from jar)
- 2 tbsp spanish onions chopped
- Salt and pepper to taste

### Method

1. Mix ingredients in a bowl and place on top of chopped salad
2. Dress with 2 tbsp red wine vinegar

### Salad

- 1 cup cos lettuce
- 2 tbsp red onions
- 1 tomato chopped
- 8 kalamata olives
- ½ lebanese cucumber cut into cubes

8

## Chicken Breast with Pumpkin Mash



### Ingredients

(chicken serving size 90g)

- 1 free-range chicken breast
- 2 tsp flavoured salt
- 1 cup pumpkin steamed
- 1 tsp melted coconut oil
- 1 pinch of each: chili, salt, cinnamon & pepper

### Method

1. Slice chicken breast in half lengthways and sprinkle with your choice of flavoured salt on both sides. (see recipe for garlic salt p. )
2. Grill on the BBQ, fry in a non-stick pan with 1 tsp coconut oil or press in a sandwich press (yes, seriously!)
3. Mash the pumpkin with a fork and combine with the spices.

Feel free to add a handful of salad leaves.

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## Maple-glazed Pork Chops with Broccoli Mash



### Ingredients

serves 2

2 x 120g free range pork loins

(about 2cm thick)

3 tbsp tamari or soy sauce  
(Tamari is gluten-free soy)

Dry chili flakes

3 teaspoons maple syrup

### Method

1. Pan fry the pork (using no oil) in a non-stick pan until it is 70% cooked - about 3-4 minutes, turning them half way
3. Turn the heat down, add 3 tbsp soy or tamari sauce and chili flakes and cook for another minute
4. At the end, add 3 teaspoons of maple syrup to caramelize it, and turn to coat the meat.
5. Place on a plate and squeeze fresh lemon juice on it while the meat is resting
6. Serve with steamed broccoli mashed with a fork, mix in 1 tsp olive, a pinch of garlic salt and pepper.

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## Red Cabbage and Chickpea Salad with Creamy Tahini Dressing



### Ingredients

- ½ cup cooked chickpeas
- ¼ cup cooked quinoa
- 1 cup shredded red cabbage
- 1 green onion finely sliced
- 2 tbsp pumpkin seeds
- 1 tbsp flax seeds
- 1 hard boiled egg boiled

### Method

1. Combine all ingredients in a bowl and serve with tahini dressing

### Tahini dressing

- 3 tbsp lemon juice
  - 1 tbsp tamari (gluten-free soy sauce)
  - 1 tsp wholegrain mustard
  - ½ tsp salt
  - Pinch cayenne pepper
- Mix well, refrigerate and store in an air tight container up to 4 days

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## Chia Chicken Curry Salad

Serving size 100g chicken mix, 2 cups salad



### Ingredients

- 2 cups of shredded, cooked chicken
- ½ avocado
- ¼ cup chopped almonds
- 2 tbsp finely chopped spring onions
- 2 tbsp chopped parsley
- 2 tbsp chia seeds
- 1 tbsp curry powder
- 2-3 lettuce, rocket or spinach leaves
- Salt and pepper

### Method

1. Poach, slow cook or oven bake the chicken
2. In a bowl combine all ingredients except the chicken and lettuce mix
3. Add the chicken, mix to coat
4. Serve over salad leaves

## DINNER





## Orange Chicken

### Ingredients

500g free-range chicken thighs or breast, sliced to tenders

½ orange

2 tbsp soy sauce

2 tbsp sesame seeds

Chili flakes (optional)

1 tsp onion powder

Salt and pepper to taste

½ head broccoli chopped

2 carrots, cut in half and sliced lengthways

2 garlic cloves, sliced

2-3 cm knob of ginger, grated

1 tbsp coconut oil

Topping: 2 tbsp chopped spring onions

### Method

1. In a bowl squeeze ½ an orange; combine the juice with the soy sauce and a pinch of chili
2. Heat a large non-stick skillet, spray the pan and brown the chicken tenders. Pour in the sauce and bring to the boil
3. On low to medium heat stir and cook for 5 more minutes, reducing the sauce to a glaze
4. Blanch the broccoli by putting it in boiling water and letting it sit for 3-5 minutes. Cover it with a plate to soften quicker.
5. Finely slice the ginger, garlic and carrots lengthwise
6. Heat coconut oil in a separate pan, fry the garlic and ginger until fragrant then add the veggies and cook for 5 minutes. Garnish with spring onions.

**Option:** For a simpler version, serve the chicken with steamed Asian greens





2

## Zucchini Noodles with Chicken and Walnut Pesto

### Ingredients

- 80g cooked chicken breast, shredded
- 2 zucchinis, spiralised or sliced with a peeler

### Pesto

- 1 cup fresh basil
- 1 cup fresh rocket (aragula)
- 2-3 cloves garlic,
- 3 tbsp olive oil
- ¼ cup walnuts
- 1 tbsp nutritional yeast flakes  
(this is what makes it cheesy!)
- 1 tbsp lemon juice
- Salt and pepper to taste
- 1 tsp pine nuts

### Method

1. Place the pesto ingredients in a blender or food processor and blitz for 30 seconds or until smooth. You may need to add 1-2 tbsp water for a softer consistency.
2. Blanch or steam the zucchini noodles
3. Pour over zucchini noodles and the chicken and mix through and decorate with fresh basil leaves and 1 tsp pine nuts



3

## Baked Herb Fish with Cauliflower Mash

### Ingredients

120-140g of raw fish fillet  
(snapper, seabass, barramundi, trout, cod)

2 tsp olive oil or butter melted

½ lemon, sliced to wheels

½ tsp parsley and majoram

½ tsp salt and pepper

Baking paper 30x30cm

### Cauliflower mash

(serving size 1 cup)

1/2 head of cauliflower

1 tsp olive oil or organic butter

Salt and pepper

Option: add 1/2 garlic clove

### Method

1. Preheat oven to 200C/400F and slice up the lemon
2. Lay the fish on baking paper, cover with olive oil, spices and lemon wheels
3. Fold both ends of the paper and cover the fish, twist the ends
4. Bake for 12-15minutes (depending on how thick the fillet is)
5. Wash and separate cauliflower florets and steam for 20 minutes until soft
6. Place in a blender or food processor; add oil, salt and pepper and process for 30 seconds until it becomes creamy

**HOT TIP:** If you want to make it cheesy, add 1 tbsp nutritional yeast



## Kangaroo and Veggie Kebabs

(serving size 100g meat, about 2-3 skewers)

### Ingredients

If Kangaroo is not available in your area, it can be substituted for Beef

500g (1.1 lbs) kangaroo fillets, cut into 2cm cubes

1 large red capsicum, cut into squares

1 zucchini, sliced into 2cm chunks

1 onion, cut into squares

1 corn on the cob, cut into 2 cm slices

12 bamboo sticks

Prepare a SAUCE by mixing:

1/4 cup Worcestershire sauce

2 tbsp tomato paste

1 tbsp olive oil

1 tbsp balsamic vinegar

1 crushed garlic clove,

1 tsp Italian spice mix

½ tsp salt and pepper

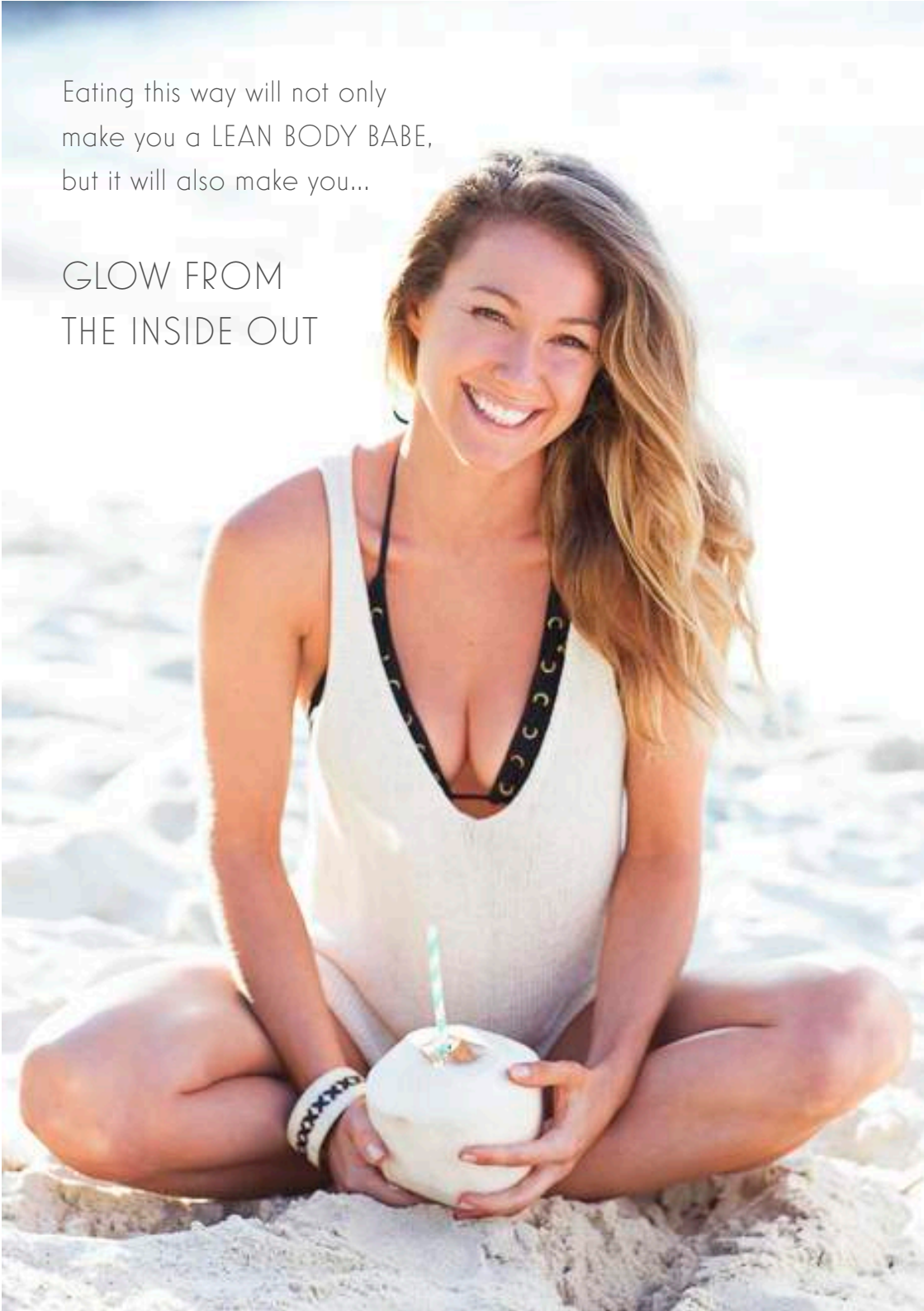
For spicy version: add pinch cayenne pepper

### Method

1. Soak 5-6 skewers in water so they don't burn
2. Mix together sauce ingredients in a bowl and marinate the kangaroo for 30 minutes
3. Thread the meat and veggies along the skewers and coat with more sauce
4. Preheat barbecue grill and cook 3 minutes on each side. Or heat a large frying pan, brush with 1 tbsp olive oil, and pan fry to your liking

Eating this way will not only  
make you a LEAN BODY BABE,  
but it will also make you...

GLOW FROM  
THE INSIDE OUT



5

## Spicy Thai Meatloaf with Broccoli Mash

Serving size 100-120g of meatloaf



### Ingredients

#### MEATLOAF

- 1/2 cup almond meal
- 4 tbps finely chopped green onions and basil
- 2 tsp hot chili sauce (I recommend Sriracha – buy from Asian grocers)
- 2 tsp minced fresh ginger
- 2 tsp garlic crushed
- 1 ½ tsp fish sauce
- 500g turkey mince
- 2 egg whites
- Baking paper
- Topping: 3 tbsp almond meal and salt

#### SAUCE

- 1/4 cup tamari sauce
- 2 tsp fish sauce
- 2 tbsps grated fresh ginger
- 1 tsp honey
- 2 gloves garlic, minced
- 1 tbsp green onions, finely chopped
- 2 tsp hot chili sauce (Sriracha)
- 1 tsp arrowroot
- ¼ cup water

### Method

1. Preheat the oven to 180C/350F.
  2. In a large bowl, mix meatloaf ingredients and line a 20 x 20cm baking dish with baking paper. Scoop in mixture and press down firmly and sprinkle with almond meal and salt.
  3. Bake for 35 minutes, then turn on the grill for 5 minutes at the end to crispen the top
  3. Whisk together arrowroot powder with ¼ cup water and set aside.
  4. Whisk the sauce ingredients in a small saucepan and bring to a boil. Reduce heat, add the arrowroot mixture and simmer for 3 minutes, until thick enough to coat the back of a spoon.
  6. To prepare the mash, steam the broccoli. Place in a bowl with the garlic, oil, salt and pepper and mash with a fork.
- Slice the meatloaf and serve with the mash and sauce.

#### BROCCOLI MASH

- 1 head of broccoli
- 1 tsp olive oil
- salt & pepper to taste
- ½ tsp garlic

6

## Tabbouleh Salad with Lamb Kofta

Serving size 2 cups salad, 2 koftas



### Ingredients

#### **KOFTA** (serves 2)

500g lamb mince

3 tbsp parsley, finely chopped

Small onion, grated

1 garlic clove, crushed

½ tsp salt and Middle Eastern spice mix (paprika, cumin, pepper, coriander, cinnamon, nutmeg, cardamom and cloves)

Olive oil for brushing

#### **TABBOLULEH** (serves 2)

2 bunches of flat parsley, finely chopped

½ bunch of mint, chopped

2 stalks of spring onions, diced

½ cup cooked white quinoa

2 medium tomatoes, diced

#### **DRESSING** (serves 2)

2 tbsp olive oil

Juice of 1 lemon

Salt and pepper to taste

Pinch of cayenne pepper

### Method

1. Mix together kofta ingredients until well blended. Divide into 10 balls, then roll each ball on a board with a cupped hand to turn them into ovals
2. Cook on a BBQ griddle or in a pan for 3-4 minutes on each side. Set aside.
3. Mix salad ingredients in a bowl and combine with the dressing. Serve hot or cold kofta

**Option:** Dip the koftas in 1 tbsp hummus

7

## Sang Choy Bow

100g mince



### Ingredients

- 500g chicken, turkey or pork mince
- 1 medium onion, chopped
- 2 cloves of garlic, crushed
- 1 tbsp tamari
- 1 tbsp fish sauce
- 1 carrot, grated
- 1 zucchini, grated
- 2 tbsp coriander(cilantro) leaves, chopped
- 1 tbsp olive oil
- 3 tbsp sesame seeds
- 6 iceberg lettuce leaves

Topping: soy bean sprouts

### Method

1. Heat oil in wok or frying pan and brown onion
2. Add garlic and the mince and cook until browned, continuously breaking up the bigger the lumps
3. Add tamari, fish sauce, sesame seeds, carrots and zucchini and stir fry for 3-5 minutes
4. Scoop mixture onto lettuce leaves, sprinkle with coriander leaves and bean sprouts

8

## Grilled Salmon and Cauliflower Mash

Serves 1



### Ingredients

150g salmon fillet  
1 lemon, washed  
1 tsp lemon rind  
2 cups cauliflower, steamed  
1 tbsps olive oil  
Sea salt flakes  
topping: chopped chives

### Method

1. Using a grater, grate the zest, scraping each section only once
2. Heat 1 tsp oil in a non-stick pan to medium
3. Sprinkle the skin side of the fish with sea salt flakes, and sprinkle zest on top. Cook skin side down for 4-5 minutes, until about 70% cooked
3. Turn and cook for another 3-5 minutes, test with a fork if it flakes easy. Should be slightly pink in the middle. Squeeze fresh lemon on top
4. Place cauliflower, salt, olive oil in a blender and whip until it reaches a puree consistency



9

## Healthy Chicken Schnitzel with Mixed Greens Salad

Serving size 100g chicken fillet



### Ingredients

- 4 chicken breasts
- 2 eggs + 2 tbs cold water
- 1 cup almond meal
- ½ tsp garlic powder
- 1 tbsp paprika
- 1 tsp cayenne pepper
- 1 tsp salt and pepper
- Olive oil spray

### Method

1. Preheat oven to 190C/375F
2. Cut each chicken breast in half, slicing through the middle to make two thin fillets
3. Lightly beat the eggs and water in a bowl
4. In a separate bowl, mix together almond meal and spices
5. Dip chicken breast into the egg mixture then coat with almond meal mixture
6. Place on a baking sheet covered with baking paper and spray with a little oil spray
7. Bake 10-12 minutes on each side

Serve with 2 cups of mixed greens salad, sprinkle 1 tbs sunflower seeds and

Lemon-garlic dressing: ½ lemon's juice, fresh crushed garlic, 1 tbsp olive oil, salt and pepper

**HOT TIP:** Freeze the uncooked fillets and bake them later.

10

## Nutty Mince Bowl

Serving size 100g mince



### Ingredients

- 500g lean beef or turkey mince
- 1 small onion, diced
- 2 garlic cloves, crushed
- 200g sweet potato, finely diced
- 1 tsp Middle Eastern spice mix
- 3 tbsp pine nuts
- 1 tbsp olive oil
- 1 carrot sliced
- 1 bunch broccolini

### Method

1. Heat oil in a pan, and brown onions
2. Add garlic, potatoes, carrots, salt and pepper and cook half way (about 10 minutes).  
Transfer to a bowl and aside
3. In the same pan add the mince and spices, cook until browned, continuously breaking up the bigger lumps.
4. Add the veggies back to the pan and cook 5 more minutes to bring the flavours together
5. Top with pine nuts and serve with steamed broccolini

# SNACKS

Remember a snack is just a bite-size amount of food that gets you through to the next meal





## Chicken Pancakes

Serving size 2 pancakes

### Ingredients

1 chicken breast (precooked)

3 eggs

Salt and pepper

1 tsp Turmeric powder

Chili to taste

1 tbsp coconut oil for frying

### Method

1. Using a food processor, blend ingredients together until completely smooth. Mixture will look just like a pancake batter
2. Use a 1/4 cup of the mixture and cook in hot greased skillet like a pancake. Cook for about 1 minute on each side

**HOT TIP:** this dish also makes a great breakfast option!



2

## Cheesy Kale Chips

Serving size 1 cup

### Ingredients

- 1 large head of kale
- ¼ cup coconut oil, melted
- ¼ cup nutritional yeast flakes  
(can be substituted for sesame seeds)
- Sea salt flakes

### Method

1. Preheat the oven to 220C/425F and line baking tray with baking paper
2. Remove kale from stalk, tear the leaves into 3 x 3cm strips
3. In a bowl combine oil and the leaves, then lay them onto baking trays covered with baking paper
4. Sprinkle with sea salt and yeast flakes, and bake for 5 minutes, then turn over and bake for another 5 minutes
5. Remove and serve

**HOT TIP:** for a super-quick option, you can prepare these in a flat sandwich press!



3

## Turmeric Hummus and Veggie Sticks

Serving size 3 tbsp hummus, 1 cup veggies

### Ingredients

- 400g tinned chickpeas
- Juice of 1 lemon
- 2 tbsp tahini
- 1 tbsp olive oil
- 2 garlic cloves
- ½ tsp of: tumeric powder, paprika & cumin

Option: pinch of cayenne pepper  
if you like it spicy

### Method

1. Place all ingredients in a food processort and process for 30 seconds.
2. Give it a good stir to scrape off the bits and pieces from the sides and repeat 2 more times
3. Sprinkle with cayenne pepper. Store in air tight container, for up to 4 days
4. Serve with 1 cup of chopped cucumber, red capsicum, carrot and celery sticks



4

## Raw Protein Bar

Serving size 1x 5x10cm bar

### Ingredients

- 1/2 cup rolled oats
- 1/2 cup almond meal
- 8 almonds
- 1 tsp slippery elm powder  
(for gut health)
- 2 scoops vanilla protein powder
- 1.5 cup dessicated coconut
- 1/2 cup coconut oil, melted
- 2 tsp rice malt or maple syrup

### Method

1. Process the oats in the food processor until fine, then add the rest of the ingredients except the almonds and process for 5-10 seconds.
2. Add the almonds and blitz a few times to roughly chop them.
3. Line a baking dish with baking paper and pour in the mixture, flattening it with your hands.
4. Place them in the fridge for 2 hours and slice them into bars.



5

## Salmon Rice Paper Rolls

Makes 8, serving size 1 roll

### Ingredients

- 1 small carrot, grated
- 1 small cucumber, halved and sliced lengthways
- 2 spring onions, halved and sliced lengthways
- 8 slices of smoked salmon (150g)
- ½ avocado, sliced
- 8 sheets of 16x16cm rice paper sheets

#### **Dipping sauce combine:**

- 2 tbsp tamari
- 1 tsp sesame oil
- 1 tsp fish sauce
- Chili flake
- 1 tbsp lime juice
- 2 tbsp of green part of the spring onion, diced

### Method

1. Clean your bench top very well. Place 1 sheet of rice paper sheet in a bowl of warm water until soft, then place on the bench top. Repeat with all the sheets
2. Place 1 slice of salmon, avocado, a bit of the carrot, cucumber and spring onion on one end of the sheet
3. Roll once, fold in both sides, roll up again to secure filling
4. Serve with 1 tbsp dipping sauce



6

## Buckwheat Crackers with Tuna

Serving size Two, 5x5cm crackers and ½ can tuna



### Ingredients

- 1 cup buckwheat flour
- 2 tbsp olive oil
- ¼ cup water
- 3 tbsp flax seeds
- 1 tsp salt
- 1 tsp dry rosemary
- ½ can tuna in springwater to serve

### Method

1. Mix the buckwheat flour with the oil, salt and half the water. Add more water until you end up with a non-sticky dough.
2. Using a rolling pin, roll out the dough in between two sheets of baking paper, as thinly as you can
3. Sprinkle with salt, rosemary and flax seeds, place the baking paper on top again and press them into the dough with the rolling pin
4. Using a knife cut the dough into 5 x 5cm squares
5. Bake for 10-15 minutes at 180C/350F or until brown and crispy
6. Serve with tuna scooped on top

7

## Trail Mix

Serving size ½ cup



### Ingredients

- ½ cup raw cacao nibs
- ½ cup shredded coconut
- ½ cup cashews or almonds
- ½ cup sunflower seeds
- ½ cup pepitas/pumkin seeds
- 1 tbsp of goji berries

### Method

1. Mix ingredients in a bowl and store in an airtight container.
2. Portion 1/2 cup of the mix in ziplock bags for a go-to snack.

8

## Chocolate Chip Cheesecake Bites

Serving size 2 bites



### Ingredients

- 125g low-fat cottage cheese
- 1 scoop (30g) chocolate protein powder
- 1 teaspoon raw cacao powder
- 1 tsp slippery elm powder
- 10 drops of liquid stevia
- 2 tbsp raw cacao nibs

#### **For rolling:**

- 1/2 cup coconut flakes

### Method

1. Place the cottage cheese, protein powder, slippery elm, stevia and cacao powder in a food processor or mix well with a fork until cottage cheese is smooth. Add cacao nibs and stir through
2. Form 10 balls and roll in coconut
3. Place in the fridge for about 20 minutes then serve. Store up to 4 days

9

## Sushi Hand Rolls

Serving size 2 rolls



### Ingredients

50g canned tuna, smoked salmon, cooked shrimp or crab

1 nori sheet cut in half (seaweed sheet you can buy at Asian grocers)

25g of avocado

½ Lebanese cucumber, sliced thinly lengthways cut into 8cm/3inch pieces

Green part of spring onions, cut into 8cm/3inch pieces

3 tbsp cooked brown rice

**Hot Tip:** Always make this fresh, never refrigerate and store for later as the seaweed becomes soggy.

### Method

1. Lay halved nori sheet shiny side down on a cutting board and scoop rice on top
2. Place chosen filling diagonally on top of the rice (so they point towards the corner)
3. Fold the corner over the filling and wrap tightly around in a cone shape
4. Moisten the flap of nori with water and seal
5. Serve with 1 tbsps tamari sauce and wasabi if you like it spicy

10

## Prosciutto Wrapped Greens

Serves 1



### Ingredients

5 asparagus spears, washed and ends cut off

5 slices of prosciutto, sliced fine

1 tsp olive organic butter or olive oil for frying

### Method

1. Separate prosciutto strips on a cutting board
2. Wrap the end of each asparagus tightly from top to bottom by rolling the spears.
3. Heat butter in a pan and fry for 1 minute on each side until crispy
4. Place on paper towel to drain excess fat

# DESSERT

Where does dessert fit in? Great question. As mentioned in the guide, dessert should not be part of your daily intake if you want to see results fast.

It should only be an occasional allowance.

Dessert must be consumed only on the days you do exercise.

No training = No dessert!

I have incorporated some delicious healthy desserts into this Lean Body Meal Plan. I want you to be able to share some sweet indulgences with friends and family every now and again, without sabotaging your results.

I hope you enjoy them as much as I do.  
In moderation of course!





## Vanilla Bean Mousse

---

### Ingredients

100g plain Greek yogurt or coconut yogurt

2 tbsp vanilla protein powder

½ tsp of vanilla extract

1 tbsp psyllium husk

### Method

Mix ingredients well, let it sit for 10 minutes and serve.



2

## Berry Sorbet

Serves 1

### Ingredients

- 1 cup of frozen berries
- 1 egg white
- 1 tbsp protein powder
- 1/4 cup of coconut water
- 5 drops of stevia

Topping: 1 tbsp raw cacao nibs for topping

### Method

1. Place berries all the ingredients into a high power blender or food processor and blend until you get a thick sorbet consistency. You may need to add more berries or coconut water
2. (Step 2 is missing from the image)
3. Serve immediately, garnish with cacao nibs and fresh mint leaves





3

## Chocolate Mousse

---

### Ingredients

- 100g cottage cheese
- 2 tbsp chocolate protein powder
- 1 tsp raw cacao nibs

### Method

Mix the cottage cheese and protein powder well and top with the cacao nibs



4

## Cinnamon Bites

Serving size 1 - 2 bites

---

### Ingredients

- 2/3 cup raw cashews
- 2 tbsp vanilla protein
- 1/3 cup oats
- 1 tbsp maple syrup or rice malt syrup
- 1 tsp vanilla extract
- Ground cinnamon to coat

### Method

1. Combine oats, protein powder and cashews in a food processor and grind into a flour-like consistency
2. Add maple syrup and vanilla extract, and blend again until smooth
3. Roll the dough into 10 balls and coat with ground cinnamon
4. Enjoy immediately or store in the fridge for up to 4 days

5

## Coconutty Pancakes with Caramel Sauce

Serving 2 x 10cm pancakes



### Ingredients

- ½ butternut pumpkin (peeled and cut into cubes)
- ½ banana
- ½ cup dessicated coconut
- 1.5 cups coconut water
- 2 eggs
- ½ cup chia seeds
- ½ cup flax seeds
- ½ tsp cinnamon
- Pinch of sea salt
- Coconut oil for frying

### Caramel Sauce

Combine:

- 1 tbsp tahini
- 1 tbsp maple syrup

### Method

1. Place pumpkin, eggs, seeds, banana, cinnamon, coconut flakes, coconut water and salt into a high power blender or food processor
2. Blend for 30 seconds. If it's too thick, add a bit of coconut water to get a pancake batter consistency
3. Heat coconut oil in a large fryin pan and scoop 1/4 cup of the batter. Fry over medium heat for 3-4 minutes on each side.

Server with caramel sauce.

6

## Almond Butter Cup

Serving size 40grams



### Ingredients

- 2 tbsp cocoa butter, melted
- 2 tbsp coconut oil, melted
- 2 tbsp cacao powder
- 1/2 tsp stevia powder or liquid stevia
- 1 tsp slippery elm powder
- 1 tbsp almond butter  
(or any nut butter)

### Method

1. Whisk together cocoa butter, coconut oil, cacao powder, stevia and slippery elm in a bowl
2. Pour into silicone ice cube trays and drop small dollops of nut butter into the mixture while still runny
3. Refrigerate for 20 minutes until set and enjoy

7

## Berry Crumble



### Ingredients

- 1 cup frozen berries
- 1 tsp coconut oil x 2
- 1/4 cup almonds
- 1/4 cup shredded coconut
- 1/2 tsp cinnamon

Optional: stevia

### Method

1. Preheat the oven's grill
2. In a small frying pan heat 1 tsp coconut oil and cook berries with cinnamon and stevia for 2-3 minutes until soft
3. Place into a small ovenproof dish
4. Process almonds in a food processor or blender briefly until mostly fine, leaving only a few chunky
5. Remove from processor, add the coconut and coconut oil with using your fingers combine and mix well
6. Place the crumble mix over the fruit and grill for five minutes or so until the top is golden

8

## Chocolate Chip Strawberry Popsicle

Serving size 1 popsicle

You will need ice cream moulds and sticks for this recipe



### Ingredients

(makes 2 pops)

½ cup Greek or coconut yogurt

½ cup frozen/fresh strawberries

2 tbsp cacao nibs

4 drops stevia

### Method

1. In a food processor blend half the strawberries, stevia and yogurt into a puree
2. Chop the rest of the berries into small chunks
3. Pour mixture into a bowl and stir in cacao nibs and leftover strawberries
4. Pour mixture into ice block moulds and place sticks in the middle
5. Freeze for at least 3 hours until firm

# GUILT-FREE BEVERAGES

## Infused Detox Water

Water is essential for a Lean Body. Every single physiological process in your body depends on it. When you are dehydrated, your body can't burn fat. Drinking at least 2.5-3Litres per day is crucial if you want to become lean. I know that water can be boring, that is why I drink infused water, which helps me hydrate, purify and detoxify my body while it also tastes great. In fact, if you are not a fan of water, these recipes will rock your world! All you need to do is place a variety of fruits or veggies in a large glass or BPA-free bottle for a couple hours or overnight. Voilà....infused water.

### Try my the favourite variations:

Cucumber and fresh mint leaves

Fresh mint and sliced strawberries – my Summer favourite

Lemon slices and cucumber sticks - my ultimate spa water

Apple slices and cinnamon sticks – my Winter favourite

Lemon and raspberry

Mint-pineapple



## Iced Green Tea

### Ingredients

1-2 green tea bags

½ cup frozen berries

¼ cup fresh mint leaves

Ice and water

### Method

1. Prepare a tea with only ½ cup of boiling water. You can also use other teas such as licorice, lemon-ginger and rosehip. Allow to cool.
2. Fill up a BPA-free water bottle half-way with ice and frozen berries and pour in the tea. Add water to fill up the bottle and garnish with fresh mint leaves
3. Sweeten with a few drops of stevia if needed. Serve chilled



2

## Green Detox Drink

Super refreshing in Summer



### Ingredients

2 cups of water

1/2 cucumber

1/2 cup basil leaves

2 limes (peeled)

1 cup ice

Add stevia to sweeten

### Method

Blend all ingredients in a high power blender and serve over ice

# SMOOTHIES



1

## Green Goddess Smoothie



### Ingredients

- 1 cup spinach leaves packed
- 1 frozen banana
- ½ cucumber
- 1 tablespoon of flax seeds or chia seeds
- ½ tsp cinnamon
- ½ cup coconut water
- ½ cup water
- ½ cup ice

Option: ½ tsp slippery elm bark powder  
(for gut health!)

### Method

Place all ingredients in a high-power blender and blend until smooth



## Berrylicious Protein Smoothie

### Ingredients

- 1 scoop vanilla protein powder
- ½ cup blueberries
- ½ cup spinach leaves (optional)
- 1 teaspoon of almond butter
- ½ tsp cinnamon (optional)
- ½ cup unsweetened almond milk
- 1 cup water and ice

### Method

Place all ingredients in a high-power blender and blend until smooth

3

## Green Giant Smoothie



### Ingredients

- 1 scoop vanilla protein
- 1 cup spinach
- ½ cup frozen peaches
- 1 tbsp flax or chia seeds
- ½ cup unsweetened almond milk
- 1/2 cup of water
- ½ cups ice

### Method

Place all ingredients in a high-power blender and blend until smooth

# FLAVOURED SALTS

All you need is a coffee grinder or mortar and pestle. The varieties are endless; let your imagination run wild. Sprinkle on meat before cooking or add to dishes after cooking. Always use salt in moderation, the less the better.





## Shitake Mushroom Salt

---

### Ingredients

- 1 ounce of dried shiitake mushrooms
- 1 cup of kosher salt

### Method

1. Using a food processor or coffee grinder, grind the shiitake mushrooms and salt together until mixed well
2. Package the salt in a small jar.

2

## Chipotle-lime Salt

Nice on Mexican flavoured dishes

---

### Ingredients

2 tablespoons flaky sea salt

1 teaspoon chipotle chili powder

Zest of 2 limes

### Method

1. Toss the flaky sea salt, lime zest and chipotle chili powder on a baking sheet.
2. Bake in the oven on 175°C/350°F stirring occasionally, until lime zest is dry, about 5 minutes.
3. Let it cool and package in a small jar.



3

## Roast Garlic Salt

---

### Ingredients

- 1 head of garlic
- 1 teaspoon olive oil
- 1 cup of kosher salt

### Method

1. Preheat the oven to 200°C/400°F
2. Place the garlic on tin foil, drizzle with the olive oil, wrap up with the foile and place in the oven
3. Bake for about 35-40 minutes until the garlic cloves are soft
4. Once the garlic has cooled, squeeze out the roasted garlic bulbs. Using a fork gently mix the salt and garlic in large shallow ovenproof glass dish.
5. Place the garlic salt paste in the oven to dry out about 20-30 minutes
6. Once the moisture has been removed and it has cooled, use a fork to break up the salt.
7. Package in small jars.

# SALAD DRESSINGS





## Super Green Dressing

---

### Ingredients

1 cup fresh basil leaves,  
picked and washed

½ cup fresh parsley,  
picked and washed

¼ cup coconut flakes

1 tbsp chia seeds

½ cup water

Salt and pepper to taste

### Method

1. Place all ingredients in a blender or hand blender and process for 30 seconds

2. Give it a stir and repeat. Add water to achieve a desired consistency. Serve over salads, steamed vegetables, fish or meat

2

## Creamy Tahini Dressing

---

### Ingredients

2 tbsp tahini (sesame seed paste)

½ lemon's juice

1 tbsp sesame seeds

¼ crushed garlic (optional)

Pinch of tumeric powder

Salt and pepper to taste

### Method

Shake ingredient together in a jar. Add 1-2 tbsp of water to achieve a more runny consistency.

3

## Avocado Lime Dressing

---

### Ingredients

1/2 avocado, mashed

Juice of 2 limes

Pinch of tumeric powder

Pinch of chili

Salt and pepper to taste

### Method

Whisk together in a jar or shaker

4

## Lemon Herb Dressing

---

### Ingredients

Juice of ½ fresh lemon

1 tbsp olive oil

1 tbsp each dried basil, chives parsley

Salt and pepper

### Method

Place in a jar and shake vigorously

5

## Sweet and Sour Dressing

Serves 2

---

### Ingredients

Juice of 1 fresh lemon juice

1 tbsp extra virgin olive oil

Salt and pepper

1/2 tsp maple syrup

### Method

Place in a jar and shake vigourously

6

## Tamari Dressing

---

### Ingredients

- 3 tbsp lemon juice
- 2 tbsp tamari (gluten-free soy sauce)
- 1 tbsp wholegrain mustard
- ½ tsp salt
- Pinch cayenne pepper

### Method

Place in a jar and shake vigorously



7

## Honey Mustard

---

### Ingredients

1 tbsp wholegrain mustard

½ lemon's juice

½ crushed garlic

½ tsp Manuka honey

Salt and pepper to taste

### Method

Place in a jar and shake vigourously

**This dressing is also a marinade for the Honey-Baked Salmon!**

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## Vinaigrette

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### Ingredients

1 tbsp extra virgin olive oil  
1 tbsp red wine vinegar  
½ crushed garlic clove  
5 drops of liquid stevia  
Salt and pepper to taste

### Method

Place in a jar and shake vigorously



N|T

**LIVE WELL  
EAT WELL  
BE WELL**

Love, Nik x

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