



# Metabolism Boosting Meal Plan

## TRAINING DAY

- **MORNING:**
- Overnight Oats: 1.5 cups oats, 1.5 cups milk of choice, 3 tsps Honey, 2 tbsp cranberries, 2 tbsp Chia Seeds, 2 tbsp Peanut Butter. Mix all together spoon into 3 jars and refrigerate overnight.
- Avocado and Egg on Toast: 1 poached egg, 1/2 avocado mashed, 1 slice of wholegrain toast
- Power Smoothie: 1 serving Protein powder (optional), 1 tbsp nut butter, 1/2 cup spinach, 1/2 avocado, 1/4 cup berries, 1 cup of almond milk, ice and blend.
- **AFTERNOON:**
- Chicken & Avocado Wrap: 1 Low Carb Wrap, 100g cooked chicken breast, 1/4 Avocado, 1 cup salad, 2 tbsp light tasty cheese.
- Tuna Salad: 2 large cans tuna, 1/4 cup plain yogurt, 1 tbs lemon juice, 2 tbsp cranberries, salt & pepper. Combine all ingredients serve with a salad. Makes 6 servings
- Greek Parfait: 1 small tub Greek yogurt, 1/2 cup of berries, 2 tbsp chopped nuts
- Cool Green Smoothie: 1 serving Protein powder (optional). 1 tbsp chia seeds, 1/4 cup strawberries, 1 cup almond milk, 1 handful spinach, ice and blend
- **EVENING:**
- Coleslaw with Pan Fried Fish; White fish of choice; 1 & 1/2 cups of coleslaw.
- Chicken & Vegetable Stir Fry. 100g chicken breast, 1 small onion, 1 1/2 cups of broccoli, snow peas & capsicum, served with, 1 cup of thin egg noodles
- Small Lean Steak, pan fried with 1 cup mixed veggies or salad, 100g sweet potato.

NOTE: YOU CAN CHOOSE 2 MEALS FROM MORNING AND AFTERNOON IF YOU NEED A SNACK BETWEEN MAIN MEALS

## REST DAY

- **MORNING:**
- Veggie Omelette: 2 eggs, 1 cup baby spinach, capsicum chopped & mushrooms, 1 tbsp light cheese. Saute veggies, pour over eggs and sprinkle cheese on top, cook until set.
- 1 small tub of Greek yoghurt, 1/2 cup of berries, 1 tbsp of chopped nuts
- Vanilla Berry Chia Cups: 30g chia seeds, 1/2 tbs coconut flakes 250ml unsweetened almond milk (or milk of choice), 1/4 tsp vanilla bean extract, 1/2 cup blueberries, mix ingredients together refrigerate overnight. Top with more berries and coconut when ready to eat.hours. Make 2 - 3 cups
- **AFTERNOON:**
- Mediterranean Chicken Salad: 2 cups of mixed green salad, 100g chicken breast, cherry tomatoes, cucumber, black olives, 1 tbsp feta, olive oil to dress
- Cauliflower Rice Veggie Bowl: 1 bag of Cauliflower Rice (1 cup), 1/2 Avocado, 1/2 cucumber, 1/2 carrot, cherry tomatoes, 2 tbsp Hommus. Saute Cauliflower Rice in pan, sprinkle salt and Paprika, top with veggies and hommus.
- Strawberry Yogurt Cream Smoothie; 250mls milk, 1 scoop Vanilla protein (optional), 1/2 cup strawberries, 1 tsp flaxseed meal, 3/4 cups ice. Blend together
- Egg mini muffins, Blend 1 1/2 cups egg white & 2 whole eggs together. In a bowl add egg mixture, 1 jar red pepper strips, 1/2 mushrooms 60g black olives, 1/2 cup parsley. Pour into muffin baking tray top with light mozzarella cheese bake for 12-15mins 190 degrees.
- **EVENING:**
- Chicken Cacciatore with Green Beans; Serves 4, brown 600g chicken breast for 5 mins remove, Add onion garlic cook 1 min, add capsicum, mushrooms, 1 tin of tomatoes and mixed herbs. Cover & simmer for 10-15 mins. Serve with greens
- Nepalese Pork Mince Curry; heat 2 tbs sesame oil cook mustard seeds till popping, add cumin, tumeric & garam masala, cook 1 min, add 500g pork mince cook then add spinach, capsicum and 1 grated carrot, 1 cup chicken stock and simmer 15 mins.
- Easy Chimichurri Baked Salmon: Place Salmon on baking paper season and roast for 12-15mins, Finely chop or process 1/2 cup parsley, 2tbsp fresh oregano, 1 tbsp chives. 2 tbsp spring onion, 3 tbsp red wine vinegar, juice of 1/2 lime & 1/2 cup olive oil. add salt and pepper. Spoon over Salmon before eating. Serve with veggies or salad.