

# This Week's Menu

Breakfast

**Workout day**

*Low GI carbs*



Avocado and egg on toast  
OR  
All bran flakes with milk

**Any day**

*Low carb*



Scrambled egg with fried tomato and mushroom  
OR  
Green smoothie: Spinach, almond milk, frozen blueberries, mixed seeds

Lunch

**Workout day**

*Low GI carbs*



**Sunday meal prep:**  
Caprese pasta salad  
OR  
**Fast food:**  
Nando's Grilled chicken wrap  
OR  
**Lunchbox:**  
Provita  
Cream cheese  
Seasonal fruit  
Boiled eggs  
Peanuts and raisins

**Any day**

*Low carb*



**Sunday meal prep:**  
Chicken cauli "Mac" & cheese  
OR  
**Fast food:**  
Chicken salad (romans pizza)  
OR  
**Lunchbox**  
Berries  
Boiled egg  
Biltong  
Dark chocolate  
Cherry tomatoes

Snacks

**Workout day**

*Low GI carbs*



Any two seasonal fruits  
AND  
Rice crackers with cottage cheese

**Any day**

*Low carb*



Berries, plums, apricots, watermelon, sweet melon, cantloupe or pomegranate  
AND  
Plain full cream yogurt

Sweet treat of the week

**Workout day**

*Low GI carbs*



**Homemade & healthy:**  
Banana-nutty-choc bites  
**Store bought:**  
Your favorite chocolate OR share a cake or waffle with a friend

## Dinner



**Meat-free Monday**



**Chicken Tuesdays**



**Wavy Wednesday**



**Beefy Thursday**



**Funfood Friday**

**Low-carb Main**  
Mushroom stroganoff on baby marrow pasta

**Low-carb Main**  
Naked chicken burger

**Low-carb Main**  
Homemade fishcakes and broccoli salad

**Low-carb Main**  
Lamb tjops and roast veg

**Low-carb Main**  
Braai: BBQ Prawn in lemon butter and carrot salad



**Workout day**  
Brown rice with lentils



**Workout day**  
Brown bun



**Workout day**  
Potato mash



**Workout day**  
Baked potato



**Workout day**  
Pumpkin pie



# C a p r e s e p a s t a s a l a d

## Ingredients:

- 300g of penne or fusilli
- 250g of cherry tomatoes, halved
- ½ cup pitted olives
- 200g of mozzarella balls/cubes
- 1 cup of fresh basil leaves
- 4 tablespoons of extra virgin olive oil
- 2 tablespoons of balsamic vinegar
- Salt and pepper to taste

## Instructions:

1. Cook the pasta according to the package instructions until al dente. Drain and rinse with cold water to stop the cooking process.
2. In a large bowl, combine the cooked pasta, cherry tomatoes, mozzarella balls, and basil leaves.
3. In a small container, whisk together the olive oil, balsamic vinegar, salt, and pepper until the dressing is smooth.
4. Drizzle the dressing over the salad and gently toss until all ingredients are well combined.
5. Let the salad rest in the refrigerator for at least 30 minutes before serving to allow the flavors to meld well.





# Chicken Cauli "Mac" & Cheese

## Ingredients:

- 1 large head of cauliflower, cut into florets
- 2 cups cooked chicken breast, shredded
- 1 cup cheddar cheese, grated
- 1/2 cup mozzarella cheese, grated
- 1/4 cup Parmesan cheese, grated
- 1/4 cup heavy cream
- 2 tablespoons butter
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt and pepper, to taste
- Fresh parsley, chopped (for garnish)

## Instructions:

1. **\*\*Prepare the cauliflower:\*\*** Steam the cauliflower florets until they are tender, about 5-7 minutes. Drain and set aside.
2. **\*\*Make the cheese sauce:\*\*** In a large saucepan over medium heat, melt the butter. Add the heavy cream, garlic powder, and onion powder, stirring until well combined. Gradually add the cheeses, stirring continuously until the mixture is smooth and creamy.
3. **\*\*Combine ingredients:\*\*** Add the shredded chicken to the cheese sauce, followed by the steamed cauliflower. Stir until everything is evenly coated.
4. **\*\*Season:\*\*** Taste and adjust the seasoning with salt and pepper as needed.
5. **\*\*Serve:\*\*** Transfer to a serving dish, garnish with fresh parsley, and enjoy!  
This dish can also be portioned into containers for meal prep and stored in the refrigerator for up to 4 days.





# B a n a n a - n u t t y - c h o c - b i t e s

## Ingredients:

- 2 ripe bananas
- 1/4 cup of your favorite nut butter (like almond or peanut butter)
- 1 cup dark chocolate chips or chunks
- A pinch of sea salt (optional)
- Crushed nuts or coconut flakes for topping (optional)

## Instructions:

1. Slice the bananas into thick wheels and lay them out on a baking sheet lined with parchment paper.
2. Spread a small dollop of nut butter on top of each banana slice.
3. Melt the dark chocolate in a microwave-safe bowl, stirring every 30 seconds until smooth.
4. Dip each banana-nut butter wheel into the melted chocolate, ensuring they are well coated.
5. Place the chocolate-covered banana bites back on the parchment paper.
6. Sprinkle with sea salt or any desired toppings for an extra crunch.
7. Refrigerate for at least 30 minutes or until the chocolate hardens.
8. Enjoy your banana-nutty-choc-bites as a delightful and guilt-free treat!



# Green smoothie

## Ingredients:

- 1 cup fresh spinach leaves
- 1/2 cup blueberries (fresh or frozen)
- 1 cup almond milk (or any milk of your choice)
- 1 tablespoon chia seeds
- 1/2 tablespoon honey (optional, for added sweetness)
- A few ice cubes

## Instructions:

1. Begin by washing the spinach leaves and blueberries thoroughly.
2. Peel and slice the banana into smaller chunks for easy blending.
3. Add the spinach, blueberries and almond milk into a blender.
4. Sprinkle in the chia seeds and add honey if desired.
5. Toss in a few ice cubes for a chilled and refreshing texture.
6. Blend all the ingredients until smooth and creamy.
7. Pour into a glass and enjoy!



# M u s h r o o m S t r o g a n o f f

## Ingredients:

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 500g mixed mushrooms, sliced
- 1 teaspoon smoked paprika
- 1 tablespoon soy sauce
- 1 cup vegetable broth
- 1 cup sour cream (or a dairy-free alternative)
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

## Instructions:

1. Heat the olive oil in a large skillet over medium heat. Add the onion and garlic, sautéing until the onion is soft and translucent.
2. Add the mushrooms to the skillet and cook until they release their juices and begin to brown.
3. Stir in the smoked paprika and soy sauce, allowing the mushrooms to absorb the flavors.
4. Pour in the vegetable broth, bringing the mixture to a simmer.
5. Reduce the heat and stir in the sour cream, mixing until the sauce is smooth and creamy.
6. Season with salt and pepper to taste.
7. Serve the mushroom stroganoff over your choice of cooked pasta or rice, garnished with fresh parsley.

This vegetarian mushroom stroganoff is not only delicious but also a wonderful way to enjoy a meat-free meal that's rich in flavor and comfort.



# N a k e d   b u r g e r

## Ingredients:

- 2 boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- Salt and pepper to taste
- 1 avocado, sliced
- 1 tomato, sliced
- 1 small red onion, thinly sliced
- Lettuce leaves for wrapping
- Optional: your choice of sauce or dressing

## Instructions:

1. **\*\*Prepare the Chicken\*\***: Pound the chicken breasts to an even thickness. In a small bowl, mix olive oil, garlic powder, smoked paprika, salt, and pepper. Rub this mixture over both sides of the chicken breasts.
2. **\*\*Cook the Chicken\*\***: Heat a grill pan or skillet over medium heat. Cook the chicken for about 6-7 minutes on each side, or until the internal temperature reaches 165°F (75°C). Once cooked, let it rest for a couple of minutes before slicing.
3. **\*\*Assemble the Burger\*\***: Place a few lettuce leaves on a plate. Top with sliced avocado, tomato, and red onion. Add the sliced chicken on top. Drizzle with your favorite sauce or dressing if desired.
4. **\*\*Serve and Enjoy\*\***: Wrap the lettuce around the fillings and enjoy your flavorful, bun-free chicken burger! Perfect for a light lunch or dinner, this burger is both satisfying and nutritious.

# T u n a   f i s h c a k e s

## Ingredients:

- 2 cans of tuna, drained
- 1 cup of breadcrumbs
- 1/4 cup of finely chopped onion
- 1/4 cup of chopped parsley
- 1 egg
- 1 tablespoon of lemon juice
- Salt and pepper to taste
- Olive oil for frying

## Instructions:

1. In a large bowl, combine the tuna, breadcrumbs, onion, parsley, egg, and lemon juice. Mix until well combined. Season with salt and pepper.
2. Shape the mixture into small patties, about 2 inches in diameter.
3. Heat olive oil in a skillet over medium heat. Once hot, add the tuna patties.
4. Cook for about 4-5 minutes on each side, or until they are golden brown and heated through.
5. Remove from the skillet and drain on a paper towel.



# B r o c c o l i   s a l a d

## Ingredients:

- 4 cups fresh broccoli florets
- 1/2 cup red onion, finely chopped
- 1/2 cup shredded cheddar cheese
- 1 apple, peel and diced
- ½ cup grated carrots
- 1/4 cup sunflower seeds
- 1/4 cup dried cranberries
- 1/2 cup Greek yogurt
- 2 tablespoons apple cider vinegar
- 1 tablespoon honey
- Salt and pepper to taste

## Instructions:

1. **\*\*Prepare the Broccoli:\*\*** Blanch the broccoli florets in boiling water for about 2 minutes, then immediately transfer them to an ice bath to stop the cooking process. Drain well.
2. **\*\*Mix the Dressing:\*\*** In a small bowl, whisk together the Greek yogurt, apple cider vinegar, honey, salt, and pepper until smooth and well combined.
3. **\*\*Combine Ingredients:\*\*** In a large bowl, combine the broccoli, red onion, cheddar cheese, sunflower seeds, and dried cranberries.
4. **\*\*Toss the Salad:\*\*** Pour the dressing over the broccoli mixture and toss until everything is evenly coated.
5. **\*\*Chill and Serve:\*\*** Let the salad chill in the refrigerator for at least an hour to allow the flavors to meld together. Serve cold and enjoy!



# L a m b c h o p s

## Ingredients:

- 8 lamb chops
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh thyme, chopped
- Salt and pepper to taste
- Lemon wedges for serving

## Instructions:

1. Prepare the Marinade: In a small bowl, mix the olive oil, minced garlic, rosemary, and thyme. Season with salt and pepper to taste.
2. Marinate the Chops: Place the lamb chops in a shallow dish and pour the marinade over them. Ensure the chops are well-coated. Cover and refrigerate for at least 30 minutes, allowing the flavors to meld.
3. Cook the Chops: Preheat your grill or stovetop skillet over medium-high heat. Remove the lamb chops from the marinade and cook for about 3-4 minutes per side, depending on thickness, for medium-rare. Adjust cooking time to your preferred doneness.
4. Rest and Serve: Let the chops rest for a few minutes before serving. This allows the juices to redistribute, ensuring each bite is tender and flavorful.
5. Garnish: Serve with fresh lemon wedges for a bright citrus finish that complements the rich flavors of the lamb.



# R o a s t v e g

## Ingredients:

- 2 cups mixed fresh vegetables (such as carrots, bell peppers, zucchini)
- 2 tablespoons olive oil
- 1 teaspoon dried herbs (like thyme or rosemary)
- Salt and pepper to taste
- 1 cup coconut cream
- 2 cloves garlic, minced
- ½ cup grated parmesan cheese

## Instructions:

1. **\*\*Preheat Oven\*\***: Preheat your oven to 400°F (200°C).
2. **\*\*Prepare Vegetables\*\***: Wash and chop your selection of fresh vegetables into bite-sized pieces.
3. **\*\*Season Vegetables\*\***: In a large bowl, toss the vegetables with olive oil, dried herbs, salt, and pepper until evenly coated.
4. **\*\*Roast Vegetables\*\***: Spread the seasoned vegetables in a single layer on a baking sheet. Roast in the preheated oven for 20-25 minutes or until tender and caramelized.
5. **\*\*Make Cream Sauce\*\***: While the veggies are roasting, heat the coconut cream in a small saucepan over medium heat. Add the minced garlic and simmer for 5 minutes. Stir in the parmesan cheese until melted and smooth.
6. **\*\*Combine and Serve\*\***: Once the vegetables are roasted, remove them from the oven and drizzle the cream sauce over the top. Toss gently to combine.



# B B Q P r a w n s

## Ingredients

- 12 large prawns, peeled and deveined
- 3 tablespoons of unsalted butter
- 2 cloves of garlic, minced
- Zest and juice of 1 lemon
- 1 tablespoon of olive oil
- Salt and freshly ground black pepper, to taste
- Fresh parsley, chopped, for garnish

## Instructions:

1. Begin by preheating your grill to medium-high heat.
2. In a small saucepan, melt the butter over low heat. Add the minced garlic and sauté until fragrant, about 1 minute. Stir in the lemon zest and juice, and season with salt and pepper. Remove from heat and set aside.
3. Toss the prawns with olive oil, ensuring they are evenly coated, and season them lightly with salt and pepper.
4. Place the prawns on the grill and cook for about 2-3 minutes on each side, or until they turn pink and opaque.
5. Remove the prawns from the grill and immediately toss them in the lemon butter sauce, allowing them to soak up the flavorful goodness.
6. Transfer the prawns to a serving platter, drizzle any remaining sauce over them, and garnish with freshly chopped parsley.

Serve these BBQ Prawns as an appetizer or pair them with a crisp salad for a light and refreshing meal. Enjoy the perfect blend of smoky, buttery, and tangy flavors that celebrate the essence of summer dining!



# C a r r o t   s a l a d

## Ingredients

- 4 carrots, grated
- 1 pineapple, peeled and cubed
- 1 orange, squeezed

## Instructions:

1. Combine and toss ingredients
2. Cover and refrigerate for 1 hour before serving



# P u m p k i n   p i e

## Ingredients:

- 2 cups cubed pumpkin
- 3 large eggs
- 1/2 cup sugar or preferred sweetener
- 1 tablespoon vanilla extract
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves



## Instructions:

1. **Prepare the Pumpkin:**
  - Boil the cubed pumpkin until tender.
  - Drain and mash the pumpkin until smooth.
2. **Mix Ingredients:**
  - In a separate bowl, whisk together the eggs, sugar, and vanilla extract.
  - Add the mashed pumpkin to the egg mixture, along with salt, cinnamon, nutmeg, and cloves. Stir until well combined.
3. **Bake:**
  - Preheat the oven to 350°F (175°C).
  - Grease a pie dish and pour the pumpkin mixture into it.
  - Bake for 45-50 minutes, or until the pie is set and a knife inserted in the center comes out clean.
4. **Cool and Serve:**
  - Allow the pie to cool before serving.
  - For an extra treat, top with whipped cream or a sprinkle of cinnamon.

### Breakfast

- Avocado
- Egg
- Bread
- All bran flakes
- Tomato
- Mushroom
- Onion
- Baby spinach
- Honey
- Almond milk
- Frozen blueberries
- Mixed seeds
- Olive oil

### Lunch meal prep: Workout day

#### Caprese salad

- Penne/fusilli pasta
- Cherry tomatoes
- Olives
- Mozzarella ball or cube
- Basil leaves
- Olive oil
- Balsamic vinegar

### Lunch meal prep: Any day

#### Chicken cauli "mac" and cheese

- Cauliflower
- Chicken breast
- Cheddar cheese
- Parmesan
- Cream
- Butter
- Garlic powder
- Onion powder
- Fresh parsley (optional)

### Other lunch ingredients

- Provita
- Cream cheese
- Seasonal fruits
- Berries
- Peanuts and raisins
- Egg
- Biltong
- Dark chocolate

### Healthy dessert of the week

- Banana
- Nut butter (like peanut)
- Dark chocolate
- Coconut, nuts OR coarse salt

### Mushroom stroganoff

- Olive oil
- Onion
- Garlic
- Mushrooms
- Paprika
- Soy sauce
- Vegetable broth/stock
- Sour cream
- Fresh parsley (Optional)

### Naked chicken burger

- Chicken breast
- Olive oil
- Garlic powder
- Paprika
- Avocado
- Tomato
- Red onion
- Lettuce
- Tomato sauce or mayonnaise

### Fish cakes

- Tuna
- Breadcrumbed
- Onion
- Parsley
- Egg
- Lemon juice
- Olive oil

### Broccoli salad

- Broccoli
- Red onion
- Cheddar cheese
- Sunflower seeds
- Dried cranberries
- Greek yogurt
- Apple cider vinegar
- Honey
- Apple
- Carrot

### Lamb tjops

- Lamb chops
- Olive oil
- Garlic
- Rosemary
- Thyme
- Lemon edges (Optional)

### Roast veg

- Bag of mixed roasting veg
- Olive oil
- Dried mixed herb
- Garlic
- Coconut cream
- Parmesan

### BBQ Prawn

- Prawns
- Butter
- Garlic
- Lemon
- Fresh parsley (optional)

### Carrot salad

- Carrot
- Pineapple
- Orange

### Pumpkin pie

- Pumpkin, cubed
- Eggs
- Sugar
- Vanilla essence
- Cinnamon
- Nutmeg
- Cloves, ground

### Workout day sides:

- Brown rice
- Lentils
- Whole wheat bun
- Potato

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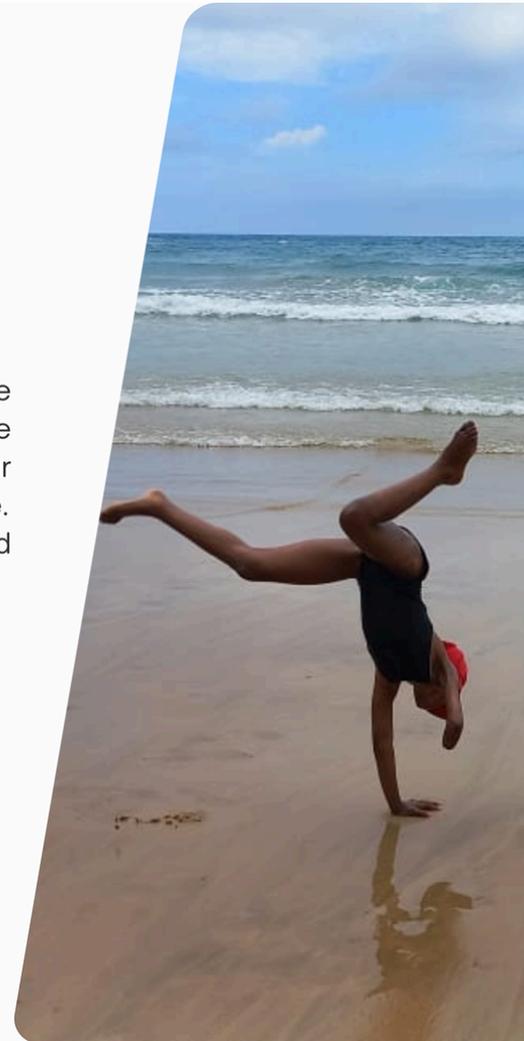
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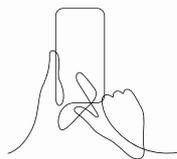




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