



# 2-Week *Autumn/Winter* Meal Plan





# 2 Week Meal Plan

Dailyaverages:900kcal / 85gprotein/90gcarbs/35gfat

**Recommended to include2-3snacksdaily**

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
|  Breakfast | Chocolate Peanut Butter Protein Oats | Apple Cinnamon Greek Yogurt Bowl | Pear & Cottage Cheese Toast | Chocolate Peanut Butter Protein Oats | Baked Beans & Egg Whites on Toast | Apple Cinnamon Protein Porridge | High protein scrambled eggs |
|  Lunch | Greek Chicken Bowl | Greek Chicken Bowl (leftovers) | Egg & lentil salad | Creamy Paprika Chicken with Spinach & Tomato (leftovers) | Roasted Pumpkin, Broccoli & Onion Frittata | Roasted Pumpkin, Broccoli & Onion Frittata (leftovers) | Egg & lentil salad |
|  Dinner | Turkey & Veggie Stir Fry | Mushroom, Spinach & Chicken Risotto | Creamy Paprika Chicken with Spinach & Tomato | Chicken, pumpkin & lentil soup | Butter chicken & steamed veggies | Lean Beef Kofta with Yoghurt Sauce | Mushroom, Spinach & Chicken Risotto |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
|  Breakfast | Pear & Cottage Cheese Toast | Apple Cinnamon Greek Yogurt Bowl | Chocolate Peanut Butter Protein Oats | High protein scrambled eggs | Baked Beans & Egg Whites on Toast | Protein Pancakes | Apple Cinnamon Protein Porridge |
|  Lunch | Warm cauliflower and chicken salad | Egg & lentil salad | Minestrone soup (leftovers) | Chicken Cacciatore (leftovers) | Chicken, pumpkin & lentil soup | Warm cauliflower and chicken salad | Lighter cottage pie (leftovers) |
|  Dinner | Lentil & Turkey Stuffed Capsicums | Minestrone soup | Chicken Cacciatore | Turkey & Veggie Stir Fry | Baked Salmon with Herbed Yoghurt & Greens | Lighter cottage pie | Mushroom, Spinach & Chicken Risotto |

# BREAKFAST





# Pear & Cottage Cheese Toast

**Serves 1**

**290kcal / 16g protein / 3g fat / 45g carbs**

**Ingredients**

- 1 slice wholegrain or sourdough bread
- 100g low-fat cottage cheese
- ½ ripe pear, thinly sliced
- ½ tsp cinnamon 1 tsp honey

**Method**

1. Toast the bread until golden and crisp.
2. Spread cottage cheese evenly over the toast.
3. Arrange pear slices on top and top with cinnamon and honey.





# Apple & Cinnamon Yogurt Bowl

**Serves 1**

**280 kcal | 32g protein | 7g fat | 25g carbs**

**Ingredients**

- 170g low-fat Greek yogurt
- ½ scoop (15g) vanilla protein powder
- 1 mini apple, diced
- 10g almonds or walnuts, chopped
- ½ tsp cinnamon
- 1 tsp honey or maple syrup (optional)

**Method**

1. Add Greek yogurt to a bowl.
2. Stir in protein powder until smooth (add a splash of water or milk if needed).
3. Top with diced fruit, nuts, cinnamon and honey.

# Apple Cinnamon Protein Porridge

**Serves 1**

**325 kcal | 32g protein | 3g fat | 47g carbs**

**Ingredients**

- 30g rolled oats
- 150ml skim or unsweetened plant milk
- 1 scoop (30g) vanilla protein powder
- ½ apple, diced
- ½ tsp cinnamon
- 1 tsp maple syrup

**Method**

1. Cook oats in milk over medium heat until soft (or microwave for a faster option).
2. Stir in protein powder, cinnamon, and diced apple.
3. Drizzle with maple syrup.
4. Serve warm.





# Protein Pancakes

**Serves 1**

220 kcal | 18g protein | 2g fat | 37g carbs

**Ingredients**

- 40g (½ cup) rolled oats or oat flour
- 120g egg whites
- ½ banana, mashed
- ½ tsp baking powder
- ½ tsp cinnamon
- 1 tsp vanilla
- Pinch of salt
- Splash of water or milk

**Method**

1. Blend oats into a flour (if not using oat flour).
2. Add egg whites, banana, baking powder, cinnamon, vanilla, and salt to blender.
3. Blend until smooth. Add a splash of liquid if too thick.
4. Heat a non-stick pan over medium heat and pour batter into small pancakes.
5. Cook for ~2-3 minutes per side until golden and firm.

# High Protein Scrambled Eggs

Serves 1
350 kcal | 25g protein | 17g fat | 23g carbs
Ingredients

- 1 slice sourdough
- 2 eggs
- 100g cottage cheese
- 1 tsp olive oil
- Salt & pepper
- 2 tsp herbs of choice

Method

1. Crack eggs into a bowl and whisk lightly, then stir in cottage cheese. Season with salt, pepper, and herbs.
2. Heat a non-stick pan over medium heat and add oil.
3. Pour in the egg mixture and cook slowly, stirring gently, until soft and creamy.
4. Meanwhile, toast the bread, then top with scrambled eggs.





# Baked Beans & Egg Whites on Toast

**Serves 1**

**290 kcal | 20g protein | 1g fat | 43g carbs**

**Ingredients**

- 1 slice wholegrain toast
- 100g egg whites
- ½ cup baked beans (no added sugar/salt if possible)
- Salt & pepper

**Method**

1. Toast the bread and heat beans in the microwave for 60 seconds.
2. Scramble egg whites with salt & pepper in a non-stick pan over medium heat.
3. Top toast with eggs & beans and serve.

# Chocolate Peanut Butter Protein Oats

Serves 1

340 kcal | 25g protein | 8g fat | 52g carbs

Ingredients

- 40g (½ cup) rolled oats
- 150ml skim milk or unsweetened plant milk
- 1 scoop (30g) chocolate protein powder
- 2 tsp peanut butter
- 1 banana, sliced

Method

1. Cook oats in milk over medium heat until thickened (or microwave for a faster option).
2. Stir in protein powder and peanut butter.
3. Top with banana and serve.





# LUNCH & DINNER





# Butter Chicken & Steamed Veggies

Serves 4

**380 kcal | 32g protein | 17g fat | 21g carbs**

Ingredients

- 500g chicken breast, diced
- 1 jar Patak's mild butter chicken sauce
- 100ml lite coconut milk
- 1 brown onion, diced
- 1 tsp garlic, minced
- 1 tbsp olive oil
- 1 cup broccoli, chopped
- 1 red capsicum, chopped
- 2 carrots, chopped
- Fresh coriander (optional)

Method

1. Prepare the veggies to steam in a microwave-safe container with a dash of water. Microwave until steamed and softened.
2. Meanwhile, heat a large pan over medium heat with olive oil. Add the garlic and onion and cook for 1-2 minutes until fragrant. Add the chicken and cook for 6-7 minutes or until mostly cooked through.
3. Add the jar sauce and bring the heat to a simmer. Cover with a lid and allow to simmer for 5-10 minutes, stirring occasionally.
4. Add the coconut milk and coriander (if desired). Cover with the lid again and continue to simmer for a few more minutes.
5. Serve the curry with steamed veggies.

# Chicken, Pumpkin & Lentil Soup

Serves 3
310 kcal | 36g protein | 9g fat | 28g carbs

Ingredients

- 500g pumpkin, peeled and cubed
- 400g tinned lentils, drained and rinsed
- 300g rotisserie chicken, shredded
- 1 onion, chopped
- 2 cloves garlic, minced
- 1.5L vegetable stock
- 1 tsp cumin
- 1 tbsp olive oil
- Salt & pepper
- Greek yoghurt to serve (optional)

Method

1. Heat olive oil in a pot and sauté onion until soft (3–4 min).
2. Add garlic and cook for 30–60 seconds.
3. Add pumpkin, lentils, chicken, cumin, and stock.
4. Bring to boil, then simmer 15–20 minutes until pumpkin is soft.
5. Season with salt & pepper and blend or leave chunky.
6. Serve warm with yoghurt, if using.





# Minestrone Soup

Serves 4

280 kcal | 16g protein | 16g fat | 13g carbs

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 1 tbsp garlic, minced
- ½ cup celery, diced
- ½ cup green beans, chopped
- 2 zucchinis, diced
- 2 × 400g crushed tomatoes
- 1L chicken or vegetable stock
- 200g shredded chicken
- ½ tsp rosemary
- ½ tsp thyme
- 1 tsp oregano
- Salt & pepper

Method

1. In a large pot, drizzle olive oil over medium heat. Add the onion and garlic and stir until onion is browned and aromatic. Toss in the celery and cook until softened.
2. After a few minutes, add the zucchini, green beans, rosemary, thyme and oregano.
3. Add the crushed tomatoes and chicken stock and stir well to combine. Replace lid and bring to a boil.
4. Once boiled, add the shredded chicken and boil for another 3-4 minutes.
5. Reduce heat to a simmer and cover with lid for about 5 minutes.
6. When ready, serve into bowls and season with salt, pepper and extra herbs if desired.

# Mushroom, Spinach & Chicken Risotto

Serves 4

490 kcal | 37g protein | 12g fat | 54g carbs

Ingredients

- 200g Arborio rice
- 400g chicken breast, diced
- 200g mushrooms, sliced
- 150g baby spinach
- 1 small onion, finely chopped
- 3 cloves garlic, minced
- 1.5L chicken stock
- 4 tsp olive oil

Method

1. Heat 2 tsp olive oil in a large pan and cook chicken until golden and cooked through. Remove and set aside.
2. In the same pan, add remaining oil and sauté onion for 3–4 minutes until soft.
3. Add garlic and mushrooms, cook until mushrooms are browned and moisture has reduced.
4. Stir in Arborio rice and toast for 1–2 minutes until slightly translucent at the edges.
5. Add chicken stock half a cup at a time, stirring frequently and letting each addition absorb before adding the next.
6. Return chicken to the pan, then stir in spinach until wilted. Season to taste, and serve warm.





# Roasted Pumpkin, Broccoli & Onion Frittata

Serves 6

300 kcal | 25g protein | 16g fat | 14g carbs

Ingredients

- 1 tbsp olive oil
- 12 eggs
- 375g cottage cheese
- ½ cup parmesan
- 200g pumpkin
- 250g broccoli
- 1 red onion
- Salt & pepper

Method

1. Preheat oven to 200°C.
2. Arrange pumpkin on a lined baking tray, drizzle half the oil over pumpkin and roast for 25 minutes or until golden.
3. Meanwhile, add remaining olive oil to a pan over medium heat. Sauté onion and broccoli for 5 minutes or until softened. Remove from heat and set aside.
4. Whisk together the eggs, parmesan and cottage cheese. Season with salt & pepper.
5. Once the pumpkin is cooked, scatter it along with the broccoli and onion over the base of a baking dish. Pour over the egg mixture.
6. Cook for 30 minutes or until the frittata is firm and set in the centre.

# Warm Cauliflower & Chicken Salad

Serves 2

300 kcal | 39g protein | 13g fat | 10g carbs

Ingredients

- 300g cauliflower
- 300g chicken mince
- 1 tbsp olive oil
- 1 tsp cumin
- 1 handful dill
- 200g green beans, trimmed
- 2 cloves garlic, minced
- 1 lemon

Method

1. Add cauliflower to a food processor or blender and process until finely chopped.
2. Heat oil in a large non-stick frying pan over medium-high heat. Add the garlic and cauliflower, stirring for 1 minute.
3. Add chicken mince and cook for 5 minutes, breaking up any lumps and ensuring the meat is fully browned.
4. Add cumin, dill and green beans. Toss to combine, stirring for 3-4 minutes or until beans are tender.
5. Divide between bowls and serve with freshly ground black pepper and lemon wedges.





# Egg & Lentil Salad

Serves 1
350 kcal | 25g protein | 14g fat | 34g carbs
Ingredients

- 2 hard boiled eggs
- 150g tinned lentils, rinsed and drained
- ¼ cup cherry tomatoes
- 2 cups spinach
- 1 tbsp walnuts
- 2 tsp balsamic glaze

Method

1. Boil eggs and allow to cool before chopping into small pieces.
2. Add all ingredients to a bowl and use tongs to combine.
3. Serve and enjoy.

# Lighter Cottage Pie

Serves 4
370 kcal | 34g protein | 11g fat | 35g carbs

Ingredients
Topping:

- 500g potato
- 500g cauliflower
- 1 tbsp butter
- ⅓ cup milk
- Salt & pepper

Filling:

- 500g extra lean beef mince
- 1 onion, diced
- 1 carrot, grated
- 1 zucchini, grated
- 1 tbsp tomato paste
- 250ml beef stock
- 1 tsp Worcestershire sauce
- 1 tsp thyme & oregano

Method

1. Preheat oven to 180°C and lightly coat a baking dish with spray oil.
2. Boil potato and cauliflower for 15 minutes or until tender. Drain water, then mash with butter, milk, and seasoning. Add more milk if needed to achieve desired consistency. Set aside.
3. In a large pan, heat oil and cook onion until translucent. Add beef mince and cook until mostly browned.
4. Add grated carrot and zucchini and cook for 2-3 minutes until softened. Add tomato paste, stock, Worcestershire sauce, thyme, oregano, salt & pepper, and simmer for 20-30 minutes or until liquid has reduced. Option to add 1 tsp of corn flour to help speed up the thickening process.
5. Spread mince into the base of the baking dish. Top with mashed potato mix and use a fork to spread evenly.
6. Bake for 25-30 minutes, until golden and bubbling. Serve and enjoy.





# Baked Salmon with Herbed Yoghurt & Greens

Serves 4
350 kcal | 34g protein | 19g fat | 8g carbs
Ingredients

- 4 salmon fillets (~120g each)
- 2 tsp olive oil
- 1 tsp garlic powder
- 1 tsp dill
- 1 cup Greek yoghurt
- 1 tbsp lemon juice
- 1 tbsp mixed herbs
- 4 cups broccoli
- 2 cups green beans

Method

1. Preheat oven to 180°C and place salmon on a tray. Drizzle with oil, garlic and dill.
2. Bake salmon for 12–15 minutes.
3. Steam broccoli and green beans until tender.
4. Mix yoghurt, lemon and mixed herbs to make a sauce.
5. Serve together.

# Lentil & Turkey Stuffed Capsicums

Serves 4
330 kcal | 32g protein | 11g fat | 25g carbs
Ingredients

- 4 capsicums, with top sliced off
- 400g turkey mince
- 1 cup cooked lentils
- 1 onion, diced
- 2 garlic cloves, crushed
- 400g diced tomatoes
- 1 tsp paprika

Method

1. Preheat oven to 180°C.
2. Cook turkey mince in a pan until browned.
3. Add onion, garlic, lentils, tomatoes and paprika and simmer for 5-10 minutes.
4. Fill capsicums and bake for 20-25 minutes until capsicums are tender.
5. Serve with a side salad if desired.





# Beef & Mushroom Lettuce Cups

Serves 4
180 kcal | 29g protein | 5g fat | 2g carbs
Ingredients

- 500g extra lean beef mince
- 1 tbsp soy sauce
- 1 tbsp hoisin sauce
- 2 garlic cloves, crushed
- 1 cup mushrooms, finely diced
- 1 carrot, grated
- 16-20 butter lettuce leaves

Method

1. Cook beef mince in a pan over medium-high heat until browned.
2. Add garlic, mushrooms, and carrot. Cook for 4-5 minutes.
3. Stir in soy sauce and hoisin sauce. Cook for another 2 minutes.
4. Spoon mixture into lettuce cups and serve.

# Lean Beef Kofta with Yoghurt Sauce

Serves 4
241 kcal | 31g protein | 9g fat | 7g carbs
Ingredients

- 500g extra lean beef mince
- 2 garlic cloves, crushed
- 1 tsp cumin
- 1 tsp paprika
- 2 tbsp parsley
- 1 egg
- ½ cup panko bread crumbs
- ½ cup Greek yoghurt
- 1 tbsp lemon juice

Method

1. Mix beef, garlic, spices, parsley, and egg and form koftas.
2. Cook in a fry pan over a medium heat until browned and cooked through.
3. Mix yoghurt with lemon juice to make a sauce.
4. Serve koftas & sauce with salad or vegetables.





# Tuna & White Bean Tomato Skillet

Serves 2
410 kcal | 37g protein | 11g fat | 32g carbs
Ingredients

- 185g tin tuna in springwater, drained
- 1 tbsp olive oil
- 1 small brown onion, diced
- 2 garlic cloves, crushed
- 400g tin diced tomatoes
- 400g tin white beans, drained
- 1 tsp dried basil
- 2 cups baby spinach

Method

1. Heat oil in a pan over medium heat. Add onion and cook until softened. Stir in garlic.
2. Add diced tomatoes, white beans, and basil. Simmer for 5–7 minutes.
3. Stir through tuna and spinach. Cook until spinach wilts and heated through.
4. Serve warm.

# Greek Chicken Bowl

Serves 4
240 kcal | 31g protein | 8g fat | 8g carbs
Ingredients

- 500g chicken breast, diced
- 1 tsp dried oregano
- 1 tsp paprika
- 1 tbsp olive oil
- 1 zucchini, diced
- 1 red capsicum, diced
- ½ red onion, sliced
- ½ cup Greek yoghurt
- 1 lemon, juiced

Method

1. Heat oil in a pan and cook chicken with oregano and paprika until golden and cooked through. Remove and set aside.
2. In the same pan, cook zucchini, capsicum, and onion until softened and slightly charred.
3. Return chicken to the pan and toss together.
4. Serve with Greek yoghurt and lemon juice.





# Lemon Garlic Chicken with Zucchini & Green Beans

Serves 4
200 kcal | 29g protein | 7g fat | 3g carbs
Ingredients

- 1 tbsp olive oil
- 500g chicken breast, sliced
- 2 garlic cloves, crushed
- 1 zucchini, sliced into half moons
- 200g green beans
- 1 lemon (zest & juice)
- 1 tsp dried oregano

Method

1. Heat oil in a large pan over medium heat. Add chicken and cook until lightly browned and cooked through. Remove and set aside.
2. In the same pan, add garlic and cook briefly until fragrant. Add zucchini and green beans, cooking for 4–5 minutes until tender-crisp.
3. Return the chicken to the pan. Add lemon zest, lemon juice, and oregano.
4. Stir well and cook for another 2–3 minutes.
5. Serve or allow to cool and refrigerate.

# Turkey & Veggie Stir Fry

Serves 4
220 kcal | 34g protein | 5g fat | 8g carbs
Ingredients

- 500g lean turkey mince
- 1 tbsp soy sauce
- 1 tbsp oyster sauce
- 2 tsp sesame oil
- 1 red capsicum, sliced
- 1 carrot, julienned
- 2 cups broccoli florets
- 1 zucchini, diced
- 2 garlic cloves, crushed

Method

1. Heat a large pan or wok over medium-high heat. Add turkey mince and cook, breaking it up, until browned.
2. Add garlic and cook for 30 seconds. Toss in capsicum, carrot, zucchini and broccoli. Stir fry for 4-5 minutes.
3. Add soy sauce, oyster sauce, and sesame oil. Stir well and cook for another 2-3 minutes.
4. Serve hot and enjoy.





# Creamy Paprika Chicken with Spinach & Tomato

Serves 4

340 kcal | 31g protein | 19g fat | 8g carbs

Ingredients

- 1 tbsp olive oil
- 500g chicken breast, diced
- 2 garlic cloves, crushed
- 1 small brown onion, diced
- 40g sundried tomatoes, diced
- 4 cups baby spinach
- 250ml light thickened cream
- 125ml chicken stock
- 2 tsp smoked paprika
- 1 tsp chilli flakes (optional)

Method

1. Heat olive oil in a large frying pan and cook the chicken for about 10 minutes until golden and just cooked through. Transfer to a plate and cover to keep warm.
2. In the same pan, add the chopped onion and cook for 2-3 minutes until softened. Stir in the garlic, smoked paprika, and chilli flakes (if using), cooking briefly until fragrant.
3. Add the sundried tomatoes and stir to combine. Pour in the chicken stock and let it simmer for a couple of minutes to develop flavour.
4. Reduce the heat slightly and stir in the cream. Return the chicken to the pan and simmer gently for about 5 minutes, allowing the sauce to thicken.
5. Serve with rice or steamed vegetables.

# Chicken Cacciatore

Serves 4

250 kcal | 27g protein | 12g fat | 10g carbs

Ingredients

- 1 brown onion, diced
- 500g chicken thigh fillets
- 400g tin of diced tomatoes
- 200g green beans
- 10 mushrooms, sliced
- 1 red capsicum, diced
- 10–15 Kalamata olives

Method

1. Heat the oil in a large pan over medium-high heat. Add the chicken thigh fillets and cook until browned on both sides (they don't need to be fully cooked through yet). Remove and set aside.
2. In the same pan, add the diced onion and cook for 3–4 minutes until softened. Add the mushrooms and cook until they start to brown.
3. Stir in the red capsicum and green beans. Cook for another 3–4 minutes until slightly softened.
4. Pour in the diced tomatoes and stir everything together. Return the chicken to the pan.
5. Add the olives, reduce heat to low, cover, and simmer for about 20–25 minutes until the chicken is cooked through and tender.
6. Serve or allow to cool and refrigerate.



# RECOMMENDED SNACK LIST

## Dairy/protein-based

- 1 high-protein yoghurt (look for 15-20g protein)
- 50g cottage cheese + veggie sticks or 2 corn thins
- 1 cheese sticks / Babybel
- 1 glass Coles Perform high-protein milk



## Protein/meat-based

- 95g tuna/salmon tin
- 25g beef jerky/Biltong
- 1-2 hard-boiled eggs
- 50g roast chicken portions



## Savoury snacks

- 1 snack pack salted popcorn
- 1 snack pack roasted chickpeas/fava beans
- 20-30g mixed nuts
- 50g edamame (from frozen on roasted)
- 2 rice cakes + 1 tbsp nut butter
- 1 tin Edgell snack time beans



## Bars

- BC bar
- Mayvers low carb
- Maxines Burn bar
- Carman's protein bar
- Fibre One bar



## Fruit/veg

- 1 piece fresh fruit (apple, pear, banana)
- 1/2 cup berries
- 1 cup veggie sticks + 2-3 tbsp dip (hummus, tzatziki)
- 1/4 avocado + 2 rice cakes



## Sweet/other

- 1 serve sugar-free jelly + dollop Greek yoghurt
- 1-2 squares dark chocolate (70%+) + 10g almonds
- 1 serve protein ball/bliss ball (e.g. Tom & Lukes)

