



Simple Nutrition
**BUDGET FRIENDLY
GUIDE**



TMS FITNESS TRANSFORMATION



BREAKFAST



01



COTTAGE CHEESE OMELETTE

CALORIES

380

PROTEIN

28G

FATS

17G

CARBS

30G

INGREDIENTS

1 Second Spray
100g
2
1 Slice
Pinch
50g

Cooking Oil
Cottage Cheese
Large Eggs
Woolworths Country Loaf Wholegrain Salt &
Pepper
Chopped Tomatoes

INSTRUCTIONS

1. Whisk together eggs and cottage cheese. (If you dislike the texture of cottage cheese, you can blend it before mixing with the eggs), stir in chopped tomatoes.
2. Heat a non-stick pan on medium heat and spray with oil.
3. Pour in your eggs and once set fold in half and cook to your desired texture. Enjoy with a slice of toast!
4. Enjoy



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OVERNIGHT PROTEIN OATS

CALORIES**416****PROTEIN****35G****FATS****9G****CARBS****43G****INGREDIENTS**

40g	Rolled Oats
30g	Protein Powder
60g	Banana
20g	Maple Syrup
Pinch	Cinnamon
170ml	Skim Milk (or Any Milk Alternative)

INSTRUCTIONS

1. Combine oats, milk, protein powder, cinnamon and syrup in a container and mix.
2. Put in the fridge for at least 1 hour or overnight.
3. Serve with fruit.
4. Enjoy





SALMON SCRAMBLE

CALORIES**380****PROTEIN****40G****FATS****20G****CARBS****10G****INGREDIENTS**

3 large
60g
30g
1 tsp (5g)
1 tbsp (15g)

Eggs
Smoked salmon
Baby spinach
Olive oil/butter
Optional cream cheese

INSTRUCTIONS

1. Heat oil/butter in a pan.
2. Add 1 cup spinach and cook until wilted.
3. Crack in 3 eggs and gently scramble.
4. Add 60g smoked salmon and mix through.
5. Season with salt and pepper. Serve warm.





BAKED OAT SLICE

CALORIES

417

PROTEIN

27G

FATS

17G

CARBS

38G

INGREDIENTS

1	Egg
40g	Rollled Oats
10g	Shredded Coconut
10g	Honey
20g	Protein Powder
30g	Frozen Strawberries
¼ tsp	Baking Powder

INSTRUCTIONS

1. Preheat your oven to 180°C and line a baking tin with baking paper. (Size of the tin will depend on how many batches you are making). Allow your frozen fruit to defrost at room temperature while you prepare your other ingredients.
2. In a large bowl combine all your wet ingredients, then stir in your dry ingredients until just combined. When your berries are slightly soft, give them a rough chop and fold into the batter. (If too thick, feel free to add a splash of milk).
3. Pour into your baking dish and bake for 15-20 minutes until mixture is set or toothpick inserted into the middle comes out clean.
4. Let it cool and slice into however many servings you prepared. Please note that this recipe makes 1 serving, you will need to multiply the ingredients by the amount of servings you're wanting to make

5. Enjoy!





LUNCH & DINNER



05



BEEF BOLOGNESE PASTA

CALORIES

543

PROTEIN

50G

FATS

10G

CARBS

59G

INGREDIENTS

100g	Macro Organic Pasta Sauce Chunky Bolognese
50g	Canned Diced Tomatoes
100g	Minced Beef
20g	Shredded Tasty Cheese
25g	Chopped Onion
75g	Penne Pasta (Uncooked)
20g	Baby Spinach

INSTRUCTIONS

1. Cook pasta according to packet directions.
2. Dice onions and add to a non stick frying pan over medium heat.
3. Cook, stirring, until onions are translucent.
4. Add beef mince to the pan and cook until brown (You may need to pour out some liquid from the mince).
5. Add pasta sauce, and canned tomatoes and simmer on low, uncovered for 15 minutes, stirring occasionally.
6. Take off heat and stir through spinach.
7. Place Bolognese on top of pasta and sprinkle cheese on top.
8. Enjoy!



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CHICKEN NOODLE STIR FRY

CALORIES
543
PROTEIN
50G
FATS
10G
CARBS
59G

INGREDIENTS

100g	Macro Organic Pasta Sauce Chunky Bolognese
50g	Canned Diced Tomatoes
100g	Minced Beef
20g	Shredded Tasty Cheese
25g	Chopped Onion
75g	Penne Pasta (Uncooked)
20g	Baby Spinach

INSTRUCTIONS

1. Cook pasta according to packet directions.
2. Dice onions and add to a non stick frying pan over medium heat.
3. Cook, stirring, until onions are translucent.
4. Add beef mince to the pan and cook until brown (You may need to pour out some liquid from the mince).
5. Add pasta sauce, and canned tomatoes and simmer on low, uncovered for 15 minutes, stirring occasionally.
6. Take off heat and stir through spinach.
7. Place Bolognese on top of pasta and sprinkle cheese on top.
8. Enjoy!



07



SAUSAGE CAULI BAKE

CALORIES

581

PROTEIN

25G

FATS

44G

CARBS

23G

INGREDIENTS

150g	Cauliflower
30g	Chopped Kale
2	Beef Sausages
120g	Three Cheese Pasta Bake Sauce
15g	Light Tasty Cheese

INSTRUCTIONS

1. Chop your cauliflower and kale to bite sized pieces. Bring a large pan of salted water to the boil and cook the cauliflower for 6 minutes, adding the kale for the final minute. Drain well.
2. Meanwhile, heat a non-stick frying pan and add the sliced sausages. Brown all over for 4-5 minutes.
3. Heat oven to 200°C/180°C fan and put the cauliflower and kale in a large baking dish. Pour over the cheese sauce, season and mix to coat well. Scatter over the sausages and the cheese. Bake for 30 minutes until the top is golden and bubbling. Serve with mixed leaves, if you like.
4. Enjoy!



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08



CHICKEN CHOP SUEY

CALORIES**520****PROTEIN****38G****FATS****14G****CARBS****55G**

INGREDIENTS

150g	Chicken thigh or breast
40g	Onion, sliced
30g	Carrot, sliced
50g	Green beans (fresh or frozen)
5g	Garlic, crushed, 5g grated ginger
60g	Vermicelli noodles (Woolworths Long Life)
30g	Soy sauce
3g	Black pepper
5g	Dark soy sauce (for colour)

INSTRUCTIONS

1. Soak noodles in warm water until soft, then drain.
2. Cook chicken in a pan until browned.
3. Add onion, carrot, beans, garlic, ginger and stir for 1-2 mins.
4. Add soy sauce.
5. Add vermicelli and stir until it absorbs the sauce.
6. Season with pepper and extra soy if needed





SNACK



PROTEIN CHOCOLATE MUG CAKE

CALORIES

161

PROTEIN

20G

FATS

5G

CARBS

7G

INGREDIENTS

25g
1 tbsp
¼ tsp
30ml Pinch
10g

Protein Powder
Cocoa Powder
Baking Powder
Water
Stevia/ Sweetener (Optional) Whipped Cream

INSTRUCTIONS

1. Mix all the dry ingredients in a microwave safe bowl/ mug.
2. Add water and stir until well-combined.
3. Microwave for 1 minute or until set.
4. Topped with whipped cream.
5. Enjoy!

10



DEVILLED EGGS

CALORIES

166

PROTEIN

13G

FATS

11G

CARBS

7G

INGREDIENTS

20g	Fat Free Mayo
2	Large Eggs
¼ tsp	Curry Powder

INSTRUCTIONS

1. Bring a pot of water to boil. Slowly lower your eggs into the boiling water and set a timer for 9 minutes.
2. Once your eggs have been cooking for 9 minutes, remove and place in cold water (This will make it easier to peel). Let it sit in the cold water for a couple minutes before peeling.
3. Cut your eggs in half and scoop out the yolks. Mash yolks with mayo and curry powder. Spoon the yolk mixture back into your egg white cups. Season with salt and pepper if desired.
4. Enjoy!



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BISCOFF ICE CREAM

CALORIES**272****PROTEIN****6G****FATS****12G****CARBS****26G**

INGREDIENTS

1
20g
100g

Biscoff Biscuit (1 biscuit) - Lotus
Biscoff Spread - Lotus
No Added Sugar Vanilla Ice Cream (Peters)

INSTRUCTIONS

1. In a bowl, add vanilla icecream and crushed biscoff biscuits, mix until well combined.
2. In a separate small bowl, add biscoff spread and place into the microwave for 10-15 seconds or until melted. Stir and check regularly to prevent it from burning.
3. Drizzle biscoff spread over ice cream and crush over 1 biscoff biscuit
4. Enjoy!

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DONUT BALLS

CALORIES

209

PROTEIN

8G

FATS

1G

CARBS

41G

INGREDIENTS

40g

40g

1g

10g

High Protein Yoghurt – Chobani/YoPro

Self Raising Flour

Cinnamon

Caster Sugar

INSTRUCTIONS

1. Combine the yoghurt with 30g of flour. Mix until combined and set aside.
2. Mix cinnamon and sugar together in a small dish.
3. Take tablespoons of the dough and create balls.
4. Once all balls are ready, place into the air fryer on 160°C and cook for 5-10 minutes or until donuts are cooked through and golden. Remember to shake the air fryer half way.
5. Once cooked, remove and set aside to slightly cool.
6. Toss donut balls in cinnamon mixture.
7. Enjoy Fam



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