



Real Food Real Results



SIMPLE MEALS FOR LASTING WEIGHT LOSS





Contents & Key

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|---|----|-------------------------------|
| 1. Pesto Chickpea Toast | GF | Gluten Free |
| 2. Tex-Mex Breakfast Bowl | DF | Dairy Free |
| 3. Spicy Chicken Breakfast Wrap | LC | Low Carb (<20g per serve) |
| 4. Cottage Cheese Banana Bread | MP | Meal Prep/Freezer Friendly |
| 5. One Pot Parmesan Chicken | HP | High Protein (>20g per serve) |
| 6. Kimchi Beef Cauliflower Bowl | V | Vegetarian |
| 7. Garlic Butter Chicken & Asparagus | Q | Quick (under 30 mins) |
| 8. Tahini Chicken Salad | N | Contains Nuts |
| 9. Coconut Shrimp with Rice | | |
| 10. Peanut Chicken with Coconut Rice | | |
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Sample Weekly Meal Planner



	Breakfast	Lunch	Snack	Dinner
Monday	Tex-Mex Breakfast Bowl	Kimchi Beef Cauliflower Bowl	Protein Almond Donuts	Coconut Shrimp with Rice
Tuesday	Tex-Mex Breakfast Bowl	Kimchi Beef Cauliflower Bowl	Protein Almond Donuts	Peanut Chicken with Coconut Rice
Wednesday	Spicy Chicken Breakfast Wrap	Tahini Chicken Salad	Beetroot Chocolate Brownies	Peanut Chicken with Coconut Rice
Thursday	Spicy Chicken Breakfast Wrap	Tahini Chicken Salad	Beetroot Chocolate Brownies	One Pot Parmesan Chicken
Friday	Blueberry Tahini Protein Smoothie	Garlic Butter Chicken & Asparagus	Cottage Cheese Banana Bread	Teriyaki Salmon Bowl
Saturday	Pesto Chickpea Toast	Garlic Butter Chicken & Asparagus	Cottage Cheese Banana Bread	Meal Out - Enjoy!
Sunday	Cottage Cheese Banana Bread	One Pot Parmesan Chicken	Blueberry Tahini Protein Smoothie	Air Fryer Korean Pork Lettuce Wraps



Weekly Shopping List

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none"> • 3 avocados • 4 bananas • 4 lemons • 2 limes • blueberries • red grapes • 1 red onion • 2 bunches green onions (spring onions) • 2 bulbs garlic • root ginger • celery • 2 cucumbers • 1 tomato • 2 heads lettuce • spinach • asparagus • small head cauliflower • edamame beans (or use frozen) • cooked beetroot • basil • cilantro (coriander) • dill • parsley • dried golden raisins • frozen green peas (garden peas) 	<ul style="list-style-type: none"> • 1.3 lbs. (570g) boneless, skinless chicken thighs • 3.5 lbs. (1.6kg) boneless, skinless chicken breast • 1 lb. (450g) shredded roast chicken • 1 lb. (450g) ground turkey (turkey mince) • 12 oz. (340g) 95% lean ground beef (beef mince) • 1 lb. (450g) pork tenderloin • 1 lb. (450g) shrimp (prawn) • 1.5 lbs. (680g) salmon filet • 8 eggs • unsweetened almond milk • natural yogurt • butter • cottage cheese • Parmesan cheese 	<ul style="list-style-type: none"> • basmati rice • Jasmine rice • almond meal (ground almonds) • coconut flakes • hazelnuts • peanuts • pecans • hemp hearts • hemp seeds • quinoa • sesame seeds • all purpose flour • baking powder • baking soda • unsweetened cocoa powder • vanilla extract • sprinkles • black pepper • red pepper flakes (chili flakes) • paprika • garlic powder • onion powder • ground cinnamon • Chinese five spice • taco seasoning • dried oregano • Herbes de Provence 	<ul style="list-style-type: none"> • coconut oil • sesame oil • brown sugar • coconut sugar • honey • maple syrup • 3.5 oz. (100g) can chickpeas • 14 oz. (400g) can full fat coconut milk • chicken broth (stock) • white wine vinegar • rice wine vinegar • tamari sauce • sriracha sauce • gochujang (Korean chili paste, or use similar) • tahini • Dijon mustard • pesto • salsa • adobo sauce • hot sauce • kimchi • applesauce (apple puree) • vanilla protein powder • wholemeal bread • flour tortilla wraps • panko breadcrumbs • 70% dark chocolate



Pantry Staples

You should have five basic essentials for these recipes in your kitchen. They're used so frequently that they're not included in the weekly ingredient shopping list. These staples are **vegetable oils** like **olive oil** for cooking and **extra virgin olive oil** for dressing, a variety of **vinegar** (white and red wine vinegar, apple cider vinegar) for adding acidity and balancing flavours in marinades, sauces, and condiments, **salt** (sea or Himalayan salt) and **black pepper** for seasoning.







Pesto Chickpea Toast

Serves 2

20 Minutes

3.5 oz. (100g) canned chickpeas, drained

1 tsp. paprika

2 slices wholemeal bread, toasted

3 tbsp. pesto

1 tbsp. basil, chopped, to garnish

1 tbsp. hemp seeds, to garnish

Preheat the oven to 425°F (220°C). Prepare a baking tray lined with baking paper.

Place the drained chickpeas on the baking tray, season with paprika, salt and pepper, drizzle with olive oil and toss well to coat. Roast in the oven for 15 minutes.

Toast the bread and spread pesto evenly. Top with the roasted chickpeas and garnish the toasts with basil and hemp seeds.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	385kcal	35g	14g	21g





Tex-Mex Breakfast Bowl

Serves 4

15 Minutes

3.2 oz. (90g) dry quinoa

1 lb. (450g) lean ground turkey

1 oz. (30g) taco seasoning

4 eggs

1 avocado, mashed

4 tbsp. salsa

1 green onion, sliced

1 tbsp. cilantro, chopped

lime wedges, to serve

Cook the quinoa according to package instructions.

Heat 1 tsp. olive oil in a non-stick skillet over medium heat and add the ground turkey and taco seasoning. Mix to combine and sauté until the turkey is cooked all the way through, then remove from the skillet and set aside. In the same skillet, fry the eggs until done to your liking.

Assemble the breakfast bowls by dividing the cooked quinoa, turkey and mashed avocado equally between 4 bowls. Top each bowl with a tablespoon of salsa and a fried egg, then garnish with green onions and cilantro. Serve immediately with lime wedges.

Storage: The cooked turkey and quinoa can be stored in individual containers in the refrigerator until you are ready to assemble the bowls, making it perfect for meal prep.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	448kcal	25g	33g	24g





Spicy Chicken Breakfast Wrap

Serves 4

18 Minutes

1 lb. (450g) chicken breast

4 flour tortilla wraps

2.6 oz. (70g) lettuce,
shredded

½ red onion, chopped

1 tomato, chopped

Spices & seasoning:

2 garlic cloves, minced

1 tbsp. dried oregano

1 tbsp. paprika

1 tsp. onion powder

1 tsp. red pepper flakes

1 lemon, juiced

For the spicy sauce:

3.5 oz. (100g) natural
yogurt

1 tbsp. hot sauce

1 clove garlic, minced

1 tbsp. parsley, chopped

splash lemon juice, to taste

Slice the chicken breasts into strips, place into a large bowl, along with all the spices and seasoning, 1 tsp. salt & pepper, and stir to combine. Add the lemon juice and mix well until the chicken changes color.

Place the chicken into a large non-stick skillet and cook over medium heat for 8 minutes until golden brown and cooked through.

While the chicken is cooking, make the spicy sauce by adding all the sauce ingredients into a bowl, season with salt & pepper to taste, and mix until well combined.

To assemble the wrap, place the shredded lettuce on the wrap, then add the grilled chicken, red onion and tomatoes. Top with spicy sauce, then wrap and enjoy.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	312kcal	27g	33g	8g





Cottage Cheese Banana Bread

Serves 12

65 Minutes

- 3 bananas, mashed
- 3.2 oz. (90g) coconut sugar
- 2.7 oz. (90ml) coconut oil, melted
- 2 eggs
- 5.3 oz. (150g) cottage cheese
- 4 tbsp. hemp hearts
- 1 tsp. vanilla extract
- 7.4 oz. (210g) all purpose flour
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 2 tbsp. pecans, chopped

Preheat the oven to 325°F (160°C). Grease a loaf pan with nonstick baking spray, or use a silicone pan.

Place the mashed bananas in a large bowl, add the sugar and oil and stir to combine. Add the eggs, cottage cheese, hemp hearts and vanilla extract and mix again.

To that same bowl add the flour, baking soda, cinnamon and 1/2 tsp. of salt. Fold the dry ingredients into the wet until just combined.

Transfer the batter into the prepared loaf pan. Top with the pecan nuts and bake in the oven for 55-60 minutes, until a toothpick entered into the center comes out clean.

Remove from the oven and set aside to cool for 15 minutes, then remove from the pan and place on a wire rack to cool before slicing and serving.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	235kcal	29g	5g	11g





One Pot Parmesan Chicken

Serves 4

35 Minutes

- 1.1 lbs. (500g) chicken breast, cut in half
- ½ tsp. garlic powder
- 2 tbsp. butter
- 2 cloves garlic
- pinch of red pepper flakes
- 7 oz. (200g) basmati rice
- 1.3 pt. (720ml) chicken broth
- 1.6 oz. (45g) Parmesan cheese, grated
- 4 tbsp. parsley, chopped

Season the chicken with salt, pepper and garlic powder.

Heat 2 tbsp. olive oil in a large non-stick skillet and fry the chicken for 8 minutes until golden on both sides. Remove the chicken from the skillet and set aside.

Using the same skillet, melt the butter, add the garlic and red pepper flakes, and cook for 1-2 minutes. Then add the rice, chicken broth and stir to combine, then bring to a boil. Cover with a lid and cook over medium heat for around 10 minutes.

Remove the lid and stir the rice, then top with the Parmesan cheese. Now arrange the chicken filets on top and cook over a low heat for 5 minutes. Garnish with freshly chopped parsley and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	496kcal	42g	37g	20g





Kimchi Beef Cauliflower Bowl

Serves 2

40 Minutes

- 1 small cauliflower, florets
- 1 tsp. Chinese five spice
- 12 oz. (340g) 95% lean ground beef
- 1 clove garlic, minced
- ½ tsp. root ginger, minced
- 6 tbsp. kimchi
- 1 green onion, sliced

Preheat the oven to 400°F (200°C). Line a baking sheet with baking paper.

Add the cauliflower, Chinese five spice, 1 tbsp. of olive oil, salt and pepper into a large bowl. Toss to combine, then spread over the prepared baking sheet. Roast the cauliflower in the oven for 20-25 minutes, or until browned.

Meanwhile, heat 1 tbsp. of olive oil in a pan over medium heat. Add the ground beef, garlic and ginger, and season with salt and pepper. Cook the beef for 5-7 minutes, breaking it up as it cooks, until it is cooked through.

Divide the cauliflower, beef and kimchi equally between 2 bowls and garnish with the sliced green onion. Serve immediately.



GF DF LC MP HP

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	449kcal	16g	40g	25g





Garlic Butter Chicken & Asparagus

Serves 4

30 Minutes

- 1.4 lbs. (650g) chicken breasts, diced
- 2 tsp. onion powder
- 8.8 oz. (250g) asparagus, trimmed
- 4 tbsp. butter, divided
- 2 cloves garlic, minced, divided
- 1 tsp. Herbes de Provence
- 4.2 fl oz. (125ml) chicken broth
- juice of ½ lemon
- 1 tbsp. hot sauce
- 1 tbsp. parsley, chopped

Season the chicken with salt, pepper and onion powder.

Blanch the asparagus in boiling water for 2 minutes, then drain and soak in ice cold water. Drain again and set aside.

Melt 2 tbsp. of butter with the olive oil in a large skillet over medium heat. Cook the chicken until golden brown. Lower the temperature and add 1 minced garlic clove and the herbs. Stir and cook for 1 more minute, then remove from the skillet and set aside.

In the same skillet over medium-high heat, add the remaining garlic, then deglaze the skillet with chicken broth. Bring to a simmer and allow to reduce the liquid to half. Add the remaining 2 tbsp. of butter, lemon juice, hot sauce and parsley, and stir to combine.

Add the asparagus and warm through for 2 minutes. Push the asparagus to the side, add the sauteed chicken back to the pan, and stir for a further minute to reheat. Serve immediately.

Serving suggestion: garnish with more parsley, chili flakes and lemon slices.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	325kcal	4g	39g	17g





Tahini Chicken Salad

Serves 4

10 Minutes

1 lb. (450g) chicken breast,
cooked, shredded

3.5 oz. (100g) celery, diced

2.6 oz. (75g) red grapes,
halved

0.5 oz. (12g) parsley,
chopped

2.3 oz. (65g) hazelnuts,
chopped

1.4 oz. (40g) golden raisins,
chopped

For the tahini dill sauce:

2.1 oz. (60g) tahini

4 tbsp. lemon juice

4 tbsp. white wine vinegar

2 tbsp. fresh dill

1 tbsp. Dijon mustard

½ tbsp. adobo sauce

Place all the salad ingredients in a bowl, and stir to combine. Add all the sauce ingredients in a jar, season with salt and 1 tsp. of black pepper, and mix well.

Add the sauce to the salad ingredients and mix until everything is evenly coated in the sauce. If required, adjust the seasoning, and serve.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	434kcal	19g	40g	22g





Crispy Coconut Shrimp with Rice

Serves 4

20 Minutes

For the coconut shrimp:

2 oz. (60g) panko breadcrumbs
2 oz. (60g) unsweetened coconut flakes
2 oz. (60g) all purpose flour
½ tsp. paprika
2 eggs, beaten
1 lb. (450g) shrimp, thawed, tails removed

For the rice:

7.4 oz. (210g) Jasmine rice
10 oz. (280g) green peas
juice & zest of 1 lemon
handful of fresh herbs or leafy greens
1 clove garlic, minced
2 tbsp. butter

For the butter honey sauce:

4 tbsp. melted butter
2 tbsp. honey
1 tbsp. Dijon mustard

Cook the rice according to instructions on the packaging. Preheat the oven to 325°F (160°C).

Place the panko breadcrumbs and coconut flakes on a baking sheet, and toast in the oven for 10 minutes, stirring occasionally, until golden. Remove from the oven and raise the oven temperature to 425°F (210°C).

Prepare 3 bowls, combine flour, paprika, and 1/2 tsp. salt in the first; egg in the second, and the toasted panko/coconut mixture in the third.

Coat each shrimp first in the flour, then the egg, then press into the panko/coconut mixture. Place the coated shrimp back on the baking sheet and spray or drizzle with some olive oil. Bake in the oven for 10 minutes.

Meanwhile, finish the rice. Add the green peas, lemon juice and zest, the fresh herbs or leafy greens (depending on preference), garlic, and butter into the hot rice and mix to combine. Make a sauce by mixing the melted butter with the honey and Dijon mustard in a small bowl.

Serve the shrimps over the rice with a generous drizzle of sauce.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	498kcal	60g	24g	18g





Peanut Chicken with Coconut Rice

Serves 4

25 Minutes

For the ginger peanut chicken:

1.3 lbs. (570g) boneless, skinless chicken thighs, cut into bite-sized pieces
1-inch (2.5cm) piece of ginger, grated
3 green onions, thinly sliced (white parts and green parts separated)
zest & juice of 1-2 limes
2 tbsp. brown sugar
2-3 cloves garlic, minced
2 oz. (60g) roasted peanuts, chopped
0.5 oz. (10g) cilantro, chopped
1 oz. (30g) spinach (or bok choy)

For the coconut rice:

7.5 oz. (210g) Jasmine rice
12 fl oz. (360ml) water
14 oz. (400g) can full fat coconut milk

In a bowl, mix the chicken thighs with the ginger, green onions (white parts only), lime zest, brown sugar, 1 1/2 tsp. salt, and 1 tbsp. olive oil. Cover the bowl and set aside to marinate for 20 minutes (or up to 2 hours if time allows).

To make the coconut rice, add the rice, water, coconut milk and a pinch of salt to a large pot, and stir to combine. Place the pot over a medium-high heat, and bring to a boil, before turning to low and simmering the rice until cooked.

Heat a large non-stick skillet over medium-high heat, add the marinated chicken and cook until the chicken starts to caramelize. Once the chicken is cooked through, turn the heat down, add the garlic and peanuts and sauté for 5 minutes.

Now stir through the cilantro, remaining green onion and spinach. Squeeze the lime juice into the skillet and check the seasoning, adding more salt and pepper if required.

Serve the chicken over the coconut rice. Garnish with more green onions, chopped peanuts and cilantro (optional).



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	668kcal	58g	37g	32g



12.7 oz. (360g) cooked basmati rice

6 tbsp. rice wine vinegar

2 tbsp. maple syrup, divided

2 tbsp. sesame seeds, divided

1 tbsp. tamari sauce

2 tsp. sesame oil

1 tsp. sriracha sauce

½ tsp. fresh ginger, grated

½ tsp. fresh garlic, grated

1.5 lbs. (680g) salmon filet, skinned, cubbed

5.6 oz. (160g) edamame beans

3.5 oz. (100g) cucumber, sliced

2 avocados, sliced

1 oz. (30g) green onions, minced

chili flakes, to garnish

Teriyaki Salmon Bowl

Serves 4

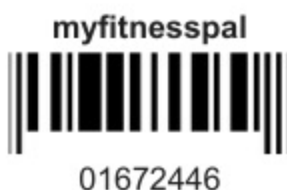
25 Minutes

Add the cooked basmati rice to a large bowl. In a separate small bowl, whisk the rice vinegar, 1 tbsp. of maple syrup and 1 tsp. salt. Pour the vinegar mixture into the rice, add 1 tbsp. of sesame seeds, and mix well to combine.

In a small bowl, make the teriyaki sauce by combining the remaining tbsp. of maple syrup with the tamari, sesame oil, sriracha, ginger and garlic.

Heat a large skillet over medium heat and add 1 tbsp. of olive oil. Add the salmon chunks and cook for a minute on each side. Now add the teriyaki sauce, bring the heat up to high and toss the salmon in the sauce until well coated. Continue cooking for another 5 minutes, then remove from the heat.

Divide the sesame rice into 6 bowls and top with the edamame beans, cucumber and avocado slices. Now add the teriyaki salmon to each of the bowls and top with additional sauce from the pan. Lastly, top each bowl with green onions, the remaining sesame seeds, and chili flakes and serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	470kcal	35g	33g	22g





Air Fryer Korean Pork Lettuce Wraps

Serves 4

40 Minutes

1 lb. (450g) pork tenderloin

2 oz. (60g) gochujang
(Korean chili paste)

1 clove garlic, finely grated

2 tbsp. honey

1 tbsp. toasted sesame oil

¼ tsp. fresh ginger, finely
grated

1 head lettuce, leaves
separated

1 cucumber, sliced

4 green onions, sliced

6.5 oz. (185g) cooked rice,
for serving

Cut the pork tenderloin in half crosswise and season with salt.

Place the gochujang, garlic, honey, sesame oil, and ginger into a medium bowl and stir to combine. Transfer a ¼ cup of the gochujang mixture to a small bowl and stir in the rice wine vinegar; and set this bowl aside for serving.

Add the pork tenderloin to the bowl with the remaining sauce and toss to coat.

Lightly coat an air-fryer basket with cooking spray. Place the pork in the basket and cook at 350°F (180°C) for 17-20 minutes, turning occasionally, until the pork is golden brown. Remove the pork from the air fryer and set it aside to rest for 10 minutes before slicing.

Place the slices of pork in the lettuce leaves, along with the cucumber, green onions and cooked rice. Serve with the small bowl of reserved sauce alongside.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	294kcal	34g	26g	6g





Blueberry Tahini Protein Smoothie

Serves 1

5 Minutes

5 fl oz. (150ml) almond milk, unsweetened

3.5 oz. (100g) blueberries

1 oz. (30g) vanilla protein powder

½ banana

1 tsp. tahini

1 tsp. ground cinnamon

½ tsp. vanilla extract

Place all the ingredients in a high-speed blender, add a pinch of salt and blend until smooth. Pour into a glass and serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	285kcal	34g	26g	5g





Protein Almond Donuts

Makes 12 | 20 Minutes

- 4.8 oz. (135g) almond meal
- 2 oz. (60g) vanilla protein powder
- 1½ tsp. baking powder
- 4 fl oz. (120ml) maple syrup
- 2 large eggs, at room temperature
- 4 tbsp. coconut oil, melted
- 4 tbsp. unsweetened almond milk
- 2 tsp. vanilla extract
- 4 tbsp. 70% dark chocolate, melted
- 2 tbsp. sprinkles

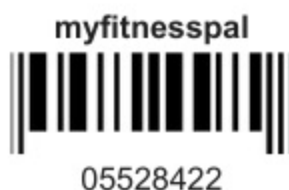
Preheat the oven to 350°F (180°C). Prepare a 12 hole silicone donut pan.

Add the almond meal, protein powder, baking powder and 1/4 tsp. salt to a bowl and stir until combined. Add the maple syrup, eggs, coconut oil, almond milk and vanilla extract to the same bowl and mix until just combined.

Divide the batter evenly into each hole in the donut pan. Place into the hot oven and bake for 10 minutes. Remove from the oven and cool in the pan for 2 minutes, then set aside on a wire cooling rack.

While the donuts are cooling, melt the chocolate. Drizzle the chocolate over the top and sprinkle with some sprinkles. Place the donuts into the refrigerator to allow the chocolate to set.

Storage: place donuts in an airtight container and store at room temperature for 2-3 days or in the refrigerator for 4-5 days.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	213kcal	16g	8g	13g





Beetroot Chocolate Brownies

Serves 9

55 Minutes

3.2 oz. (90g) 70% dark chocolate

2.7 oz. (75g) butter

2.5 oz. (70g) coconut sugar

9.9 oz. (280g) cooked beetroot, chopped

4.9 oz. (140g) all-purpose flour

¼ tsp. baking soda

½ tsp. baking powder

2 tsp. unsweetened cocoa powder

8.8 oz. (250g) applesauce

Preheat the oven to 375°F (190°C). Line a 7x9-inch brownie pan with baking paper, or use a silicone brownie pan.

Finely chop the chocolate and melt in a small bowl along with the butter. Once melted, stir in the sugar and set aside.

Puree the beetroot in a food processor, and set aside.

Add the flour, baking soda, baking powder and cocoa powder to a large mixing bowl and stir well to combine.

Now add the applesauce, pureed beetroot and melted chocolate. Stir until all ingredients are well combined. Then pour the batter into the prepared pan. Place the pan onto the middle rack of the oven and bake for 40 minutes.

Remove from the oven, and allow the brownies to cool completely in the pan. Once cool, cut into squares and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	231kcal	31g	2g	11g

You've Got the Recipes — Now Let's Make It Work for YOU

Knowing what to do isn't enough—sticking to it is what matters.

That's where I come in. I help women 45+ stop second-guessing themselves & finally stay consistent long enough to see real results.

This isn't just about meals. It's about having a plan that fits your life—so you're not stuck guessing, hoping, or winging it again.

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- ✗ Starting strong, only to lose momentum
- ✗ Feeling bloated, sluggish & uncomfortable in your clothes

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