

FOOD & FITNESS



at home

with @caley.jack

7 DAY MEAL PLAN

CANAL WALK

CapeGate

CLEARWATER

HYDE PARK CORNER



rosebankmall

the Glen



SOMERSET
MALL

woodlands

Day 1

170g
Proteins


94g
Fats

139g
Carbs

2048
Calories

BREAKFAST

PEANUT BUTTER AND STRAWBERRY PRO-OATS (DF, VF)

 20 MINS

Ingredients:

70g Oats (Raw)
1/2 tbsp Peanut Butter
1/2 Banana (Medium Sized 98g)
15g Nuts - Peanuts (Dry Roasted, Unsalted)
140ml Almond Milk (Unsweetened)
1 tsp Strawberry Jam
1 Scoop Protein Powder (30g Scoop)

1. In a small saucepan, combine the oats, mashed banana, and milk (on a low heat)
2. Simmer until milk is absorbed and oats are tender - stir frequently.
3. Note: if milk absorbs, but oats are still raw, add additional water.
4. Once cooked, remove oats from heat and stir through protein powder.
5. Pour cooked pro-oats in a bowl and swirl in peanut butter and jam. Sprinkle peanuts on top.
6. Enjoy warm!

SNACK

FETA AND AVO ON RICE THINS (GF)

 10 MINS


Ingredients:

50g Feta Cheese
2 Rice Cakes (Thin)
1/2 Avocado (Medium Sized 160g)

1. Slice or mash avocado to your preference.
2. Spread the avocado on rice cakes and then crumble feta over top.
3. Optional: Season with chilli flakes, salt and pepper.

LUNCH

BEEF WITH SWEET POTATO (DF, GF)

 10 MINS


Ingredients:

250g Lean Beef (Uncooked Weight)
200g Raw Sweet Potato
220g Mixed Green Vegetables - Non Starch
1 tsp Olive Oil

1. Pre heat oven to 180°C.
2. Cut sweet potato in cubes and then bake for 30-40 minutes until brown and soft.
3. Heat a frying pan with oil and add beef. Cook until browned.
4. Prep vegetables, and steam (or cook as preferred).
5. Serve sweet potato with beef and vegetables.

DINNER

BEEF, QUINOA AND SALAD (DF, GF)

 20 MINS

Ingredients:

205g Lean Beef (Uncooked Weight)
2 cup Green Salad (1 Cup = 77.5g)
1 tsp Olive Oil
150g Quinoa (Cooked) / 50g Quinoa (Uncooked)

1. Use a ratio of 1 quinoa to 2 water. Add water to a pot and place over medium heat.
2. When boiling, add quinoa and allow it to come to a gentle simmer.
3. Cover the saucepan and reduce heat to low. Allow to simmer until quinoa is tender and water is evaporated (15 minutes).
4. Meanwhile, heat oil in a medium fry pan. Add beef and cook until browned.
5. Cut up and prep salad ingredients.
6. Top quinoa with beef and salad alongside.

Day 2

137g
Proteins

83g
Fats

210g
Carbs

2059
Calories

BREAKFAST

BACON AND EGG BAGEL (DF)

 10 MINS

Ingredients:

2 Large Eggs
1 Bagel (White 120g)
45g Bacon, Streaky, Rindless (Uncooked Weight)

1. Cook eggs to your liking (either fried, poached or scrambled).
2. Heat a fry pan over medium heat. Add bacon and cook until crispy.
3. Toast bagel or keep fresh, then cut in half.
4. Fill bagel with egg and bacon and enjoy.

SNACK

PEANUT BUTTER PROTEIN SMOOTHIE (GF)

 5 MINS


Ingredients:

1/2 scoop Protein Powder (30g Scoop)
1/2 Banana (Medium - 98g)
180ml Full Cream Milk
1/2 tbsp Peanut Butter

1. Add all ingredients to a blender, and blend until smooth.
2. If required, add additional water to reach the desired consistency.

LUNCH

VEGETABLE AND SALMON PASTA (DF)

 25 MINS

Ingredients:

200g Mixed Green Vegetables - Non Starch
160g Fish - Canned Pink Salmon (Drained)
1 tsp Olive Oil
200g Pasta (Cooked Weight) / 80g Pasta (Uncooked Weight)

1. Add boiling water and oil to a small pot, add pasta and cook under tender (15 minute).
2. Meanwhile, steam vegetables or cook to your preference. Drain salmon.
3. Once cooked, top pasta with salmon and vegetables.

DINNER

BUFFALO CHICKEN, SALAD AND RICE

 40 MINS


Ingredients:

1 Chicken Drumstick with Skin (120g Uncooked)
10g Flour
15g Breadcrumbs
30ml Egg White
1 tsp Garlic Powder
1 tsp Paprika
1 pinch Salt and Pepper
1 tsp Olive Oil
10g Butter
5g Sour Cream
1 Clove Minced Garlic
1 Cup Green Salad (1 Cup = 77.5g)
20ml Hot Sauce

1. Preheat oven to 180°C. Line a baking tray with foil and line with olive oil.
2. Then in a bowl, combine flour, bread crumbs, garlic powder, paprika, salt, and pepper. Then pour these combined ingredients into a freezer bag / plastic bag. Add the chicken to the bag and shake until completely coated.

3. Add the egg white to a small bowl. Remove the chicken from the bag and shake off any extra flour. Dip into the egg mix and coat thoroughly and place back into the bag with the dry mix and shake again until completely covered.
4. Place the chicken on the prepared baking tray. Bake for 8-10 minutes, then turn over and bake for 8-10 minutes more.
5. Whilst the chicken is in the oven, mince garlic and place the hot sauce, butter and garlic into a saucepan and simmer over a medium heat.
6. Remove the baking tray from the oven and brush both sides of the leg with the sauce and return to the oven for a further 2-3 minutes.
7. Prep salad to your preference

RICE (1 SERVE) (DF, GF, VF)

 10 MINS

Ingredients:

105g Brown Rice (Cooked Weight) / 45g Brown Rice (Uncooked Weight)

1. In a medium saucepan over medium heat, bring double the amount of water to rice to the boil and add rice.
2. Cover pot, and bring to a simmer. Allow to cook for 10 minutes, or until rice is tender and water is absorbed.
3. Remove from heat and leave covered for 5 minutes.
4. Fluff rice up with a fork and serve.

Day 3

137g
Proteins


61g
Fats

263g
Carbs

2060
Calories

BREAKFAST

ALL BRAN CEREAL WITH YOGURT AND PEACHES

 5 MINS

Ingredients:

110g All Bran Cereal

200ml Full Cream Milk


150g Peaches (Canned, in Light Juice)

50g Greek Yoghurt (Unsweetened, Full Cream)

1. Measure and weigh all ingredients.
2. Place all bran in a bowl and top with milk, peaches and yoghurt.

SNACK

FRUIT SALAD (GF)

 5 MINS

Ingredients:

50g Mixed Berries

1 Banana (Medium - 98g)

1 Apple (Medium - 140g)

80g Greek Yoghurt (Unsweetened, Full Cream)

1/2 Kiwifruit

1. Prepare fruit; slice apple, kiwifruit and banana. Cut berries in half.
2. Top prepared fruit with yogurt.

LUNCH

EASY BEEF, RICE AND VEGETABLES (DF, GF)

 20 MINS

Ingredients:

150g Brown Rice (Cooked Weight) / 65g Brown Rice (Uncooked Weight)
150g Mixed Green Vegetables - Non Starch
1 tsp Olive Oil
180g Beef Lean Mince (Uncooked Weight)

1. Use a ratio of 1 rice to 2 water. Add water to a pot and place over medium heat.
2. When boiling, add rice and allow it to come to a gentle simmer.
3. Cover the saucepan and reduce heat to low. Allow to simmer until rice is tender and water is evaporated (15 minutes).
4. Meanwhile, in a frying pan, over medium heat, add oil and beef mince (optional: garlic, ginger and herbs). Cook until brown, breaking apart mince while it cooks.
5. Add vegetables to pan and cook until tender.
6. Top the rice with beef/vegetable mix.

DINNER

TUNA, RICE AND SALAD (DF, GF)

 10 MINS

Ingredients:

200g Tuna (Canned in Water, Drained)
150g Brown Rice (Cooked Weight) / 65g Brown Rice (Uncooked Weight)
3 cups Green Salad (1 Cup = 77.5g)

1. Use a ratio of 1 rice to 2 water. Add water to a pot and place over medium heat.
2. When boiling, add rice and allow it to come to a gentle simmer.
3. Cover the saucepan and reduce heat to low. Allow to simmer until rice is tender and water is evaporated (15 minutes)
4. Meanwhile, prep salad to your preference and open and drain tuna.
5. Serve cooked rice topped with tuna and salad.

Day 4

131g
Proteins

91g
Fats

175g
Carbs

2026
Calories

BREAKFAST

PROTEIN BREAKFAST OATS (DF, VF)

 5 MINS


Ingredients:

85g Raw Oats
30g Protein Powder
4 Prunes
15g Linseeds (Flaxseeds)

1. In a small pot, heat oats, with water, using a ratio of 1 oats to 2 water.
2. Bring to a boil, then reduce to simmer and cook, stirring occasionally, until water is absorbed and oats are tender.
3. Note: if water is absorbed and oats are not tender, add additional water while cooking.
4. Remove from heat and pour cooked oats into a bowl.
5. Mix well with protein powder and top with chopped prunes and linseeds.

SNACK

RICE CAKE, NUT BUTTER & EGG (DF, GF)

 12 MINS

Ingredients:

1/2 tbsp Almond Butter
1 Rice Cake (Thin)
1 Large Egg

LUNCH

1. Place egg in pot with cool water.
2. Bring water to the boil over high heat.
3. When water is boiling set a timer and remove from heat after either 4 minutes (soft boiled), 6 minutes (medium boiled) or 9 minutes (hard boiled).
4. Remove shell from egg.
5. Spread nut butter on rice cakes.

BEEF, RICE AND PEANUTS (DF, GF)

 20 MINS

Ingredients:

- 100g Brown Rice (Cooked Weight) / 45g Brown Rice (Uncooked Weight)
- 3 Cups Green Salad (1 Cup = 77.5g)
- 1/2 tsp Olive Oil
- 15g Peanuts (Dry Roasted, Unsalted)
- 150g Lean Beef (Uncooked Weight)

1. Use a ratio of 1 rice to 2 water. Add water to a pot and place over medium heat.
2. When boiling, add rice and allow it to come to a gentle simmer.
3. Cover the saucepan and reduce heat to low. Allow to simmer until rice is tender and water is evaporated (15 minutes).
4. Meanwhile, in a frying pan, over medium heat, add oil and beef (optional: coat with garlic, ginger and herbs). Cook to your preference (2 minutes either side - medium)
5. Prep salad to your preference.
6. Top the rice with beef and the salad on the side. Sprinkle peanuts over top.

DINNER

QUICK CHICKEN AND QUINOA (DF, GF)

 20 MINS

Ingredients:

- 120g Skinless Chicken Breast (Uncooked)
- 200g Mixed Green Vegetables - Non Starch
- 20g Almonds, Raw
- 1 tsp Olive Oil
- 240g Quinoa (Cooked) or 75g Quinoa (Uncooked)

1. Use a ratio of 1 quinoa to 2 water. Add water to a pot and place over medium heat.
2. When boiling, add quinoa and allow it to come to a gentle simmer.
3. Cover the saucepan and reduce heat to low. Allow to simmer until quinoa is tender and water is evaporated (15 minutes).
4. Heat oil in a frying pan over medium heat and add diced chicken. Cook until white throughout (10 minutes), tossing occasionally to ensure well cooked.
5. Steam vegetables until tender, add to the same pan as the chicken and combine.
6. Add cooked quinoa to a bowl and top with chicken and vegetables.
7. Add almonds to the top and serve.

Day 5

159g
Proteins

79g
Fats

185g
Carbs

2077
Calories

BREAKFAST

EGGS AND AVO ON TOAST (DF)

 15 MINS

Ingredients:

- 3 Large Eggs
- 1 Pinch Salt and Pepper
- 3/4 Avocado (Medium Sized 160g)
- 4 Whole Wheat Bread (Sliced)

1. Cook eggs to your liking, either poached, fried or scrambled.
2. Meanwhile, remove skin from avocado and slice.
3. Toast bread, top with avocado and egg and season with salt and pepper.

SNACK

PEAR AND WALNUTS (DF, GF, VF)



5 MINS

Ingredients:
1 Pear (180g)
30g Walnuts

1. Enjoy pear alongside walnuts.

LUNCH

PORK STIRFRY (DF, GF)



10 MINS

Ingredients:
235g Pork (Uncooked Weight, Lean)
200g Mixed Green Vegetables - Non Starch
150g Brown Rice (Cooked Weight) / 65g Brown Rice (Uncooked Weight)
5 tsp Soy Sauce (Gluten Free)
2 tsp Olive Oil

1. Use a ratio of 1 rice to 2 water. Add water to a pot and place over medium heat.
2. When boiling, add rice and allow it to come to a gentle simmer.
3. Cover the saucepan and reduce heat to low. Allow to simmer until rice is tender and water is evaporated (15 minutes).
4. Meanwhile, in a frying pan, heat oil over medium heat. Add sliced pork and cook for around 10 minutes, or until pork is well cooked.
5. Add vegetables and soy sauce. Stir fry and combine all ingredients together.
6. Serve stirfry on cooked rice.

DINNER

FISH STIRFRY (DF, GF)



25 MINS

Ingredients:
200g White Fish (Uncooked Weight)
300g Mixed Green Vegetables - Non Starch
4 tsp Soy Sauce (Gluten Free)
195g Brown Rice (Cooked Weight) / 80g Brown Rice (Uncooked Weight)
1 tsp Olive Oil

1. Heat oil in a frying pan over medium heat. Add fish and cook until white throughout and flaky.
2. Remove fish from pan and set aside. Add vegetables (optional: herbs and minced garlic) and soy sauce to pan. Cook until vegetables are tender.
3. Meanwhile, cook rice using a ratio of 1 rice to 2 water. Add water to a pot and place over medium heat.
4. When boiling, add rice and allow it to come to a gentle simmer.
5. Cover the frying pan and reduce heat to low. Allow to simmer until rice is tender and water is evaporated (15 minutes).
6. Serve rice, topped with vegetables and fish.

Day 6

134g
Proteins

104g
Fats

180g
Carbs

2143
Calories

BREAKFAST

BAKED BEANS, EGGS AND BACON ON TOAST (DF)



15 MINS

Ingredients:
2 Large Eggs
200g Baked Beans (Canned)
2 Whole Wheat Bread (Sliced)
50g Bacon, Streaky, Rindless (Uncooked Weight)

1. Cook eggs to your liking (either fried, poached or scrambled).
2. Heat a frying pan over medium heat. Add bacon and cook until crispy.
3. Heat baked beans in the microwave or pan. Serve on bread either toasted or fresh.

SNACK**VEG STICKS, CREAM CHEESE & CASHEWS (GF)**

2 MINS

Ingredients:
 55g Carrots
 35g Cream Cheese (Regular Fat)
 35g Celery
 25g Cashew Nuts, Raw

1. Cut carrot and celery into sticks. Prepare cream cheese.
2. Dip vegetables into cream cheese.
3. Enjoy cashews alongside vege sticks.

LUNCH**BEEF, NOODLES AND PEANUTS (DF, GF)**

20 MINS

Ingredients:
 3 cup Green Salad (Cup = 77.5g)
 1/2 tsp Olive Oil
 15g Peanuts (Dry Roasted, Unsalted)
 150g Lean Beef (Uncooked Weight)
 150g Rice Noodles (Cooked)

1. Bring a pot of water to the boil. Add rice noodles and cook for 2-3 minutes until noodles are tender.
2. Meanwhile, in a frying pan, over medium heat, add oil and beef (optional: coat with garlic, ginger and herbs). Cook to your preference (2 minutes either side - medium).
3. Prep salad to your preference.
4. Top the rice noodles with beef and the salad on the side. Sprinkle peanuts over top.

DINNER**PEANUT CHICKEN STIR FRY (DF, GF)**

15 MINS

Ingredients:

25g Peanuts (Dry Roasted, Unsalted)	85g Chickpeas (Canned, Drained)
1 tsp Olive Oil	115g Brown Rice (Cooked Weight) /
165g Mixed Green Vegetables - Non Starch	50g Brown Rice (Uncooked Weight)
115g Skinless Chicken Breast (Uncooked)	1 Clove Minced Garlic

1. Use a ratio of 1 rice to 2 water. Add water to a pot and place over medium heat.
2. When boiling, add rice and allow it to come to a gentle simmer.
3. Cover the saucepan and reduce heat to low. Allow to simmer until rice is tender and water is evaporated (15 minutes).
4. Meanwhile, in a frying pan, heat oil over medium heat. Add diced chicken and garlic and cook for around 10 minutes, or until chicken is well cooked.
5. Add vegetables and chickpeas to fry pan and cook until tender.
6. Serve rice topped with chicken mixture and sprinkle peanuts on top.

Day 7

150g
Proteins

70g
Fats

217g
Carbs

2056
Calories

BREAKFAST**DATE AND MAPLE PRO-OATS**

5 MINS

Ingredients:

30g Protein Powder	15g Medjool Dates
70g Raw Oats	1 Pinch Cinnamon
235ml Full Cream Milk	1/2 tbsp Maple Syrup - 100% Pure

1. Add oats, milk, protein powder, chopped dates and maple syrup in a pot and cook over medium heat, adding additional water if required.
2. Once oats are cooked, and milk/water is absorbed remove from heat and pour into a bowl.
3. Top with cinnamon.

SNACK

RICE CAKES WITH HAM, CHEESE AND FRUIT (GF)



5 MINS

Ingredients:

50g Ham (Deli Shaved)
30g Cheddar Cheese (Regular Fat)
2 Rice Cakes (Thin)
1 Orange (130g)

1. Slice or grate cheese, to your preference.
2. Top rice cakes with ham and cheese.
3. Peel orange, or cut into quarters.
4. Enjoy orange alongside rice cakes.

LUNCH

WHITE FISH, BROWN RICE AND AVOCADO (DF, GF)



20 MINS

Ingredients:

150g White Fish (Uncooked Weight)
200g Brown Rice (Cooked Weight) / 80g Brown Rice (Uncooked Weight)
200g Mixed Green Vegetables - Non Starch
1/2 tsp Olive Oil
1/2 Avocado (Medium Sized 160g)

1. Use a ratio of 1 rice to 2 water. Add water to a pot and place over medium heat.
2. When boiling, add rice and allow it to come to a gentle simmer.
3. Cover the saucepan and reduce heat to low. Allow to simmer until rice is tender and water is evaporated (15 minutes).
4. Meanwhile, heat a frying pan with oil. Add fish and cook until white and flaky.
5. Cook the vegetables (steam or fry in pan until tender), peel and slice avocado.
6. Top the cooked rice with the fish, vegetables and sliced avocado.

DINNER

MINCE AND QUINOA (DF, GF)



20 MINS

Ingredients:

165g Beef Lean Mince (Uncooked Weight)
240g Mixed Green Vegetables - Non Starch
1 tsp Olive Oil
210g Quinoa (Cooked) / 65g Quinoa (Uncooked)
90g Onion (Chopped)

1. Heat a frypan with oil and add onion and beef. Cook until beef has browned, breaking apart as it cooks.
2. In a pot, add 2 parts water to 1 part quinoa and cook until water has evaporated and quinoa is tender.
3. Steam the vegetables until tender.
4. Top the cooked quinoa with the beef and vegetables.

DF = DAIRY FREE

GF = GLUTEN FREE

VF = VEGAN FRIENDLY