

The background of the image shows two clear plastic meal prep containers filled with food. The containers are filled with sliced, cooked chicken breast, fresh green beans, and broccoli florets. There are also some pecans scattered around the containers. The text is overlaid on this image.

TRANSFORM & THRIVE **MEAL PLAN**

**INCLUDES THE 4-4-12
EATING BLUEPRINT TO
INCREASE GLP-1 NATURALLY
AND AGE WELL**

Introduction

As we age, our bodies experience changes that can affect energy levels, hormone balance, and even how we process food.

Low glycemic (low GI) eating, combined with the 4-4-12 method, is an easy, sustainable way to support your body's needs and help you feel more energized, youthful, and balanced.

By focusing on foods that don't spike your blood sugar and using timed eating windows, you can naturally stabilize energy, reduce cravings, and support healthy weight management.

This guide is designed to show you how low GI eating and the 4-4-12 plan can become part of your everyday routine.

You'll find simple, delicious recipes and tips to help you feel your best, no matter your age.

Whether you're looking to boost energy, support hormone balance, or age gracefully, this ebook provides everything you need to succeed.



important tip

Consistency is key! The 4-4-12 plan and low GI foods help burn fat, balance blood sugar, and reduce cravings. Stick with it for better energy and health.



FOODS TO ENJOY

(LOW GLYCEMIC IMPACT)

Vegetables: Artichoke, Rocket, Asparagus, Avocados, Bamboo Shoot, Beets, Bok Choy, Broccoli, Brussels Sprouts, Cabbages, Carrots, Cauliflower, Celery, Chili Pepper, Collard Greens, Eggplant, Garlic, Ginger, Green Peas, Kale, Leeks, Mushrooms, Mustard greens, Olives, Onion, Peppers, Pickle, Radishes, Rhubarb, Romaine Lettuce, Spinach, Turnip.

Legumes: Black Beans, Garbanzo, Great Northern, Kidney, Lima, Navy, and Pinto Beans, Lentils

Fruits: Apple, Apricots, Blackberries, Blueberries, Cherries, Coconut, Figs, Grapes, Grapefruit, Kiwis, Lemon, Nectarines, Oranges, Passion Fruit, Peaches, Pears, Plums, Pomegranate, Raspberries, Strawberries, Tomatoes

Nuts and Seeds: Almonds, Cashews, Chia, Flax, Hazelnuts, Peanuts, Pecans, Pine Nuts, Pistachios, Sesame Seeds, Sunflower Seeds, Walnuts

Meats: 95% Lean Ground Beef, Chicken Breast, Crab, Duck, Eye of Round, Flank Steak, Halibut, Ham, Herring, Lobster, Mackerel, Pork, Salmon, Sardines, Shrimp, Sirloin, Tender Loin, Tilapia, Tuna, Turkey Bacon, Turkey Breast, Whole Eggs, Veal

Soy Products: Tempeh, Tofu, TVP

Cheese: American, Blue, Brie, Cheddar, Feta, Monterey Jack, Mozzarella, Parmesan, Provolone, Swiss

Dairy: Cottage Cheese, Milk, Plain Greek Yogurt (no added sugar)

Grains: Bran, Quinoa, Wheat Germ, Wild Rice

All Herbs: Basil, Cinnamon, Herbal Teas, Oregano, Parsley, Shallot, Vanilla etc.

Condiments: Guacamole, Lemon Juice, Mustard, Salsa, Spices, Vinegar, Walden Farms

FOODS TO EAT IN MODERATION

***(MEDIUM GLYCEMIC IMPACT)**

Vegetables: Beets (cooked), Pumpkin, Squash, Sweet Corn, Sweet Potatoes, Water Chestnuts

Fruits: Bananas (ripe), Mango, Melons (Honeydew, Cantaloupe, etc.) Papaya, Pineapple

Nuts and Seeds: Chestnuts

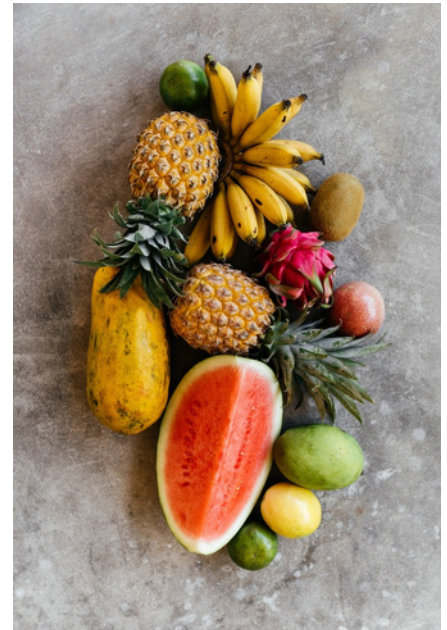
Meats: 80% Lean Ground Beef, Chicken Thigh, Pork Ribs, T-bone steak

Grains: Bulgur Wheat, Brown Rice, Millet, Oatmeal (steel cut or rolled oats), Barley, Couscous, Polenta, Red Rice, Rye Bread, Whole Wheat Pasta, Sushi

Rice, Vermicelli Noodles (rice), Whole Grain Bread

Condiments: Soy Sauce

Wine: Red Wine (No more than 3 servings per week)



FOODS TO AVOID (HIGH GLYCEMIC IMPACT)

Vegetables: Rutabaga, Turnip (cooked), All other Potatoes

Fruits: Dried Fruit, Watermelon

Meats: Bologna, Breaded Fish/chicken, Fried Meats, Pork Bacon, Sausage

Dairy: All other yogurts, Creamers

Grains: All other rice, Bagel, Biscuit, Cereals, Gnocchi, Granola, Instant Oatmeal, Potato Bread, White Bread, White Pasta

Processed Foods: Beer, Cakes, Candy Bars, Commercially-baked pastries, Condiments Containing Added Sugar, Cookies, Crackers, Doughnuts, French Fries, Fruit Juices, High Fructose Corn Syrup, Hydrogenated and Partially Hydrogenated Oils, Ice Cream, Lard, Margarine, Microwavable/Prepackaged Meals, Muffins, Packaged Snack Foods, Popcorn, Potato Chips, Rice Cakes, Soda Pop, Tapioca, White and Brown Sugar

Condiments: Agave, BBQ Sauce, Honey, Ketchup, Ranch Dressing

Wine/Alcohol: All other alcoholic beverages



The 4-4-12 Method

The 4-4-12 method is an eating schedule that promotes blood sugar stability and fat metabolism. It involves:



4 *hours between breakfast and lunch*

4 *hours between lunch and dinner*

12 *hours between dinner and breakfast (overnight fast)*

This structure encourages your body to switch into fat-burning mode and supports overall metabolic health. It can help reduce cravings and avoid the constant snacking that can lead to blood sugar spikes.

No snacks are allowed between meals, which is ideal for helping your body stabilize insulin levels and burn stored fat.

Aging Gracefully with Low GI Eating & 4-4-12

As we age, the combination of low glycemic eating and the 4-4-12 method provides key benefits for your health and well-being:



- **Boosts Energy:** Low GI foods release energy slowly, keeping your blood sugar stable and giving you sustained energy throughout the day, reducing fatigue and crashes.
- **Supports Skin Health:** By keeping blood sugar levels lower, you reduce inflammation and protect collagen, which helps minimize wrinkles and maintain a youthful glow.
- **Balances Hormones:** Stable blood sugar helps regulate insulin and other hormones that can become more unpredictable with age, promoting overall hormonal balance.
- **Encourages Fat Burning:** The 12-hour overnight fast shifts your body from burning carbohydrates to burning stored fat, aiding in healthy weight management and metabolism.
- **Reduces Cravings:** Following the 4-4-12 structure helps eliminate the need for snacking, reduces cravings, and keeps energy levels more consistent, making it easier to maintain a balanced diet.

By embracing these two approaches, you can feel more energetic, balanced, and in control of your health as you age.

Key Tips for a Successful Low GI Lifestyle with 4-4-12

- 1. *Plan Your Meals:*** Since snacking is not part of the plan, make sure each meal is satisfying and balanced with protein, healthy fats, and fiber (20-25gr/day) to keep you full.
- 2. *Prioritise Protein:*** Include protein in every meal to slow digestion, keep you full longer, and stabilize your blood sugar. Ideally, minimum 100gm per day
- 3. *Stay Hydrated:*** Drink water, herbal teas, or black coffee between meals to stay hydrated without affecting blood sugar levels.
- 4. *Listen to Your Body:*** Ensure your meals are substantial enough to avoid feeling overly hungry between meals, while still following the 4-4-12 structure.



GI Eating Guide

LOW GI: 55 OR LESS

MID GI: 56 TO 69

HIGH GI: 70 AND ABOVE

Load Up

These foods cause a slow, gradual rise in blood sugar levels.

Vegetables:

Broccoli, spinach, kale
Cauliflower, carrots,
green beans
Peppers, zucchini

Fruits:

Apples, pears, oranges
Berries (strawberries,
blueberries, blackberries)
Cherries, grapefruit,
plums

Legumes:

Lentils, chickpeas
Kidney beans, black
beans, navy beans
Soybeans

Whole Grains:

Steel-cut oats, rolled oats
Quinoa, barley, bulgur
Whole wheat pasta, rye
bread

Dairy:

Milk (whole, skim), yogurt
(unsweetened)
Cheese
Nuts and Seeds:
Almonds, walnuts,
cashews
Chia seeds, flaxseeds

**Proteins (low or no carbs,
hence no GI):**

Chicken, fish, eggs
Tofu, tempeh

Limit

These foods cause a moderate increase in blood sugar levels.

Vegetables:

Sweet potatoes,
yams Beets

Fruits:

Pineapple, mango,
papaya Ripe bananas
Raisins, figs

Grains:

Basmati rice, brown
rice, Couscous,
whole wheat bread
Oatmeal (quick oats)

Dairy:

Ice cream (low-fat
or unsweetened
varieties) Flavored
yogurt

Snacks:

Popcorn
(unsalted,
unbuttered)
Rice cakes

Avoid

These foods cause a rapid spike in blood sugar levels.

Processed Grains and Baked Goods:

White bread, bagels,
White rice, jasmine rice,
Pretzels, rice crackers

Sugary and Processed Foods:

Cakes, pastries, cookies
Candy, chocolates, sugary
cereals

Fruits:

Watermelon
Ripe melons (cantaloupe,
honeydew)
Dates

Starchy Vegetables:

Potatoes (russet, mashed,
instant)
French fries
Pumpkin

Snacks:

Cornflakes, puffed rice
cereal
Chips
Beverages:
Sugary soft drinks
Fruit juices without fiber

Additional

GI Guide

Resources

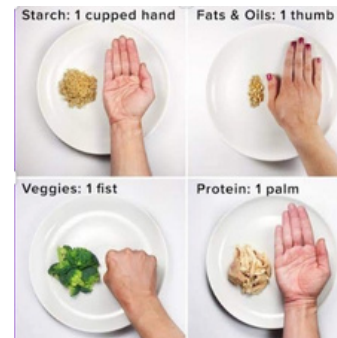
Click to Access

Your Balanced Meal Plan

This meal plan is designed to help you balance blood sugar, boost energy levels, and feel your best using a simple, flexible approach. By combining low-GI foods with the 4-4-12 fasting method, you'll give your body the fuel it needs while promoting steady blood sugar levels and healthy digestion.

How It Works

- **Low-GI Foods:** The foundation of this plan is eating low-GI (glycemic index) foods, which release energy slowly, keeping you fuller for longer and minimising blood sugar spikes.
- **4-4-12 Fasting Method:** This method includes 4-hour gaps between meals and a 12-hour overnight fast. It's easy to follow and works with your natural rhythms to give your digestive system a reset.
- **Portion Control Made Simple:** No complicated calorie counting here! Use the following guidelines to balance your meals:
 - Protein: A palm-sized portion
 - Carbs: A fist-sized portion
 - Fats: A thumb-sized portion



Flexibility to Fit Your Lifestyle

This plan offers two easy options:

1. **Build Your Own Meals:** Use the provided food table to create your perfect plate. You have full control over your choices, portion sizes, and combinations.
2. **Follow Pre-Made Recipes:** Prefer a no-fuss approach? We've included delicious meals and recipes with macro breakdowns to make planning a breeze.

Unrestricted Foods

Feel free to enjoy unrestricted foods like leafy greens, non-starchy vegetables, and herbs during your fasting windows. These can keep you satisfied without disrupting the balance of your plan.

The Goal

Whether you choose to build meals or follow recipes, this plan is here to guide you toward balanced, nutrient-rich eating that fits into your day seamlessly. Stick to the guidelines, listen to your hunger cues, and don't forget to hydrate throughout the day.

Healthy Weekly Meal Plan Week 1



DAY	BREAKFAST	LUNCH	DINNER
Monday	Smashed avocado, eggs on sourdough	Grilled Chicken & Fresh Veggie Salad	Chicken and Zoodle Stir-Fry
Tuesday	Fiber Overnight Oats	Turkey Meatballs with Zoodles	Baked Salmon with Asparagus
Wednesday	Mum's Berry Greek Yoghurt	Stuffed Chicken Pocket	Turkey Zucchini Lasagna
Thursday	Protein Smoothie	Grilled Turkey Avocado Burgers	Turkey and Veggie Chili
Friday	Mum's Berry Greek Yoghurt	Low-Carb Chicken Caesar Salad	Quinoa-Stuffed Bell Peppers
Saturday	Cottage Cheese & Garden Tomato Medley	Prawn and Avocado Salad	Reset Meal
Sunday	Vegetable Frittata	Tuna Salad Wrap	Beef and Veggie Stir-Fry

Healthy Weekly Meal Plan Week 2



DAY	BREAKFAST	LUNCH	DINNER
Monday	Cottage Cheese & Garden Tomato Medley	Turkey Meatballs with Zoodles	Turkey Zucchini Lasagna
Tuesday	Protein Smoothie	Tuna Salad Wrap	Prawn Stir-Fry with Cauliflower Rice
Wednesday	Country-Style Avocado & Smoked Salmon Toast	Chicken Caesar Lettuce Wraps	Quinoa and Lentil Salad
Thursday	Protein Smoothie	Grilled Chicken with Quinoa Salad	Greek Chicken Skewers
Friday	Cauliflower Breakfast Rice	Grilled Chicken & Fresh Veggie Salad	Low-Carb Chicken Caesar Salad
Saturday	Protein Scrambled Eggs	Tuna Salad Lettuce Wraps	Chicken and Zoodle Stir-Fry
Sunday	Vegetable Frittata	Tuna Salad Wrap	Reset Meal

Healthy Weekly Meal Plan Week 3



DAY	BREAKFAST	LUNCH	DINNER
Monday	Smashed avocado, eggs on sourdough	Quinoa and Lentil Salad	Chicken Zoodle Stir-Fry
Tuesday	Protein Smoothie	Chicken Caesar Lettuce Wraps	Baked Salmon with Asparagus
Wednesday	Mum's Berry Greek Yoghurt	Grilled Chicken & Fresh Veggie Salad	Quinoa-Stuffed Bell Peppers
Thursday	Protein Smoothie	Chicken Zoodle Stir-Fry	Turkey Zucchini Lasagna
Friday	Farmer's Market Veggie Scramble	Prawn and Avocado Salad	Turkey and Veggie Chili
Saturday	Protein Scrambled Eggs	Tuna Salad Wrap	Reset Meal
Sunday	Home-Style Veggie Omelette	Grilled Chicken & Fresh Veggie Salad	Chicken and Broccoli Stir-Fry

Healthy Weekly Meal Plan Week 4



DAY	BREAKFAST	LUNCH	DINNER
Monday	Smashed avocado, eggs on sourdough	Tuna Salad Lettuce Wraps	Quinoa and Lentil Salad
Tuesday	Protein Smoothie	Chicken Zoodle Stir-Fry	Low-Carb Chicken Caesar Salad
Wednesday	Breakfast Wrap	Chicken and Broccoli Stir-Fry	Prawn Stir-Fry with Cauliflower Rice
Thursday	Country-Style Avocado & Smoked Salmon Toast	Grilled Chicken & Fresh Veggie Salad	Greek Chicken Skewers
Friday	Cauliflower Breakfast Rice	Grilled Chicken with Quinoa Salad	Stuffed Chicken Pocket
Saturday	Protein Scrambled Eggs	Grilled Turkey Avocado Burgers	Beef and Veggie Stir-Fry
Sunday	Home-Style Veggie Omelette	Turkey Meatballs with Zoodles	Reset Meal



Breakfast

Mum's Berry Greek Yogurt

Servings: 1 | Serving Size: 1 bowl

Ingredients:

- $\frac{3}{4}$ cup plain Greek yogurt (non-fat or low-fat) $\frac{1}{2}$
- cup mixed berries (blueberries, strawberries, raspberries) 1 tablespoon
- 1 tablespoon chia seeds 1 tablespoon sliced
- almonds (optional)



Instructions:

- In a bowl, mix the Greek yogurt.
 - Top with the berries, chia seeds, and almonds (if using).
- Serve immediately.

Nutrition (per serving):

Calories: 280

Carbohydrates: 28g

Protein: 24g

Sugar: 13g (mostly from berries)

Fiber: 9g

Fat: 8g



Chocolate Protein Smoothie

Servings: 1 | Serving Size: 1 smoothie

INGREDIENTS

- 1 scoop (30 g) Power boost protein powder
- 1 cup (2500 mL) unsweetened almond milk (or low-fat milk for extra creaminess)
- 1/2 small frozen banana (adds creaminess and natural sweetness)
- 2 tsp natural peanut butter or almond butter (optional for healthy fats)
- 2 tsp unsweetened cocoa powder
- 1/2 tsp cinnamon (optional for blood sugar balance)
- 1\2 cup ice cubes



INSTRUCTIONS

Add all ingredients into a blender and blend until smooth and creamy.

Nutrition (per serving):

Calories: 272

Carbohydrates: 20g

Protein: 30g

Sugar: 7g

Fiber: 6g

Fat: 9g



Cottage Cheese & Garden Tomato Medley

Servings: 1 | Serving Size: 1 bowl

Ingredients:

- 1 cup low-fat cottage cheese ½ cup cherry
- tomatoes, halved 1
- teaspoon olive oil
- Freshly ground black
- pepper, to taste Whole-
- grain crackers
- (optional)



Instructions:

- In a bowl, add the cottage cheese and top with cherry tomatoes.
- Drizzle with olive oil and season with freshly ground pepper.
- Serve with whole-grain crackers, if desired.

Nutrition (per serving):

Calories: 210

Carbohydrates: 8g

Protein: 24g

Sugar: 5g

Fiber: 2g

Fat: 8g



Smashed avocado, eggs on sourdough

Servings: 1 | Serving Size: 1 plate

Ingredients:

- 1 slice of Sourdough toast
- ½ avocado, mashed
- 2 eggs (poached or fried)
- Pinch of everything bagel seasoning or salt and pepper

Instructions:

- Toast the bread until golden brown.
- Mash the avocado and spread it on the toast.
- Cook the eggs to your preference (poached or fried).
- Place the eggs on top of the avocado toast and sprinkle with seasoning.

Nutrition (per serving):

Calories: 210

Carbohydrates: 27g

Protein: 17g

Sugar: 1g

Fiber: 6g

Fat: 21g



Protein Scrambled Eggs

Servings: 2 | Serving Size: 2 pancakes

INGREDIENTS

- 3 eggs
- 1 tbsp cottage cheese
- salt & black pepper
Optional to add any herb or spice you enjoy for added flavour
- 1/2 Avocado
- 1/2 cup wilted spinach

INSTRUCTIONS

- Crack eggs into a bowl, add cottage cheese, herbs and seasoning and mix well.
- Pre-heat a fry pan and add egg mixture.
- Scramble until just done for 2-3 minutes. Serve with wilted spinach and avocado.



Nutrition (per serving):

Calories: 280

Carbohydrates: 28g

Protein: 24g

Sugar: 2g

Fiber: 5g

Fat: 25g

Country-Style Avocado & Smoked Salmon Toast

Servings: 1 | Serving Size: 1 toast

Ingredients:

- 1 slice whole-grain bread
- ½ ripe avocado
- 55g smoked salmon
- Fresh lemon juice
- Fresh dill, for garnish
- Salt and pepper, to taste

Instructions:

- Toast the whole-grain bread.
- Mash the avocado and spread it on the toast.
- Layer the smoked salmon on top of the avocado.
- Drizzle with lemon juice and season with salt, pepper, and fresh dill.
- Serve immediately.

Nutrition (per serving):

Calories: 320

Carbohydrates: 20g

Protein: 18g

Sugar: 2g

Fiber: 8g

Fat: 22g



Overnight Oats

Servings: 1 | Serving Size: 1 jar

Ingredients:

- ½ cup rolled oats
- 1 (22g) tablespoon Power Boost
- ½ cup unsweetened almond milk
- 1/2 cup high protein Greek yogurt
- 3 teaspoon chia seeds
- ½ teaspoon vanilla extract
- 2 tablespoon unsweetened coco powder
- Fresh berries for topping

Instructions:

- In a jar, mix oats, power boost, almond milk, Greek yogurt, chia seeds, vanilla extract, and coco powder
- Stir well to combine and refrigerate overnight. In the morning, top with fresh berries and enjoy.

Nutrition (per serving):

Calories: 260

Carbohydrates: 24g

Protein: 45g

Sugar: 6g

Fiber: 15g

Fat: 21g



Frittata

Servings: 2 | Serving Size: 1 bowl

Ingredients:

- 4 large eggs (or 2 whole eggs + 4 egg whites for lower calories)
- 1/2 cup (120 mL) low-fat milk (or unsweetened almond milk)
- 1/2 cup (50 g) diced zucchini
- 1/2 cup (50 g) baby spinach leaves, chopped
- 1/4 cup (40 g) diced red capsicum
- 1/4 cup (30 g) crumbled reduced-fat feta cheese (optional for added flavour)
- 1/2 cup (80 g) cooked chicken breast, shredded
- 1/4 tsp garlic powder
- Salt and pepper to taste
- Olive oil spray



Instructions:

- Preheat your oven to 180°C (350°F). Lightly grease a small baking dish or muffin tin with olive oil spray.
- Chop the zucchini, red capsicum, and spinach.
- If using cooked chicken, shred it into small pieces. In a medium bowl, whisk the eggs and milk together until smooth. Add garlic powder, salt, and pepper.
- Stir in the zucchini, red capsicum, spinach, chicken, and feta cheese (if using) into the egg mixture.
- Pour the mixture into the prepared baking dish or muffin tin. Bake for 20–25 minutes, or until the frittata is firm and golden on top. If using a muffin tin, check for doneness around 18 minutes.
- Let the frittata cool before slicing or removing from the tin. Store in an airtight container in the fridge for up to 3–4 days.

Nutrition (per serving):
Calories: 220 (with whole eggs and chicken)
Protein: 25 g
Fat: 9 g
Carbohydrates: 5 g
Fiber: 2 g

Farmer's Market Veggie Scramble

Servings: 2 | Serving Size: 1 bowl

Ingredients:

- 6 egg whites
- 1 tablespoon olive oil
- 1 cup spinach
- ½ cup diced bell peppers
- ½ cup diced onions
- Salt and pepper, to taste
- ¼ cup feta cheese (optional)

Instructions:

- Heat olive oil in a non-stick pan over medium heat.
- Add bell peppers and onions, and sauté until softened (about 3-4 minutes).
- Add spinach and cook until wilted.
- Pour egg whites into the pan and scramble until cooked through, stirring frequently.
- Season with salt and pepper. Top with feta cheese if desired, and serve immediately.

Nutrition (per serving):

Calories: 170

Carbohydrates: 6g

Protein: 22g

Sugar: 3g

Fiber: 3g

Fat: 8g



Breakfast Wrap

Servings: 1 | Serving Size: 1 wrap

INGREDIENTS

- 1 whole-grain tortilla
- 2 eggs, scrambled
- ¼ avocado, sliced
- ¼ cup sautéed spinach 1 tbsp feta cheese

Instructions:

- Scramble the eggs and cook them in a pan.
- Lay the tortilla flat and layer with eggs, sautéed spinach, avocado slices, and feta.
- Roll it up and enjoy.

Nutrition (per serving):

Calories: 326

Carbohydrates: 26g

Protein: 20g

Sugar: 2g

Fiber: 6g

Fat: 21g



Home-Style Veggie Omelette

Servings: 1 | Serving Size: 1 omelette

Ingredients:

- 2 eggs
- ¼ cup diced capsicum
- ¼ cup spinach, chopped
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions:

- Beat eggs in a bowl and season with salt and pepper.
- Heat olive oil in a pan and sauté capsicum and spinach for 2-3 minutes.
- Pour eggs over the veggies and cook until set, folding the omelette in half.
- Serve hot.

Nutrition (per serving):

Calories: 220

Carbohydrates: 4g

Protein: 12g

Sugar: 2g

Fiber: 2g

Fat: 18g



Cauliflower Breakfast Rice

Servings: 2 | Serving Size: 1 bowl

Ingredients:

- 2 cups cauliflower rice
- 2 eggs, beaten
- ½ cup peas and carrots (frozen)
- 1 tablespoon soy sauce (or tamari for gluten-free)
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 tablespoon green onions, chopped (optional)



Instructions:

- Heat olive oil in a pan over medium heat. Add garlic and cook for 1 minute.
- Add cauliflower rice, peas, and carrots, and stir-fry for 3-4 minutes.
- Push the vegetables to one side of the pan, pour the beaten eggs on the other side, and scramble them until cooked.
- Mix everything together, add soy sauce, and stir well.
- Garnish with green onions and serve hot.

Nutrition (per serving):

Calories: 180

Carbohydrates: 10g

Protein: 12g

Sugar: 4g

Fiber: 5g

Fat: 10g



Lunch & Dinner

Grilled Chicken & Fresh Veggie Salad

Servings: 1 | Serving Size: 1 plate

Ingredients:

- 1 grilled chicken breast, sliced
- 2 cups mixed greens (e.g., spinach, arugula, romaine)
- ½ capsicum, sliced
- ½ cucumber, sliced
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- Salt, to taste
- Black pepper, to taste



Instructions:

- Arrange mixed greens on a plate, then top with sliced bell peppers and cucumbers.
- Slice the grilled chicken breast and place it on top of the salad.
- Drizzle with olive oil and balsamic vinegar.
- Season with salt and black pepper to taste.
- Toss lightly or serve as is for a fresh, nutritious meal.

Nutrition (per serving):

Calories: 310

Carbohydrates: 8g

Protein: 30g

Sugar: 4g

Fiber: 3g

Fat: 18g

Chicken Zoodle Stir-Fry

Servings: 2 | Serving Size: 1 plate

Ingredients:

- 2 boneless, skinless chicken breasts, sliced
- 2 medium zucchinis, spiralled into noodles
- 2 tablespoons olive oil
- 1 tablespoon soy sauce (or tamari for gluten-free)
- 2 cloves garlic, minced
- 1 teaspoon chili flakes (optional)



Instructions:

- Heat 1 tablespoon of olive oil in a pan over medium heat. Cook the chicken until browned and cooked through.
- Remove the chicken from the pan and set aside.
- In the same pan, add the remaining olive oil and garlic. Sauté for 1-2 minutes until fragrant.
- Add the zoodles and stir-fry for 3-4 minutes.
- Return the chicken to the pan, add soy sauce, and chili flakes (if using). Toss to combine.
- Serve hot.

Nutrition (per serving):

Calories: 320

Carbohydrates: 10g

Protein: 38g

Sugar: 6g

Fiber: 3g

Fat: 12g

Tuna Salad Lettuce Wraps

Servings: 2 | Serving Size: 2 wraps

Ingredients:

- 1 can (14 oz) tuna in water, drained
- ¼ cup Greek yogurt
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice
- 1 celery stalk, diced Salt and
- pepper to taste
- 4 large lettuce leaves (butter or Romaine)



Instructions:

- In a bowl, mix the tuna, Greek yogurt, Dijon mustard, lemon juice, diced celery, salt, and pepper until well combined.
- Spoon the tuna mixture onto the lettuce leaves and wrap them up.
- Serve immediately.

Nutrition (per serving):

Calories: 190

Carbohydrates: 4g

Protein: 27g

Sugar: 2g

Fiber: 2g

Fat: 7g



Quinoa and Lentil Salad

Servings: 4 | Serving Size: 1 bowl

Ingredients:

- 1 cup cooked quinoa
- 1 cup cooked lentils
- ½ cucumber, diced
- 1 cup cherry tomatoes, halved
- ¼ red onion, diced
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

Instructions:

- In a large bowl, combine cooked quinoa, lentils, cucumber, cherry tomatoes, and red onion.
- Drizzle with olive oil and lemon juice, then toss to combine.
- Season with salt and pepper.
- Serve immediately or refrigerate for later.

Nutrition (per serving):

Calories: 280

Carbohydrates: 35g

Protein: 10g

Sugar: 5g

Fiber: 9g

Fat: 10g



Low-Carb Chicken Caesar Salad

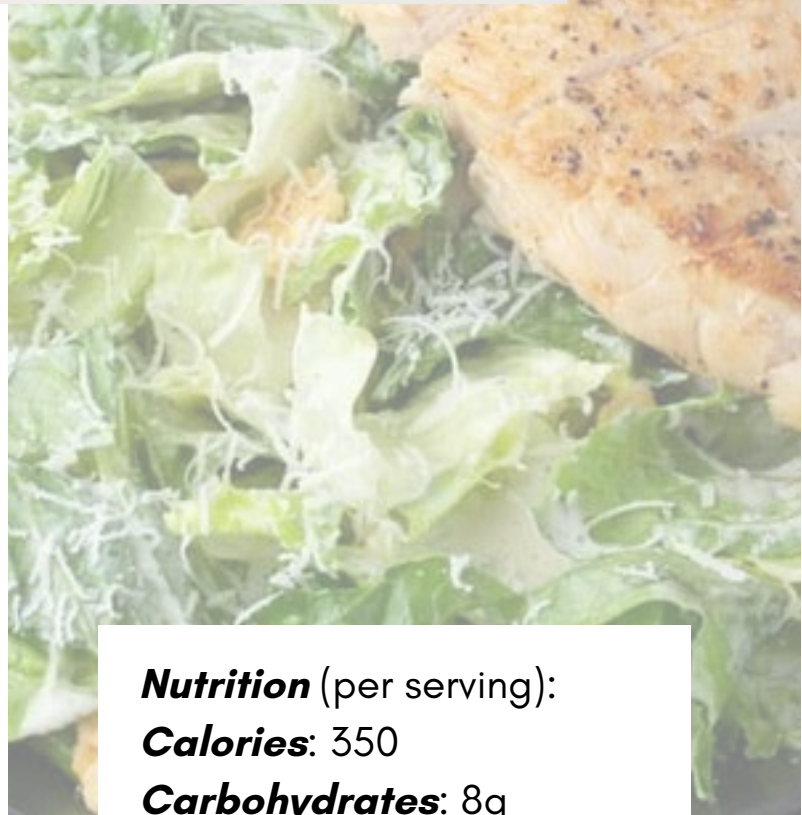
Servings: 2 | Serving Size: 1 bowl

Ingredients:

- 2 boneless, skinless chicken breasts
- 4 cups Romaine lettuce, chopped
- ¼ cup grated Parmesan cheese
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon anchovy paste (optional)
- Salt and pepper to taste

Instructions:

- Season the chicken breasts with salt and pepper, then grill or pan-sear until cooked through. Slice them into strips.
- In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, and anchovy paste (if using) to make the Caesar dressing.
- In a large bowl, toss Romaine lettuce with the dressing and Parmesan cheese.
- Top with sliced chicken and serve immediately.



Nutrition (per serving):

Calories: 350

Carbohydrates: 8g

Protein: 41g

Sugar: 3g

Fiber: 4g

Fat: 18g

Prawn Stir-Fry with Cauliflower Rice

Servings: 2 | Serving Size: 1 bowl

Ingredients:

- 220g shrimp, peeled and deveined
- 2 cups cauliflower rice
- 1 cup broccoli florets
- ½ red capsicum, sliced
- 2 tablespoons soy sauce (or tamari for gluten-free)
- 1 tablespoon olive oil
- 1 teaspoon sesame oil (optional)
- 1 clove garlic, minced



Instructions:

- Heat olive oil in a pan over medium heat. Add garlic and cook until fragrant.
- Add prawns and cook until pink and cooked through, about 3-4 minutes. Remove from the pan and set aside.
- In the same pan, stir-fry the broccoli and bell pepper for 4-5 minutes until tender.
- Add cauliflower rice and soy sauce to the pan, and cook for 2-3 minutes.
- Return the prawns to the pan and toss with sesame oil (if using).
- Serve hot.

Nutrition (per serving):

Calories: 260

Carbohydrates: 12g

Protein: 28g

Sugar: 5g

Fiber: 6g

Fat: 10g

Greek Chicken Skewers

Servings: 4 | Serving Size: 2 skewers

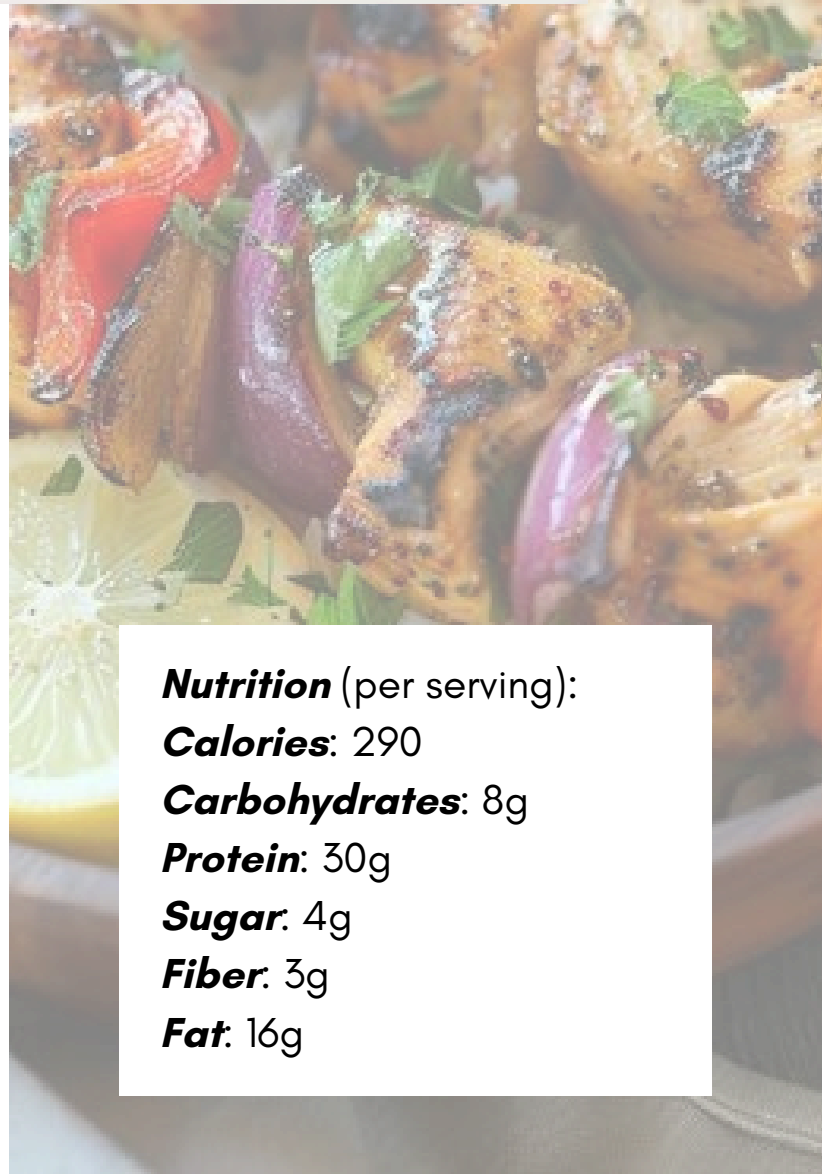
Ingredients:

- 450g boneless, skinless chicken thighs, cut into 1-inch cubes
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon dried oregano
- 2 cloves garlic, minced
- Salt and pepper to taste
- 1 red capsicum, cut into squares
- 1 red onion, cut into squares



Instructions:

- In a bowl, combine olive oil, lemon juice, oregano, garlic, salt, and pepper. Add chicken and marinate for 30 minutes.
- Preheat the grill or a grill pan over medium heat.
- Thread the marinated chicken, capsicum, and onions onto skewers.
- Grill the skewers for 10-12 minutes, turning occasionally, until chicken is cooked through.
- Serve with a side salad or quinoa.



Nutrition (per serving):

Calories: 290

Carbohydrates: 8g

Protein: 30g

Sugar: 4g

Fiber: 3g

Fat: 16g

Turkey Zucchini Lasagna

Servings: 4 | Serving Size: 1 square (about 6x6 inches)

Ingredients:

- 450g turkey mince
- 3 medium zucchinis, sliced lengthwise into thin strips
- 1 cup marinara sauce (no sugar added)
- 1 cup ricotta cheese
- 1 cup shredded mozzarella
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- Salt and pepper to taste

Instructions:

- Preheat oven to 375°F (190°C). In a pan, heat olive oil and sauté garlic. Add ground turkey and cook until browned.
- Stir in marinara sauce, salt, and pepper, and simmer for 5 minutes.
- In a baking dish, layer zucchini strips, turkey marinara sauce, and ricotta cheese. Repeat the layers and finish with shredded mozzarella on top.
- Bake for 25–30 minutes until bubbly and golden on top.
- Let it cool for a few minutes before slicing and serving.



Nutrition (per serving):

Calories: 380

Carbohydrates: 12g

Protein: 35g

Sugar: 6g

Fiber: 4g

Fat: 20g

Grilled Turkey Avocado Burgers

Servings: 4 | Serving Size: 1 burger

Ingredients:

- 450g turkey mince (lean)
- 1 egg
- ¼ cup almond flour
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 avocado, sliced
- 4 lettuce leaves (as a bun alternative)
- Salt and pepper, to taste

Instructions:

- In a bowl, mix the ground turkey, egg, almond flour, garlic powder, onion powder, salt, and pepper.
- Form the mixture into 4 patties.
- Grill or pan-fry the patties for 4-5 minutes on each side until fully cooked.
- Serve each patty on a lettuce leaf, topped with avocado slices.

Nutrition (per serving):

Calories: 310

Carbohydrates: 6g

Protein: 28g

Sugar: 1g

Fiber: 4g

Fat: 20g



Prawn and Avocado Salad

Servings: 2 | Serving Size: 1 salad

Ingredients:

- 220g prawns, peeled and deveined
- 1 avocado, diced
- 4 cups mixed greens
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- Salt and pepper to taste

Instructions:

- In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, salt, and pepper to make the dressing.
- In a large bowl, combine prawns, avocado, and mixed greens.
- Drizzle with the dressing and toss gently to combine.
- Serve immediately.

Nutrition (per serving):

Calories: 280

Carbohydrates: 10g

Protein: 26g

Sugar: 2g

Fiber: 6g

Fat: 18g



Chicken Caesar Lettuce Wraps

Servings: 2 | Serving Size: 2 wraps

Ingredients:

- 1 chicken breast (grilled, sliced)
- 4 large Romaine lettuce leaves
- 2 tablespoons Caesar dressing (low-fat)
- 1 tablespoon grated Parmesan cheese

Instructions:

- Place grilled chicken slices onto each lettuce leaf.
- Drizzle with Caesar dressing and sprinkle with Parmesan cheese.
- Roll the lettuce into wraps and serve.

Nutrition (per serving):

Calories: 280

Carbohydrates: 4g

Protein: 30g

Sugar: 1g

Fiber: 2g

Fat: 16g



Grilled Chicken with Quinoa Salad

Servings: 2 | Serving Size: 1 chicken breast with ½ cup quinoa salad

Ingredients:

- 2 boneless, skinless chicken breasts (170g each)
- 1 cup cooked quinoa
- ½ cup cherry tomatoes, halved
- ¼ cucumber, diced
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

Instructions:

- Season chicken breasts with salt and pepper, and grill or pan-sear until cooked through.
- In a bowl, mix quinoa, cherry tomatoes, cucumber, olive oil, lemon juice, salt, and pepper.
- Serve the grilled chicken alongside the quinoa salad.

Nutrition (per serving):

Calories: 350

Carbohydrates: 20g

Protein: 37g

Sugar: 4g

Fiber: 4g

Fat: 14g



Quinoa-Stuffed Bell Peppers

Servings: 4 | Serving Size: 1 stuffed bell pepper

Ingredients:

- 4 capsicums, tops cut off and seeds removed
- 1 cup cooked quinoa
- ½ cup black beans, drained
- ½ cup corn kernels
- 1 teaspoon cumin
- 1 tablespoon olive oil
- 1 cup shredded cheese (optional)

Instructions:

- Preheat the oven to 375°F (190°C).
- In a bowl, mix quinoa, black beans, corn, olive oil, and cumin.
- Stuff the mixture into the capsicums and top with cheese (optional).
- Place the peppers in a baking dish and bake for 20–25 minutes.
- Serve hot.

Nutrition (per serving):

Calories: 350

Carbohydrates: 20g

Protein: 37g

Sugar: 4g

Fiber: 4g

Fat: 14g



Beef and Veggie Stir-Fry

Servings: 2 | Serving Size: 1 bowl

Ingredients:

- 220g lean beef, thinly sliced
- 2 cups mixed vegetables (broccoli, carrots, bell peppers)
- 1 tablespoon soy sauce
- 1 tablespoon olive oil
- 1 clove garlic, minced

Instructions:

- Heat olive oil in a pan, add garlic and sauté for 1 minute.
- Add beef slices and stir-fry until browned.
- Add mixed vegetables and soy sauce, and cook until veggies are tender.
- Serve hot.

Nutrition (per serving):

Calories: 320

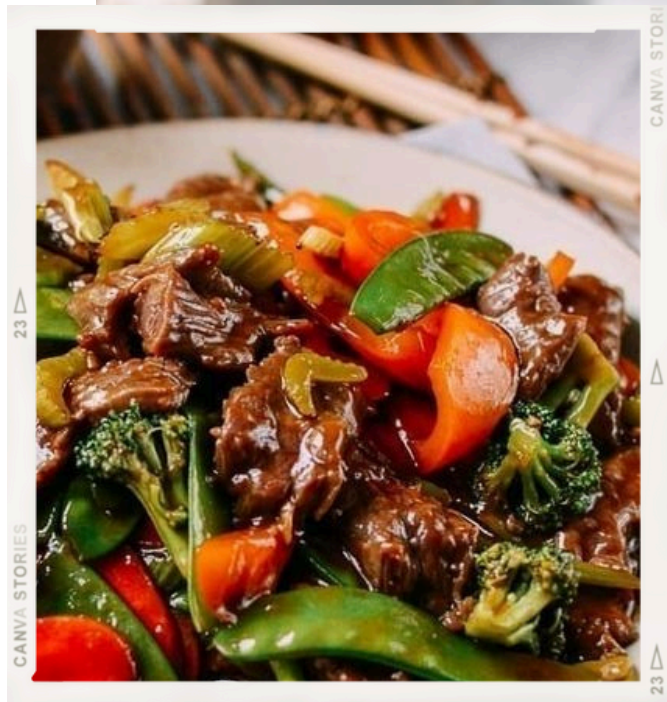
Carbohydrates: 10g

Protein: 32g

Sugar: 5g

Fiber: 4g

Fat: 16g



Chicken and Zoodle Stir-Fry

Servings: 2 | Serving Size: 1 bowl

Ingredients:

- 2 boneless, skinless chicken breasts, sliced
- 2 medium zucchinis, spiralized into noodles
- 2 tablespoons olive oil
- 1 tablespoon soy sauce (or tamari for gluten-free)
- 2 cloves garlic, minced
- 1 teaspoon chili flakes (optional)

Instructions:

- Heat 1 tablespoon of olive oil in a pan over medium heat. Cook the chicken until browned and cooked through.
- Remove the chicken from the pan and set aside.
- In the same pan, add the remaining olive oil and garlic. Sauté for 1-2 minutes until fragrant.
- Add the zoodles and stir-fry for 3-4 minutes.
- Return the chicken to the pan, add soy sauce, and chili flakes (if using). Toss to combine.
- Serve hot.



Nutrition (per serving):

Calories: 320

Carbohydrates: 10g

Protein: 38g

Sugar: 6g

Fiber: 3g

Fat: 12g

Baked Salmon with Asparagus

Servings: 2 | Serving Size: 1 fillet and ½ bunch of asparagus

Ingredients:

- 2 salmon fillets (about 170g each)
- 1 bunch asparagus, trimmed
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon garlic powder
- Salt and pepper, to taste
- Lemon wedges for serving (optional)



Instructions:

- Preheat the oven to 400°F (200°C).
- Line a baking sheet with parchment paper. Place salmon fillets and asparagus on the sheet.
- Drizzle with olive oil and lemon juice, and season with garlic powder, salt, and pepper.
- Bake for 12-15 minutes, or until the salmon flakes easily with a fork and the asparagus is tender.
- Serve with lemon wedges if desired.

Nutrition (per serving):

Calories: 380

Carbohydrates: 6g

Protein: 35g

Sugar: 3g

Fiber: 4g

Fat: 24g

Turkey Meatballs with Zoodles

Servings: 4 | Serving Size: 3 meatballs with zoodles

Ingredients:

- 500g ground turkey (lean)
- 1 egg
- ¼ cup almond flour
- 1 tablespoon Italian seasoning
- 2 zucchinis, spiralized into noodles
- 1 cup marinara sauce (no added sugar)
- 1 tablespoon olive oil
- Salt and pepper, to taste

Instructions:

- Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- In a large bowl, mix ground turkey, egg, almond flour, Italian seasoning, salt, and pepper. Form into small meatballs and place on the baking sheet.
- Bake the meatballs for 15-20 minutes or until fully cooked.
- While the meatballs are baking, heat olive oil in a pan and lightly sauté the zoodles for 3-4 minutes.
- Warm the marinara sauce in a small saucepan.
- Serve meatballs over zoodles and top with marinara sauce.



Nutrition (per serving):

Calories: 320

Carbohydrates: 12g

Protein: 32g

Sugar: 5g

Fiber: 4g

Fat: 18g

Turkey and Veggie Chili

Servings: 4 | Serving Size: 1 bowl

Ingredients:

- 500g ground turkey
- 1 can diced tomatoes (400g, no added sugar)
- 1 cup kidney beans, drained and rinsed
- 1 cap, diced
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions:

- Heat olive oil in a large pot over medium heat. Add onions, garlic, and capsicum and cook until softened.
- Add the ground turkey and cook until browned.
- Stir in diced tomatoes, kidney beans, chili powder, cumin, salt, and pepper.
- Bring to a simmer. Cover and cook for 20 minutes, stirring occasionally.
- Serve hot, and garnish with fresh herbs or cheese if desired.



Nutrition (per serving):

Calories: 330

Carbohydrates: 28g

Protein: 35g

Sugar: 7g

Fiber: 8g

Fat: 10g

Chicken and Broccoli Stir-Fry

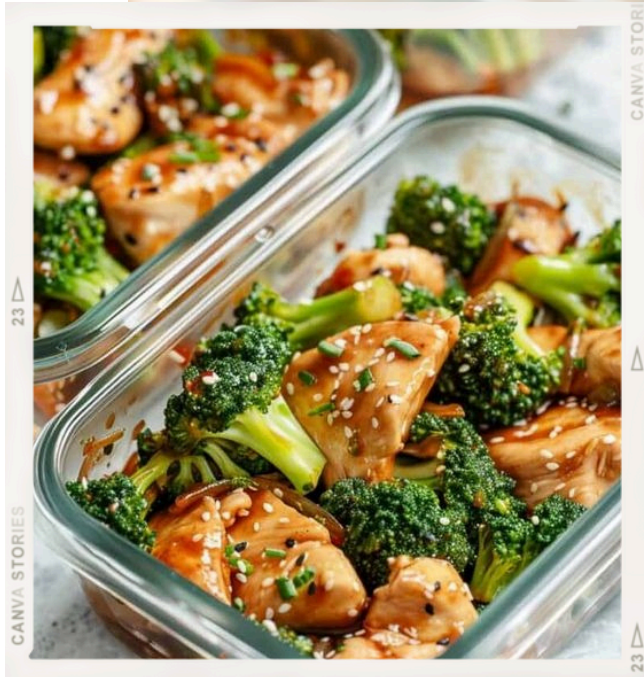
Servings: 2 | Serving Size: 1 bowl

Ingredients:

- 2 boneless, skinless chicken breasts (170g each)
- 2 cups broccoli florets
- 1 tablespoon olive oil
- 2 tablespoons low-sodium soy sauce (or tamari for gluten-free)
- 1 tablespoon rice vinegar
- 1 clove garlic, minced
- 1 teaspoon fresh ginger, grated
- 1 tablespoon sesame seeds (optional)

Instructions:

- Slice chicken breasts into thin strips.
- Heat olive oil in a pan over medium heat and cook chicken until browned and fully cooked. Remove from the pan and set aside.
- In the same pan, sauté garlic and ginger for 1 minute. Add broccoli and stir-fry for 3-4 minutes until tender.
- Add soy sauce and rice vinegar, and stir to coat. Return chicken to the pan and toss everything together.
- Sprinkle sesame seeds on top and serve immediately.



Nutrition (per serving):

Calories: 330

Carbohydrates: 8g

Protein: 38g

Sugar: 3g

Fiber: 5g

Fat: 14g

Stuffed Chicken Pocket

Servings: 2 | Serving Size: 1 pocket

Ingredients:

- 85g ground chicken
- 15g pesto
- 15g feta
- 15g chopped spinach
- 15g Sundried tomatoes
- 1 egg, beaten (for egg wash)
- 8g grated parmesan

Instructions:

1. Flatten the ground chicken into a circle on greased parchment paper.
2. Spread pesto in the center and layer with mozzarella, spinach, and diced tomatoes.
3. Fold the chicken carefully to create a pocket, sealing the edges firmly.
4. Brush the pocket with egg wash and sprinkle with grated parmesan.
5. Air fry at 200°C (400°F) for 10-12 minutes, or until golden and fully cooked.
6. Remove from the air fryer, let cool slightly, and enjoy with a side salad



Nutrition (per serving):

Calories: 290

Carbohydrates: 9g

Protein: 26g

Sugar: 4g

Fiber: 1g

Fat: 25g

Tuna Salad Wrap

Servings: 2 | Serving Size: 1 wrap

Ingredients:

- 1 can (185 g) tuna in spring water, drained
- 2 tbsp Greek yogurt (low-fat or full-fat) 1 tsp Dijon mustard
- 1 small celery stalk, finely chopped
- 1/4 red onion, finely diced
- 1 tbsp fresh parsley, chopped (optional) Salt and pepper to taste
- For the Wraps:
 - 2 large Mountain Bread wraps
 - 2 large lettuce leaves
 - 1 small carrot, grated
 - 1/4 cucumber, sliced thinly
 - A few slices of avocado (optional, 20 g per wrap for healthy fats)

Instructions:

- In a medium bowl, combine the drained tuna, Greek yogurt, Dijon mustard, celery, red onion, and parsley. Mix well and season with salt and pepper to taste.
- Lay the wraps flat on a clean surface. Place a lettuce leaf in the centre of each wrap. Spread half of the tuna salad mixture on top of the lettuce in each wrap. Add grated carrot, cucumber slices, and avocado (if using) on top of the tuna salad. Fold the sides of the wrap inward, then roll it tightly from the bottom to form a burrito-style wrap.
- Slice in half and serve immediately. If meal prepping, wrap tightly in parchment paper or foil and store in the refrigerator for up to 2 days.



Nutrition (per serving):

Calories: 250 (without avocado) - 300 (with avocado)

Protein: 30 g

Fat: 5 g (without avocado) / 10 g (with avocado)

Carbohydrates: 25 g (depending on wrap choice)

Fiber: 6 g