



Nourished Hormones

**PROTEIN
BOOST
MEAL PLAN**

WHOLE APPROACH NUTRITION

WELCOME



This meal plan has been carefully formulated for hormone balance support, with a focus on protein, blood sugar balance, gluten-free, and free from refined sugar to help you to feel energised, enjoy balanced moods, feel less bloated and more vibrant!

Jacqui Baihn

CLINICAL NUTRITIONIST (BHSC)



DISCLAIMER

The information provided in this Meal Plan is intended for your general information only and is not a substitute for medical advice or treatment for specific medical conditions. If you are concerned about your health, hormones or adrenal health, please see your Doctor.

This Meal Plan is not to be used to diagnose or treat any health problem or disease. You should seek prompt medical care for any specific health issues and consult your healthcare practitioner before altering your diet. Any supplementation should be approved by your Doctor or health care practitioner before use as you should never self-prescribe.

The information and recipes provided in this Meal Plan should not be used in place of a consultation with your Doctor or other health care provider. We do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your Doctor or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

While we use best endeavours to provide accurate and true content, we make no guarantees or promises regarding the accuracy, reliability or completeness of the information presented. Further the author does not guarantee that you will receive any particular outcome or benefit as a result of participating in this Meal Plan.

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PRODUCT SUGGESTIONS



Coconut yoghurt (low protein, high fat)

These are my top picks for a coconut yoghurt. Please note: coconut yoghurt is very low in protein and high in fat - particularly saturated fat. If you can't digest dairy, you could try coconut yoghurt and add a scoop of collagen powder to your yoghurt to bump up the protein.

- [Nakula Organic Yoghurt Natural Unsweetened](#)
- [Coyo Natural Organic Coconut Yoghurt](#)
- [Cocobella Natural Coconut Yoghurt](#)

Protein Powder

Collagen protein powders are easy for many to digest, they have a mild flavour and can bump up the protein at your meals.

- [ATP Science NoWay Collagen Protein Powder Chocolate](#)

Caesar Salad Dressing

Commercial Caesar salad dressings often have pro-inflammatory oils like vegetable oil or canola oil, or artificial ingredients and preservatives. I've listed below my top picks for Caesar salad dressings + a recipe to make your own if you wish!

- [Ozganics Caesar Dressing](#)
- [Caesar salad dressing recipe](#)



Protein Boost Meal Plan

JACQUI BAIHN



Protein Boost Meal Plan

WHOLE APPROACH NUTRITION

Welcome to the Protein Boost Meal Plan!

GROCERY LIST TIPS

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

SHOPPING TIPS

The grocery list is organised into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organised order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

LEFTOVERS

If meals on the plan appear to be grey or shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

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MON



BREAKFAST
Chocolate Protein Yoghurt with Raspberries



SNACK 1
Lemon Blueberry Muffins



LUNCH
Chicken Caesar Mason Jar Salad



SNACK 2
Rice Cakes with Almond Butter & Banana



DINNER
Slow Cooker Maple Mustard Chicken, Mashed Sweet Potatoes

TUE



BREAKFAST
Chocolate Protein Yoghurt with Raspberries



SNACK 1
Lemon Blueberry Muffins



LUNCH
Chicken Caesar Mason Jar Salad



SNACK 2
Rice Cakes with Almond Butter & Banana



DINNER
Ginger Beef Stir Fry, Cauliflower Rice

WED



BREAKFAST
Turkey Breakfast Scramble



SNACK 1
Lemon Blueberry Muffins



LUNCH
Slow Cooker Maple Mustard Chicken, Mashed Sweet Potatoes



SNACK 2
Chocolate Layered Chia Pudding



DINNER
Ginger Beef Stir Fry, Cauliflower Rice

THU



BREAKFAST
Turkey Breakfast Scramble



SNACK 1
Chocolate Layered Chia Pudding



LUNCH
Slow Cooker Maple Mustard Chicken, Mashed Sweet Potatoes



SNACK 2
Snow Peas & Almonds, Greek Yoghurt & Strawberries



DINNER
Spicy Lime Chicken Coleslaw Salad

FRI



BREAKFAST
Turkey Breakfast Scramble



SNACK 1
Chocolate Layered Chia Pudding



LUNCH
Spicy Lime Chicken Coleslaw Salad



SNACK 2
Snow Peas & Almonds



DINNER
One Pan Salmon, Green Beans & Smashed Potatoes

SAT



BREAKFAST
Sweet Potato Pancakes, Greek Yoghurt & Strawberries



SNACK 1
Raspberries



LUNCH
Spicy Lime Chicken Coleslaw Salad



SNACK 2
Rice Cakes with Almond Butter & Banana



DINNER
Slow Cooker Stuffed Peppers

SUN



BREAKFAST
Sweet Potato Pancakes, Greek Yoghurt & Strawberries



SNACK 1
Raspberries



LUNCH
Slow Cooker Stuffed Peppers



SNACK 2
Snow Peas & Almonds



DINNER
One Pan Salmon, Green Beans & Smashed Potatoes

MON

FAT 31% **CARBS 35%** **PROTEIN 34%**

Calories 1521 Fiber 26g
Fat 53g Sugar 52g
Carbs 133g Protein 133g

TUE

FAT 41% **CARBS 29%** **PROTEIN 30%**

Calories 1456 Fiber 23g
Fat 68g Sugar 46g
Carbs 108g Protein 115g

WED

FAT 46% **CARBS 24%** **PROTEIN 30%**

Calories 1740 Fiber 32g
Fat 90g Sugar 44g
Carbs 107g Protein 130g

THU

FAT 42% **CARBS 24%** **PROTEIN 34%**

Calories 1768 Fiber 31g
Fat 84g Sugar 43g
Carbs 105g Protein 151g

FRI

FAT 50% **CARBS 20%** **PROTEIN 30%**

Calories 1616 Fiber 26g
Fat 92g Sugar 24g
Carbs 83g Protein 121g

SAT

FAT 39% **CARBS 34%** **PROTEIN 27%**

Calories 1519 Fiber 32g
Fat 69g Sugar 60g
Carbs 134g Protein 105g

SUN

FAT 38% **CARBS 35%** **PROTEIN 27%**

Calories 1569 Fiber 32g
Fat 68g Sugar 57g
Carbs 140g Protein 109g

FRUITS

- 2 1/2 Banana
- 1 cup Blueberries
- 1 Lemon
- 3 tbsps Lime Juice
- 3 cups Raspberries
- 2 2/3 cups Strawberries

BREAKFAST

- 3 tbsps Almond Butter
- 1/3 cup Granola
- 1/2 cup Maple Syrup
- 3 Plain Rice Cake

SEEDS, NUTS & SPICES

- 3/4 cup Almonds
- 2/3 tsp Black Pepper
- 1/3 cup Chia Seeds
- 1 1/2 tps Chili Powder
- 1/2 tsp Cinnamon
- 1/4 tsp Cumin
- 1 tsp Dried Basil
- 3/4 tsp Paprika
- 1/3 tsp Red Pepper Flakes
- 1 1/3 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 2 tbsps Slivered Almonds

VEGETABLES

- 3 1/2 cups Baby Spinach
- 1 head Cauliflower
- 1 1/2 stalks Celery
- 1/2 cup Cherry Tomatoes
- 1/3 cup Cilantro
- 3 cups Coleslaw Mix
- 1/4 Cucumber
- 2 Garlic
- 1 1/2 tps Ginger
- 8 cups Green Beans
- 2 Green Bell Pepper
- 3 stalks Green Onion
- 2 cups Mini Potatoes
- 2 cups Mixed Greens
- 1 1/2 cups Mushrooms
- 1 1/2 cups Snap Peas
- 1 1/2 cups Snow Peas
- 2 Sweet Potato
- 1/2 Yellow Onion

BOXED & CANNED

- 1/4 cup Quinoa
- 1 cup Salsa

BAKING

- 2 cups Almond Flour
- 1/2 tsp Baking Soda
- 1 1/2 tpsps Cocoa Powder
- 1 tbsp Coconut Flour
- 3/4 tsp Raw Honey

BREAD, FISH, MEAT & CHEESE

- 250 grams Beef Tenderloin
- 375 grams Chicken Breast
- 240 grams Chicken Breast, Cooked
- 680 grams Chicken Thighs
- 602 grams Extra Lean Ground Turkey
- 340 grams Salmon Fillet

CONDIMENTS & OILS

- 3 tbsps Caesar Dressing
- 1 1/2 tpsps Coconut Oil
- 3 3/4 tpsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 tbsp Rice Vinegar
- 1/4 cup Tamari

COLD

- 13 1/2 Egg
- 1 1/8 cups Plain Coconut Milk
- 1 1/8 cups Unsweetened Coconut Yogurt
- 5 cups Vanilla Yopro Yoghurt

OTHER

- 2 2/3 tpsps Chocolate Protein Powder

Chocolate Protein Yoghurt with Raspberries

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Vanilla Yopro Yoghurt
2 2/3 tbsps Chocolate Protein Powder
1 cup Raspberries
1/3 cup Granola

NUTRITION

AMOUNT PER SERVING

Calories	273	Fiber	6g
Fat	6g	Sugar	13g
Carbs	26g	Protein	29g

DIRECTIONS

- 01 Add the yoghurt and protein powder to a large bowl. Use a hand mixer to whip until thoroughly combined and fluffy.
- 02 Place in a serving bowl and top with raspberries and granola. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Add the raspberries and granola just before serving.

SERVING SIZE

One serving is about 1 3/4 cups.

PROTEIN POWDER

This recipe was developed and tested using whey protein powder. If using another type of protein powder, results may vary.

LIKES IT SWEET

Drizzle with honey.

ADDITIONAL TOPPINGS

Top with different fruits such as strawberries, cherries, banana, or apple. Drizzle with nut/seed butter.

Turkey Breakfast Scramble

3 SERVINGS 10 MINUTES



INGREDIENTS

375 grams Extra Lean Ground Turkey
3 cups Baby Spinach (chopped)
6 Egg (whisked)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	337	Fiber	1g
Fat	20g	Sugar	1g
Carbs	2g	Protein	37g

DIRECTIONS

- 01 Heat a pan over medium heat then add the turkey mince to the pan. Brown for five to six minutes or until cooked through, breaking it up as it cooks. Add the spinach to the pan and move it around until it's wilted.
- 02 Move the turkey mince and spinach to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the spinach and turkey into the egg once the eggs are cooked through. Season with salt and pepper if needed and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Sausage can be cooked ahead of time and reheated in the pan to save time.

MORE FLAVOR

Add onion, mushrooms, or bell pepper.

ADDITIONAL TOPPINGS

Hot sauce, ketchup, avocado, or salsa.

NO SPINACH

Use kale instead.

NO TURKEY SAUSAGE

Use pork, chicken, or beef sausage instead. Use crumbled tofu to make it vegetarian.

Sweet Potato Pancakes

2 SERVINGS 20 MINUTES



INGREDIENTS

- 2 Sweet Potato (small)
- 4 Egg (whisked)
- 1 tbsp Coconut Oil
- 1/2 tsp Cinnamon
- 2 tbsps Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	369	Fiber	4g
Fat	16g	Sugar	18g
Carbs	41g	Protein	15g

DIRECTIONS

- 01 Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
- 02 Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.
- 03 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

NOTES

SERVING SIZE

One serving equals four 3-inch pancakes.

SPICE IT UP

Add nutmeg and/or ginger spice.

TOPPINGS

Top with banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.

Greek Yoghurt & Strawberries

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Vanilla Yopro Yoghurt
1/2 cup Strawberries

NUTRITION

AMOUNT PER SERVING

Calories	136	Fiber	1g
Fat	1g	Sugar	10g
Carbs	13g	Protein	19g

DIRECTIONS

01 Add the yoghurt to a bowl and top with strawberries. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately or you can meal prep by storing in an airtight container for up to three days.

MAKE IT VEGAN

Use coconut yogurt instead of Greek yogurt.

MORE FLAVOR

Add maple syrup or honey.

ADDITIONAL TOPPINGS

Top with coconut flakes, granola, nuts, and seeds.

Lemon Blueberry Muffins

12 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Almond Flour
1/2 tsp Baking Soda
1/4 tsp Sea Salt
1 Lemon (zest and juice)
3 Egg
1 Banana (medium, mashed)
1/4 cup Maple Syrup
1 cup Blueberries

NUTRITION

AMOUNT PER SERVING

Calories	158	Fiber	3g
Fat	11g	Sugar	7g
Carbs	13g	Protein	6g

DIRECTIONS

- 01 Preheat the oven to 180°C. Line a muffin tin with liners.
- 02 In a medium sized bowl whisk together the almond flour, baking soda, sea salt and lemon zest.
- 03 In a large bowl, whisk together the lemon juice, eggs, banana and maple syrup. Add the dry ingredients to the wet and stir to combine. Fold in the blueberries.
- 04 Spoon the batter into the muffin liners and bake for 20 to 24 minutes or until cooked through.
- 05 Remove from oven and let cool. Enjoy!

NOTES

SERVING SIZE

One serving is equal to one muffin.

LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

ALMOND FLOUR

This recipe was tested using almond flour. Please note that if using another type of flour, results will vary.

BANANA

One medium banana is equal to 1/2 cup mashed banana.

Raspberries

1 SERVING 3 MINUTES



INGREDIENTS

1 cup Raspberries

NUTRITION

AMOUNT PER SERVING

Calories	64	Fiber	8g
Fat	1g	Sugar	5g
Carbs	15g	Protein	1g

DIRECTIONS

01 Wash berries and enjoy!

NOTES

TIP

Do not wash until ready to eat, as washed berries spoil more quickly.

Chicken Caesar Mason Jar Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1/4 cup Quinoa (dry)
3 tbsps Caesar Dressing
240 grams Chicken Breast, Cooked (shredded)
1/2 cup Cherry Tomatoes (halved)
1/4 Cucumber (large, chopped)
2 cups Mixed Greens
2 tbsps Slivered Almonds (coarsely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	356	Fiber	3g
Fat	11g	Sugar	6g
Carbs	23g	Protein	43g

DIRECTIONS

- 01 Cook the quinoa according to the package directions. Let it cool to room temperature.
- 02 Divide and layer the ingredients into mason jars in the following order: Caesar dressing, chicken breast, quinoa, cherry tomatoes, cucumber, mixed greens, almonds, and parmesan cheese, if desired.
- 03 Seal the jar and refrigerate until ready to serve.
- 04 When ready to eat, shake well and dump into a bowl. Enjoy!

NOTES

LEFTOVERS

Store in the fridge for up to three days.

SERVING SIZE

16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

MORE FLAVOR

Season with salt, pepper, or your choice of herbs and spices.

CAESAR SALAD DRESSING

I like Ozganics Australia brand.

Rice Cakes with Almond Butter & Banana

1 SERVING 5 MINUTES



INGREDIENTS

1 Plain Rice Cake
1 tbsp Almond Butter
1/2 Banana (medium, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	183	Fiber	4g
Fat	9g	Sugar	8g
Carbs	24g	Protein	5g

DIRECTIONS

01 Spread almond butter on the rice cake and top with sliced banana. Enjoy!

NOTES

NO ALMOND BUTTER

Use peanut, cashew or sunflower seed butter instead.

MORE FLAVOR

Top each rice cake with a drizzle of honey, maple syrup or a pinch of cinnamon.

MORE FIBER

Add hemp seeds, chia seeds, ground flax seed or fresh berries.

Chocolate Layered Chia Pudding

3 SERVINGS 25 MINUTES



INGREDIENTS

- 1/3 cup Chia Seeds
- 1 1/8 cups Plain Coconut Milk (from the carton)
- 1 1/2 tbsps Cocoa Powder
- 1 1/8 cups Unsweetened Coconut Yogurt
- 1 1/8 cups Strawberries (cut in half)

NUTRITION

AMOUNT PER SERVING

Calories	208	Fiber	11g
Fat	12g	Sugar	6g
Carbs	23g	Protein	5g

DIRECTIONS

- 01 In a large bowl, combine the chia seeds, coconut milk and cocoa powder. Whisk thoroughly making sure the seeds are mixed well. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 Divide the chia pudding and coconut yogurt between jars into layers. Top with strawberries and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

LIKES IT SWEET

Add a drizzle of maple syrup or honey.

ADDITIONAL TOPPINGS

Add granola or cacao nibs on top for crunch.

NO COCONUT YOGURT

Use another type of yogurt instead.

Snow Peas & Almonds

1 SERVING 5 MINUTES



INGREDIENTS

2 tbsps Almonds
1/2 cup Snow Peas (stems removed)

NUTRITION

AMOUNT PER SERVING

Calories	117	Fiber	3g
Fat	9g	Sugar	2g
Carbs	6g	Protein	5g

DIRECTIONS

01 Arrange the almonds and snow peas in a plate. Enjoy!

NOTES

NO ALMONDS

Use walnuts instead.

Slow Cooker Maple Mustard Chicken

3 SERVINGS 4 HOURS



INGREDIENTS

680 grams Chicken Thighs (skinless, boneless)
1 1/2 tbsps Maple Syrup
3 3/4 tbsps Dijon Mustard
3/4 tsp Dried Basil
3/4 tsp Paprika
1/3 tsp Sea Salt
1/3 tsp Black Pepper
6 cups Green Beans (washed and trimmed)
2 1/4 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	414	Fiber	6g
Fat	13g	Sugar	13g
Carbs	21g	Protein	48g

DIRECTIONS

- 01 Place chicken thighs in the slow cooker. Add in maple syrup, dijon mustard, dried basil, paprika, sea salt and black pepper. Use a spatula to toss well until chicken is coated. Cook on low for 6 - 8 hours, or on high for 4 hours.
- 02 Right before eating, place the green beans in a pot and cover with water. Bring to a boil and then reduce to a simmer. Let beans simmer for 3 - 4 minutes, or just until soft. Drain the water off, then toss in olive oil, sea salt and black pepper to taste.
- 03 Divide green beans between plates and top with maple mustard chicken. Enjoy!

NOTES

NO CHICKEN THIGHS

Use chicken breast or drumsticks instead.

SAVE TIME

Combine the chicken and marinade in a large zip lock baggie ahead of time.

Shake well to mix and store in the fridge for up to 24 hours or freeze.

MORE CARBS

Serve with rice, sweet potato or quinoa.

LEFTOVERS

Refrigerate in an airtight container for up to three days.

Ginger Beef Stir Fry

2 SERVINGS 30 MINUTES



INGREDIENTS

- 2 tbsps Tamari
- 1 Garlic (cloves, minced)
- 1 1/2 tsps Ginger (peeled and grated)
- 1 1/2 tsps Maple Syrup
- 1 1/2 tsps Coconut Oil
- 250 grams Beef Tenderloin (sliced into strips)
- 1/4 Yellow Onion (diced)
- 1 1/2 stalks Celery (chopped)
- 1 1/2 cups Snap Peas
- 1 1/2 cups Mushrooms (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	449	Fiber	4g
Fat	31g	Sugar	9g
Carbs	15g	Protein	29g

DIRECTIONS

- 01 Mix together tamari, garlic, ginger and maple syrup in a jar. Put on a lid and shake well. Set aside.
- 02 Add coconut oil to a large frying pan and place over medium heat. Add beef and yellow onion. Saute for 3 to 5 minutes or until beef is cooked rare. Add in celery, snap peas and mushrooms. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat.
- 03 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

NOTES

ALTERNATIVE VEGETABLES

Use broccoli, carrots, bell peppers or any other vegetables you have on hand.

MORE CARBS

Serve with brown rice or quinoa.

VEGAN & VEGETARIAN

Use cooked chickpeas or tofu instead of beef.

NO BEEF

Use diced chicken breast instead.

MORE GREENS

Stir in kale or baby spinach until wilted.

Cauliflower Rice

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 head Cauliflower (chopped into small pieces)

NUTRITION

AMOUNT PER SERVING

Calories	37	Fiber	3g
Fat	0g	Sugar	3g
Carbs	7g	Protein	3g

DIRECTIONS

- 01 Add cauliflower florets to the food processor. Process until the cauliflower has a rice-like consistency. (You may need to do this in batches depending on the size of your food processor.)
- 02 Serve it raw or cooked. For cooked cauliflower rice, add to a large frying pan over medium-high heat and sauté for about 3 to 5 minutes, or until warmed through. Serve immediately.

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 4 days, or freeze either raw or cooked.

NO FOOD PROCESSOR

Use a box grater or pulse in a blender, occasionally scraping down the sides.

SERVING SIZE

One serving is equal to approximately one cup of cauliflower rice.

SAVE TIME

Many grocery stores carry pre-riced cauliflower in the bag. Look for it in the fresh, pre-sliced vegetable section or frozen vegetable section.

Spicy Lime Chicken Coleslaw Salad

3 SERVINGS 25 MINUTES



INGREDIENTS

375 grams Chicken Breast
3 tbsps Extra Virgin Olive Oil
3 tbsps Lime Juice
2 1/4 tbsps Tamari
3/4 tsp Raw Honey
1/3 tsp Red Pepper Flakes
3 cups Coleslaw Mix
3 stalks Green Onion (sliced)
1/3 cup Cilantro (coriander, chopped)
1/3 cup Almonds (roasted, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	419	Fiber	5g
Fat	26g	Sugar	6g
Carbs	14g	Protein	35g

DIRECTIONS

- 01 Add the chicken to a pot. Cover the chicken with about one inch (2.5 cm) of water. Bring to a boil then reduce the heat to a simmer, partially covered for 10 to 12 minutes or until the chicken is cooked through. Place the cooked chicken into a bowl and shred it with two forks. Set aside to cool.
- 02 Meanwhile, whisk together the olive oil, lime juice, tamari, honey, and red chilli flakes in a large bowl, until well combined.
- 03 Add the coleslaw mix, green onions, coriander, and almonds. Toss gently to ensure all the ingredients are well coated. Stir in the chicken.
- 04 Divide the salad evenly between bowls or plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately two cups.

MORE FLAVOR

Add hot sauce and/or sea salt and black pepper. Use sesame oil instead of olive oil.

One Pan Salmon, Green Beans & Smashed Potatoes

2 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Mini Potatoes
1 tsp Tamari
2 tsps Maple Syrup
1 tbsp Rice Vinegar
340 grams Salmon Fillet
2 cups Green Beans (trimmed)
2 tsps Extra Virgin Olive Oil
1/2 tsp Sea Salt
1 tsp Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	535	Fiber	6g
Fat	25g	Sugar	9g
Carbs	38g	Protein	39g

DIRECTIONS

- 01 Line a baking sheet with baking paper. Preheat the oven to 220°C (425°F).
- 02 Bring a pot of water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10 to 15 minutes.
- 03 Meanwhile, in a small bowl, whisk together the tamari, maple syrup, and rice vinegar. Rub half of the marinade into the salmon and place it on the baking sheet. Toss the remaining marinade with the green beans and add to the baking sheet, leaving space for the potatoes.
- 04 Drain the potatoes and place them on the baking sheet. Roughly smash the potatoes with the back of a fork or mug. Drizzle with olive oil and salt.
- 05 Place in the oven and bake for 12 to 14 minutes or until the salmon is cooked through. Remove the baking sheet from the oven. Garnish the salmon and green beans with sesame seeds. Divide onto plates and enjoy.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is approximately a 170g (6-ounce) salmon fillet, one cup of mini potatoes, and one cup of green beans.

MORE FLAVOR

Add miso paste or sriracha to the marinade.

ADDITIONAL TOPPINGS

Chopped coriander (cilantro) or lime juice.

MORE CRISPY

Remove the salmon and green beans from the oven once cooked through and broil the potatoes for an additional three to five minutes.

Slow Cooker Stuffed Peppers

2 SERVINGS 4 HOURS



INGREDIENTS

2 Green Bell Pepper (large)
227 grams Extra Lean Ground Turkey
1/4 tsp Sea Salt
1/4 tsp Black Pepper
1 1/2 tsps Chili Powder
1/4 tsp Cumin
1/4 tsp Dried Basil
1/2 Egg
1 Garlic (cloves, minced)
1/4 Yellow Onion (diced)
1/2 cup Baby Spinach (chopped)
1 1/2 tsps Extra Virgin Olive Oil
1 tbsp Coconut Flour
1 cup Salsa
1/2 head Cauliflower (large)

NUTRITION

AMOUNT PER SERVING

Calories	348	Fiber	10g
Fat	16g	Sugar	13g
Carbs	27g	Protein	30g

DIRECTIONS

- 01 Slice the tops off the peppers and carve out the seeds. Set aside.
- 02 In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
- 03 Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
- 04 Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
- 05 Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

NOTES

VEGANS AND VEGETARIANS

Use cooked lentils or beans instead of ground meat.

NO GROUND TURKEY

Use ground chicken or beef instead.

NO SLOW COOKER

Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

NO CAULIFLOWER

Serve over rice, quinoa, greens or sweet potato mash.



THE NEXT STEP

Want a done-for-you program that helps you to slim down and feel energised in the process? ✨



WEEKLY MEAL PLANS

Shopping lists + easy and delicious recipes that save you time



GLUTEN-FREE & LOW DAIRY

Gluten-free & minimal dairy (with dairy-free options)



FREE APP

Program accessed via your own online portal & free mobile app



VIDEO TRAININGS

Trainings on hormones & the metabolism to help you maintain your results



HORMONE PROTOCOLS

Testing guides & protocols for reducing symptoms so you can feel your best



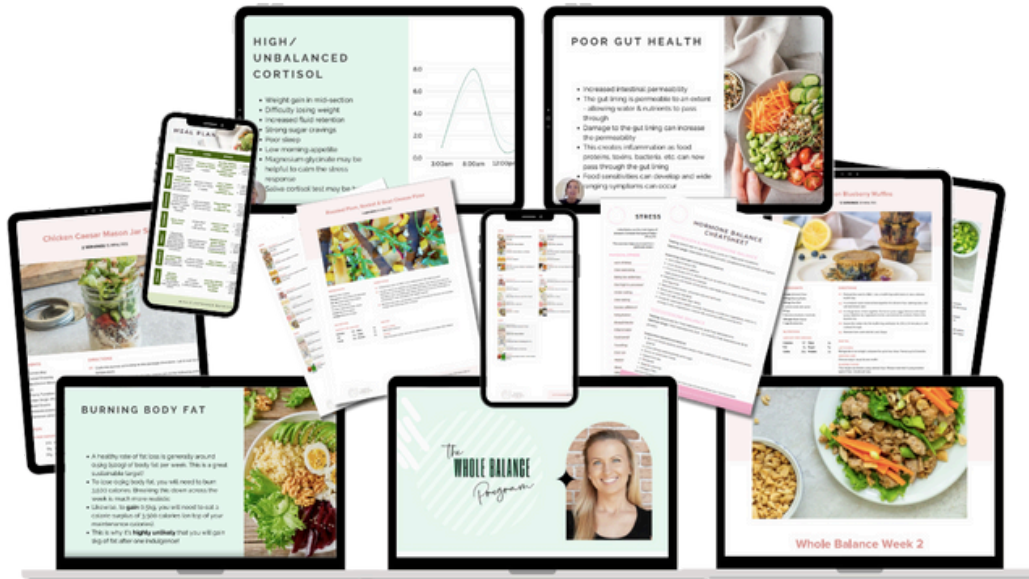
CHEATSHEETS + MORE

Stress checklist, cortisol imbalance quiz, hormones cheatsheet + goal setting

Introducing...

WHOLE BALANCE

3 Week slim down program



**BALANCE YOUR HORMONES FOR EFFORTLESS WEIGHT
LOSS AND BOUNDLESS ENERGY**

WHAT YOU'LL GET:

Weekly meal plans (gluten-free and minimal dairy), free app access, video trainings, hormone protocols, cheatsheets + more!

Week 1 Balance Hormones:

Reduce stress & balance hormones that stall weight loss

Week 2 Boost Metabolism:

Remove blocks for fat burning and fire up the metabolism

Week 3 Fat Burning:

Get off the blood sugar rollercoaster and enter fat burning mode

GET INSTANT ACCESS TO WHOLE BALANCE