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Meal Plan

(This is a general meal plan, if you require further customisation; please book in for a consult)

Upon rising- cardio or weights session

Breakfast (Meal 1)

Option 1:

½ cup raw oats with 1 cup low fat milk or calcium fortified soy or almond milk, 200g (¾ cup) Chobani low fat Yoghurt OR Tamar Valley No added sugar Natural Yoghurt OR Vaalia Natural Yoghurt + 30g berries.

Option 2:

Weetbix x 3 with 1 cup low fat milk or calcium fortified soy or almond milk, 200g (¾ cup) Chobani low fat Yoghurt OR Tamar Valley No added sugar Natural Yoghurt OR Vaalia Natural Yoghurt + 30g berries.

Option 3:

Protein shake with 25g Bulk Nutrients WPI or Earth Protein with ½ cup low fat milk or calcium fortified soy or almond milk

+ 30g berries

125ml juiced orange + squeeze of grapefruit and lemon in 1L water

Meal 2:

Shape Up Meal Prep Meal

Meal 3:

Shape Up Meal Prep Meal

Meal 4:

50g raw weight protein (Eg Chicken or fish or lean beef or pork or lamb) plus 1 cup cooked rice or pasta or sweet potato

Snack before bed:

1 cup frozen or fresh berries + 100g low fat greek style yoghurt (as per options at breakfast)

This meal plan contains approximately 120g protein and 1300-1500 depending on meal choices.

Disclaimer

This meal plan has been developed by Mattea Palombo, Accredited Practicing Dietitian from Adelaide Nutrition and Personal Trainer Joseph Khouri from Body by Joey. It is a general meal plan only and has been developed for general purposes only. For individual tailored nutrition advice please seek advice from us at Adelaide Nutrition (Facebook/Instagram). This meal plan should not be used in replacement of medical advice and not be used to diagnose or treat medical issues. Seek advice from your general practitioner before making any significant diet and exercise changes.