



> BODY TRANSFORMATIONS
> PERSONAL TRAINING
> GROUP FITNESS
> FRESH MEAL PREPS

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.

Nutritional Facts

Nutrition Facts- Chicken Nuggets	
Servings: 1	
Amount per serving – 100g	
Calories	163
% Daily Value*	
Total Fat 3.2g	4%
Saturated Fat 0.9g	4%
Cholesterol 73mg	24%
Sodium 96mg	4%
Total Carbohydrate 3.6g	1%
Dietary Fibre 0.2g	1%
Total Sugars 0.3g	
Protein 28.2g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	6%
Vitamin A 0mcg	
Vitamin C 0mg	
Potassium 187mg	4%
Contains Gluten	

Nutrition Facts- Chicken Breast	
Servings: 1	
Amount per serving – 100g	
Calories	143
% Daily Value*	
Total Fat 2.9g	4%
Saturated Fat 0.8g	4%
Cholesterol 73mg	24%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fibre 0g	0%
Total Sugars 0g	
Protein 27.5g	
Vitamin D 0mcg	0%
Calcium 12mg	1%
Iron 1mg	5%
Vitamin A 0mcg	
Vitamin C 0mg	
Potassium 178mg	4%
Gluten Free	

Nutrition Facts- Chicken Patties	
Servings: 1	
Amount per serving- 100g	
Calories	160
% Daily Value*	
Total Fat 3.9g	5%
Saturated Fat 1.1g	6%
Cholesterol 110mg	37%
Sodium 74mg	3%
Total Carbohydrate 0.6g	0%
Dietary Fibre 0.1g	0%
Total Sugars 0.3g	
Protein 28.9g	
Vitamin D 4mcg	18%
Calcium 19mg	1%
Iron 1mg	6%
Vitamin A 0mcg	
Vitamin C 0mg	
Potassium 198mg	4%
Gluten Free	

Nutrition Facts- Beef Patties	
Servings: 1	
Amount per serving- 100g	
Calories	187
% Daily Value*	
Total Fat 7.6g	10%
Saturated Fat 3.3g	16%
Cholesterol 113mg	38%
Sodium 79mg	3%
Total Carbohydrate 0.6g	0%
Dietary Fibre 0.1g	0%
Total Sugars 0.3g	
Protein 27.6g	
Vitamin D 4mcg	18%
Calcium 13mg	1%
Iron 3mg	17%
Vitamin A 0mcg	
Vitamin C 0mg	
Potassium 369mg	8%
Gluten Free	

Nutrition Facts- Beef Mince	
Servings: 1	
Amount per serving- 100g	
Calories	182
% Daily Value*	
Total Fat 6.9g	9%
Saturated Fat 3.1g	16%
Cholesterol 80mg	27%
Sodium 68mg	3%
Total Carbohydrate 0.5g	0%
Dietary Fibre 0.1g	0%
Total Sugars 0.2g	
Protein 27.7g	
Vitamin D 0mcg	0%
Calcium 9mg	1%
Iron 3mg	13%
Vitamin A 0mcg	
Vitamin C 0mg	
Potassium 373mg	8%
Gluten Free	

Nutrition Facts- Tuna	
Servings: 1	
Amount per serving- 100g	
Calories	122
% Daily Value*	
Total Fat 0.9g	1%
Saturated Fat 0.3g	1%
Cholesterol 32mg	11%
Sodium 53mg	2%
Total Carbohydrate 0g	0%
Dietary Fibre 0g	0%
Total Sugars 0g	
Protein 26.8g	
Vitamin D 0mcg	0%
Calcium 12mg	1%
Iron 2mg	9%
Vitamin A 8mcg	1%
Vitamin C 0mg	
Potassium 249mg	5%
Gluten Free	

Nutrition Facts- Cous Cous Salad	
Servings: 1	
Amount per serving- 50g	
Calories	52
% Daily Value*	
Total Fat 0.3g	0%
Saturated Fat 0.1g	0%
Cholesterol 0mg	0%
Sodium 14mg	1%
Total Carbohydrate 10.8g	4%
Dietary Fibre 1.4g	5%
Total Sugars 2.4g	
Protein 1.9g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 0mg	1%
Vitamin A 5mcg	1%
Vitamin C 0.5mg	1%
Potassium 176mg	4%
Contains Gluten	

Nutrition Facts- Chickpea Salad	
Servings: 1	
Amount per serving- 50g	
Calories	72
% Daily Value*	
Total Fat 1.4g	2%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 12.2g	4%
Dietary Fibre 3.4g	12%
Total Sugars 3.7g	
Protein 3.6g	
Vitamin D 0mcg	0%
Calcium 5mg	1%
Iron 1mg	6%
Vitamin A 10mcg	2%
Vitamin C 1.2mg	1%
Potassium 90mg	2%
Gluten Free	

Nutrition Facts- Pasta	
Servings: 1	
Amount per serving- 50g	
Calories	51
% Daily Value*	
Total Fat 0.3g	0%
Saturated Fat 0.1g	0%
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 10.7g	4%
Dietary Fibre 1g	3%
Total Sugars 2.1g	
Protein 1.9g	
Vitamin D 0mcg	0%
Calcium 9mg	1%
Iron 0.4mg	1%
Vitamin A 0mcg	
Vitamin C 0mg	
Potassium 25mg	1%
Contains Gluten	

Nutrition Facts- Four Bean Mix	
Servings: 1	
Amount per serving- 50g	
Calories	150
% Daily Value*	
Total Fat 0.5g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 10.3g	1%
Dietary Fibre 3g	6.5%
Total Sugars 2.1g	
Protein 5.1g	
Vitamin D 0mcg	0%
Calcium 9mg	1%
Iron 0.8mg	1%
Vitamin A 70mcg	4%
Vitamin C 1mg	1%
Potassium 206mg	4%
Gluten Free	

Nutrition Facts- Kidney Beans	
Servings: 1	
Amount per serving- 50g	
Calories	53
% Daily Value*	
Total Fat 0.3g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 10.2g	4%
Dietary Fibre 3.2g	11%
Total Sugars 2.2g	
Protein 3.3g	
Vitamin D 0mcg	0%
Calcium 17mg	1%
Iron 1mg	6%
Vitamin A 0mcg	
Vitamin C 0.6mg	1%
Potassium 142mg	3%
Gluten Free	

Nutrition Facts- Sweet Potatoes	
Servings: 1	
Amount per serving- 50g	
Calories	57
% Daily Value*	
Total Fat 0.9g	1%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 11.7g	4%
Dietary Fibre 0.7g	3%
Total Sugars 6.4g	
Protein 1.1g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 0.3mg	1%
Vitamin A 303mcg	36%
Vitamin C 1.2mg	1%
Potassium 145mg	3%
Gluten Free	

Nutrition Facts- White Potatoes	
Servings: 1	
Amount per serving- 50g	
Calories	42
% Daily Value*	
Total Fat 0.1g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 9.5g	3%
Dietary Fibre 1.5g	5%
Total Sugars 0.7g	
Protein 1g	
Vitamin D 0mcg	0%
Calcium 5mg	1%
Iron 0.22mg	2%
Vitamin A 0	
Vitamin C 9.2mg	10%
Potassium 246mg	5%
Gluten Free	

Nutrition Facts- Rice	
Servings: 1	
Amount per serving- 50g	
Calories	52
% Daily Value*	
Total Fat 0.1g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11.4g	4%
Dietary Fibre 0.2g	1%
Total Sugars 0g	
Protein 1.1g	
Vitamin D 0mcg	0%
Calcium 5mg	1%
Iron 1mg	6%
Vitamin A 0.5mcg	1%
Vitamin C 0g	
Potassium 16mg	0%
Gluten Free	

Nutrition Facts- Chicken Rice	
Servings: 1	
Amount per serving- 50g	
Calories	53
% Daily Value*	
Total Fat 0.3g	0%
Saturated Fat 0.1g	0%
Cholesterol 1mg	0%
Sodium 1mg	0%
Total Carbohydrate 11.1g	4%
Dietary Fibre 0.3g	1%
Total Sugars 0.1g	
Protein 1.3g	
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 2mg	11%
Vitamin A 3mcg	1%
Vitamin C 0.5mg	1%
Potassium 16mg	1%
Contains Gluten	

Nutrition Facts- Brown Rice	
Servings: 1	
Amount per serving- 50g	
Calories	56
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0.1g	0%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 11.5g	4%
Dietary Fibre 0.9g	3%
Total Sugars 0.2g	
Protein 1.3g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0.22mg	1%
Vitamin A 0mcg	
Vitamin C 0g	
Potassium 22mg	1%
Gluten Free	

Nutrition Facts- Lentil & Rice	
Servings: 1	
Amount per serving- 50g	
Calories	55
% Daily Value*	
Total Fat 0.1g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 10.8g	4%
Dietary Fibre 2g	7%
Total Sugars 0.5g	
Protein 2.7g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Vitamin A 0mcg	
Vitamin C 0.7mg	1%
Iron 1mg	6%
Potassium 97mg	2%
Gluten Free	

Nutrition Facts- Falafel	
Servings: 1	
Amount per serving- 50g	
Calories	133
% Daily Value*	
Total Fat 7.1g	9%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 5mg	1%
Total Carbohydrate 12.7g	5%
Dietary Fibre 3.5g	8%
Total Sugars 0g	
Protein 5.3g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	8%
Vitamin A 0.5mcg	0%
Vitamin C 0.8mg	1%
Potassium 234mg	5%
Gluten Free	

Nutrition Facts- Veggie Balls**Servings: 1****Amount per serving- 50g****Calories 100****% Daily Value*****Total Fat 6.2g 9%****Saturated Fat 1g 5%****Cholesterol 0mg 0%****Sodium 10mg 2%****Total Carbohydrate 11.7g 5%****Dietary Fibre 3.4g 8%****Total Sugars 1g****Protein 3.3g****Vitamin D 0mcg 0%****Calcium 22mg 2%****Iron 1mg 8%****Vitamin A 10mcg 5%****Vitamin C 5mg 2%****Potassium 105mg 3%****Contains Gluten****Nutrition Facts- Vegan Kofta****Servings: 1****Amount per serving- 50g****Calories 56****% Daily Value*****Total Fat 5.4g 7%****Saturated Fat 0.5g 2%****Cholesterol 0mg 0%****Sodium 10mg 2%****Total Carbohydrate 11.3g 4%****Dietary Fibre 2.2g 8%****Total Sugars 0.5g****Protein 2.4g****Vitamin D 0mcg 0%****Calcium 8mg 1%****Iron 1mg 4%****Vitamin A 50mcg 20%****Vitamin C 2.2mg 1%****Potassium 73mg 2%****Contains Gluten**

Nutrition Facts- Lentil Patties	
Servings: 1	
Amount per serving- 50g	
Calories	55
% Daily Value*	
Total Fat 5.0g	6.2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	2%
Total Carbohydrate 11.8g	4%
Dietary Fibre 3.3g	7%
Total Sugars 0.5g	
Protein 3.7g	
Vitamin D 0mcg	0%
Calcium 8mg	0.5%
Iron 1mg	6%
Vitamin A 10mcg	1%
Vitamin C .8mg	1%
Potassium 60mg	1%
Gluten Free	

Nutrition Facts- Sweet Nutty Quinoa Broccoli	
Servings: 1	
Amount per serving- 50g	
Calories	116
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.1g	6%
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 11.9g	4%
Dietary Fibre 1.8g	6%
Total Sugars 1g	
Protein 4.8g	
Vitamin D 0mcg	0%
Calcium 13mg	1%
Iron 1mg	5%
Vitamin A 20mcg	5%
Vitamin C 45mg	50%
Potassium 163mg	3%
Gluten Free	
Contains Peanuts	

Nutrition Facts- Long Green Beans	
Servings: 1	
Amount per serving- 60g	
Calories	21
% Daily Value*	
Total Fat 0.2g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 4.7g	2%
Dietary Fibre 1.9g	7%
Total Sugars 0.9g	
Protein 1.1g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.30mg	2%
Vitamin A 15mcg	2%
Vitamin C 8.1mg	2%
Potassium 88mg	2%
Gluten Free	

Nutrition Facts- Stir Fry	
Servings: 1	
Amount per serving- 60g	
Calories	53
% Daily Value*	
Total Fat 1.3g	2%
Saturated Fat 0.3g	1%
Cholesterol 3mg	1%
Sodium 10mg	1%
Total Carbohydrate 7.7g	3%
Dietary Fibre 0.8g	3%
Total Sugars 1.1g	
Protein 2.7g	
Vitamin D mcg	0%
Calcium 20mg	2%
Iron 0.44mg	2%
Vitamin A 14mcg	2%
Vitamin C 9mg	2%
Potassium 120mg	3%
Contains Gluten	

Nutrition Facts- Broccoli	
Servings: 1	
Amount per serving- 60g	
Calories	17
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fibre 1.8g	6%
Total Sugars 0g	
Protein 1.8g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 0.44mg	2%
Vitamin A 19mcg	2%
Vitamin C 44mg	50%
Potassium 190mg	4%
Gluten Free	

Nutrition Facts- Peas, Corn, Carrot	
Servings: 1	
Amount per serving- 60g	
Calories	38
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0.1g	0%
Cholesterol 0mg	0%
Sodium 12mg	1%
Total Carbohydrate 5.8g	2%
Dietary Fibre 2.6g	9%
Total Sugars 0g	
Protein 1.6g	
Vitamin D 0mcg	0%
Calcium 11mg	1%
Iron 0.60mg	4%
Vitamin A 25mcg	2%
Vitamin C 4.2mg	5%
Potassium 126mg	3%
Gluten Free	

Nutrition Facts- Red Cabbage	
Servings: 1	
Amount per serving- 60g	
Calories	15
% Daily Value*	
Total Fat 0.1g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 11mg	0%
Total Carbohydrate 3.5g	1%
Dietary Fibre 1.5g	5%
Total Sugars 1.9g	
Protein 0.8g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 0.4mg	2%
Vitamin A 22mcg	3%
Vitamin C 26mg	30%
Potassium 102mg	2%
Gluten Free	

Nutrition Facts- Tabouli	
Servings: 1	
Amount per serving- 60g	
Calories	42
% Daily Value*	
Total Fat 0.3g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 5g	2%
Dietary Fibre 0.8g	3%
Total Sugars 0.4g	
Protein 1.1g	
Vitamin D 0mcg	0%
Calcium 16mg	1%
Iron 1mg	3%
Vitamin A 15mcg	2%
Vitamin C 8.1mg	8%
Potassium 60mg	1%
Gluten Free	

Nutrition Facts- Garden Salad	
Servings: 1	
Amount per serving- 60g	
Calories	15
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	1%
Total Carbohydrate 3g	1%
Dietary Fibre 0g	0%
Total Sugars 2g	
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.14mg	1%
Vitamin A 7mcg	1%
Vitamin C 1.2mg	2%
Potassium 80mg	2%
Gluten Free	

Nutrition Facts- Caesar Salad (Without Protein)	
Servings: 1	
Amount per serving- 100g	
Calories	144
% Daily Value*	
Total Fat 6.4g	8%
Saturated Fat 2.2g	11%
Cholesterol 5mg	4%
Sodium 10mg	2%
Total Carbohydrate 0.5g	1%
Dietary Fibre 1.4g	5%
Total Sugars 0.8g	
Protein 7.6g	
Vitamin D 0mcg	0%
Calcium 35mg	3%
Iron .5mg	3%
Vitamin A 30mcg	4%
Vitamin C 8.1mg	8%
Potassium 100mg	2%
Gluten Free	

Nutrition Facts- Hummus	
Servings: 1	
Amount per serving- 100g	
Calories	200
% Daily Value*	
Total Fat 11.7g	15%
Saturated Fat 1.7g	8%
Cholesterol 0mg	0%
Sodium 50mg	4%
Total Carbohydrate 16.7g	6%
Dietary Fibre 3.3g	12%
Total Sugars 3.3g	
Protein 6.7g	
Vitamin D 0mcg	0%
Calcium 49mg	9%
Iron 1.5mg	7%
Vitamin A 30mcg	4%
Vitamin C 7.9mg	4%
Potassium 165mg	4%
Gluten Free	

Nutrition Facts- Tzatziki	
Servings: 1	
Amount per serving- 100g	
Calories	110
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Cholesterol 1mg	0%
Sodium 50mg	5%
Total Carbohydrate 6g	2%
Dietary Fibre 0.2g	1%
Total Sugars 3.4g	
Protein 5.9g	
Vitamin D 0mcg	0%
Calcium 110mg	9%
Iron 0.22mg	1%
Vitamin A 9mcg	1%
Vitamin C 2mg	2%
Potassium 190mg	4%
Gluten Free	