

# How it works/MENU



Orders need to be in by Midnight of every Friday for Monday delivery or pick up.

orders via the website or sms

[0490 084 918](tel:0490084918)

## **How it works:**

- **Lunch and or dinners from us**
- **what most do is lunch and dinner for 5 days of the week while following our complimentary meal guide (minimum meals per order 5, see below for meal guide)**
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- **You can let us choose the meals for you.**
- **Or you can mix and match (if so see mix and match steps below)**
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- **We can make the meals fit your own macros if you supply them**
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- **one can consume up to 5 meals per day from us giving you a approx total calories around 1600 (280- to 350 per meal)**
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- **For a customised meal plan or macros from us please sms or email "custom meal plan" or "custom macros" [0490 084 918](tel:0490084918), [info@shapeupmealprep.com.au](mailto:info@shapeupmealprep.com.au) and will reply within 24 hours to discuss.**

## **Facts regarding the meals:**

**The meals are designed to mix and match the proteins, carbs salad or veg as you want! Calories range from 280 to 350 - standard cooked weight for macro tracking purposes are 100grams protein, 50g carb, 1-2 cups of salad or veg (low carb, low fat, high protein meals)**

**For customised meals & macros please sms or email "custom macros" to [0490 084 918](tel:0490084918), [info@shapeupmealprep.com.au](mailto:info@shapeupmealprep.com.au) and will reply within 24 hours to discuss.**

## **MIX & MATCH**

### **Step 1 - Choose your protein**

- Chicken Nuggets made with bread crumbs\*
- Spicy Chicken Nuggets made with bread crumbs\*
- Flame Grilled Chicken fillets with herbs & garlic\*
- Zesty Flame Grilled Chicken fillets with herbs & garlic
- Unmarinated Flame Grilled Chicken fillets\*
- Flame Grilled Chicken patties with herbs & garlic \*
- Flame Grilled Beef patties with herbs & garlic (lean beef)
- Caramelised Beef mince
- Tuna
- Veggie balls (Vegetarian protein)
- Falafel (vegan protein)
- Lentil & Rice (Vegan protein)
- Peas & rice (vegan protein)
- 4 bean mix with quinoa (vegan protein)
- Kidney beans with salsa (vegan protein)
- Chickpea salad with tahini dressing (vegan protein)
- Quinoa & chickpea with tahini dressing (vegan protein)
- Sweet nutty quinoa & broccoli protein mix (vegan)

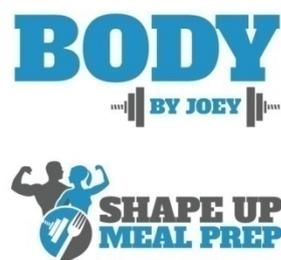
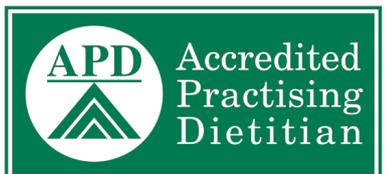
\*100% chicken breast, skinless

### **Step 2 - Carbohydrate options**

- Basmati Rice
- Chicken rice
- Brown Rice
- Penne pasta in a clean nap sauce
- Lentil and Basmati Rice mix
- White Potatoes
- Sweet Potatoes (yiros seasoning is optional)
- Four Bean mix
- Marinated Kidney Beans (*chilli is optional*)
- Sweet nutty quinoa & broccoli

### **Step 3 - Choose your Salad or Vegetable options**

- Caesar salad
- Authentic Tabouli
- Red Cabbage Salad
- Peas, Corn and Carrot mix
- Fresh Long green beans with a hint of garlic and olive oil
- Marinated Long Green Beans in red sauce
- Stir Fry
- Steamed Broccoli
- Chickpea salad with tahini dressing
- Sweet nutty quinoa & broccoli



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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.