



ULTIMATE GUIDE
WD
COACHING
TO MEAL PREP



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Overall Guide to Adjusting Recipes



The top of every recipe will have the following colours on top:

565/565kcal 30/30g 44/44g 29/29g



= **Calories**



= **Protein**



= **Carbs**



= **Fat**

Each ingredient will have the calorie, protein, fat and carb contents next to it as shown:

	570/570kcal	43/43g	40/40g	21/21g
100% wholegrain quick oats by coles 50 g	190	6.5g	28g	4.5g

This is done so you can adjust the quantities for each item depending on your macros. Eg. Oats are clearly high in carbs, so if you need more carbs add more oats, and if you need less carbs take away some.

Adjusting Recipe Example



Below is an overnight oat recipe

	Calories 570/570kcal	Protein 43/43g	Carbs 40/40g	Fats 21/21g
100% wholegrain quick oats by coles 50 g	190	6.5g	28g	4.5g
Isosept whey protein vanilla ice cream by ehp labs 35 g	124	28g	2.1g	1g
Mayvers Peanut butter 20 g	119	5g	2.7g	9.8g
Chia seeds 15 g	73	2.5g	1.2g	4.6g
Raspberries 100 g	52	1.2g	5.4g	0.7g
Sugar free maple syrup by queen 15 ml	9	0g	0g	0g
Cinnamon 1 g	3	0g	0.3g	0g

Oats are clearly the main carb source in this meal, so to adjust carb intake we would manipulate this ingredient

WPI is clearly the protein source in this meal, so to adjust protein intake we would manipulate this ingredient

Peanut butter and chia seeds are both high in fat so could manipulate either

Protein, Carb and Fat sources can also be swapped out for other sources. For example: If you didn't like the oats as the carb source in this meal you could swap it out for weetbix, if you don't like the peanut butter you can use Nutella etc. What macro sources you use comes down to preference.



SIMPLE BREKKY MEALS

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Banana Bread Baked Oats

	452/452kcal	43/43g	45/45g	8/8g
Oats 35 g	133	4.6g	20g	2.3g
Egg 1 large egg	70	6g	0g	5g
Greek fat free yoghurt by chobani 50 g	30	5g	2.1g	0g
Whey protein isolate vanilla creme flavor by rule 1 30 g	114	26g	1g	0g
Almond milk unsweetened fortified 80 g	10	0.3g	0g	0.8g
Baking powder 5 g	3	0g	1.4g	0g
Banana 100 g	89	1.1g	20g	0.3g
Cinnamon 1 g	3	0g	0.3g	0g



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Procedure:

In a glass Meal prep container, whisk together blended oats (or use oat flour), 1 egg, low fat yogurt of your choice, baking powder, any vanilla wpi, almond milk and one mashed banana. When combined cook on 180 for 30-40 minutes depending on depth of your container. Pull out and top with cinnamon.

Tips: Could add chocolate chips to this or almonds for extra texture if your calories allow it

Frittata

260/260kcal 24/24g 3/3g 16/16g

	260/260kcal	24/24g	3/3g	16/16g
Egg 2 large egg	140	12g	0g	10g
Thinly sliced champagne leg ham by primo 50 g	53	8.6g	1g	1.7g
Spinach 20 g	5	0.6g	0.3g	0.1g
Tomatoes 50 g	9	0.4g	1.3g	0.1g
Feta cheese 20 g	53	2.8g	0.8g	4.3g



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Procedure:

Whisk together 2 eggs, pour into a meal prep container along with ham, spinach and tomato, top with feta and cook in the oven or air fryer on 180 for 20 minutes.

Tips: You can use a big glass container like the one in the image. If you times the recipe by 5 you can cook it all at once then split into 5 containers and re heat throughout the week.

Berry and Cinnamon Overnight Oats

578/578kcal 40/40g 53/53g 15/15g

100% wholegrain quick oats by coles 75 g	285	9.8g	41g	6.8g
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100% whey blend protein cinnamon cereal by rule 1 30 g	118	22g	2.7g	1.4g
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Chia seeds 15 g	73	2.5g	1.2g	4.6g
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Raspberries 100 g	52	1.2g	5.4g	0.7g
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Sugar free maple syrup by queen 15 ml	9	0g	0g	0g
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Cinnamon 1 g	3	0g	0.3g	0g
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Powdered Peanut Butter By Mayvers 10 g	38	4.6g	2g	1.3g
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Procedure:

In a container add oats, chia seeds, powdered peanut butter and Wpi. Add water until you get a cookie dough type consistency. Top with berries of your choice, Sugar free maple syrup and cinnamon.

Tips: Use frozen berries for convenience, when you go to eat them in the morning they have defrosted. I have found that they stay good in the fridge for up to 5 days. If you blend the oats before adding them, the consistency is a lot better!

Bounty Overnight Oats

	556/556kcal	38/38g	63/63g	13/13g
Banana 100 g	89	1.1g	20g	0.3g
100% wholegrain quick oats by coles 75 g	285	9.8g	41g	6.8g
R1 chocolate fudge 100% whey protein by rule 1 30 g	110	25g	1g	0.5g
Chia seeds 10 g	49	1.7g	0.8g	3.1g
Cinnamon 1 g	3	0g	0.3g	0g
Fine desiccated coconut by mckenzie's 3 g	20	0.2g	0.2g	2g



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Procedure:

In a container add banana (mashed up) oats, chia seeds, cinnamon and chocolate WPI. Then add water (around 50ml) and mix through. Top with shredded coconut.

Tips: I use frozen banana for convenience and makes it easier to weigh it out as you don't have to change the amount depending on the size of the banana. I have found that they stay good in the fridge for up to 5 days. If you blend the oats before adding them, the consistency is a lot better!

Protein Pancakes

	506/506kcal	41/41g	55/55g	10/10g
Oats 55 g	208	7.2g	32g	3.6g
Egg 1 large egg	70	6g	0g	5g
Whey protein isolate vanilla creme flavor by rule 1 30 g	114	26g	1g	0g
Almond milk unsweetened fortified 80 g	10	0.3g	0g	0.8g
Baking powder 5 g	3	0g	1.4g	0g
Sugar free maple syrup by queen 15 ml	9	0g	0g	0g
Banana 100 g	89	1.1g	20g	0.3g
Cinnamon 1 g	3	0g	0.3g	0g



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Procedure:

In a Bowl, whisk together blended oats (or use oat flour), 1 egg, baking powder, any vanilla wpi and almond milk. Cook in a pan until the bubbles that form on top pop, then flip. Pull out and top with maple syrup, chopped banana (or toppings of your choice) and cinnamon.

Tips: Can use so many other toppings with these, banana is just an example so that the extra calories are accounted for with the toppings you choose, ie. blueberries, choc chips

Breakfast Burrito

565/565kcal 30/30g 44/44g 29/29g

White soft wraps by woolworths 1 wrap	131	4.1g	19g	3.8g
Shortcut bacon by coles 70 g	133	12g	1.4g	9g
Egg 2 large egg	140	12g	0g	10g
Hashbrown patties by mccain 1 piece	126	1g	16g	6g
Baby spinach 10 g	2	0.3g	0.1g	0g
Fountain Barbecue Bbq Sauce Reduced Sugar 500ml 15 g	33	0.4g	7.5g	0.1g



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Procedure:

Cook up eggs however you prefer, add cooked bacon, hashbrown (cooked in airfryer), spinach and bbq sauce onto a wrap. Roll and toast on a sandwich press

Tips: To save calories you can use spud lite potatoes instead of hash brown, lower calorie wraps like the 'Simsons pantry' low carb ones, i just find they don't roll as well. To reheat I recommend using a sandwich press. For meal prepping them wrap them in alfoil.

Chocolate Banana Overnight Oats

538/538kcal 36/36g 64/64g 12/12g

100% wholegrain quick oats by coles
75 g

285	9.8g	41g	6.8g
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100% gold standard whey protein chocolate flavor by optimum nutrition
30 g

112	23g	2.1g	1.4g
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Chia seeds
10 g

49	1.7g	0.8g	3.1g
----	------	------	------

Banana
100 g

89	1.1g	20g	0.3g
----	------	-----	------

Cinnamon
1 g

3	0g	0.3g	0g
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Procedure:

In a container, mix: oats, chia seeds, Wpi and water until you get the desired consistency. Top with Banana and cinnamon.

Tips: I use frozen banana for convenience, when you go to eat them in the morning they have defrosted. I have found that they stay good in the fridge for up to 3 days. Could add the banana in each morning if you prefer fresh. If you blend the oats before adding them, the consistency is a lot better!

Raspberry Baked Oats

	421/421kcal	43/43g	30/30g	9/9g
Oats 35 g	133	4.6g	20g	2.3g
Egg 1 large egg	70	6g	0g	5g
Greek fat free yoghurt by chobani 50 g	30	5g	2.1g	0g
Whey protein isolate vanilla creme flavor by rule 1 30 g	114	26g	1g	0g
Almond milk unsweetened fortified 80 g	10	0.3g	0g	0.8g
Baking powder 5 g	3	0g	1.4g	0g
Raspberries 100 g	52	1.2g	5.4g	0.7g
Sugar free maple syrup by queen 15 ml	9	0g	0g	0g



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Procedure:

In a glass Meal prep container, whisk together blended oats (or use oat flour), 1 egg, Yogurt of your choice, baking powder, any vanilla wpi and almond milk. When combined, top with raspberries and cook on 180 for 30-40 minutes depending on depth of your container. Pull out and top with maple syrup and optional cinnamon.

Tips: Can use the same recipe but swap for other berries of your choice.

Hash Bowls

487/487kcal 41/41g 31/31g 17/17g

Spud lite potato by zerella 300 g	149	4.2g	22g	0.2g
5% fat extra lean mince beef by coles 100 g	133	21g	1g	5g
Medium taco mexican seasoning by mingle 10 g	32	1.3g	4.5g	0.1g
Egg 1 large egg	70	6g	0g	5g
Mexican mild salsa by doritos 50 g	19	0.8g	3.6g	0.3g
Australian tasty light shredded cheese by coles 25 g	84	7.4g	0g	6g



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Procedure:

Dice up spud lite potatoes and cook in airfryer on 200 degrees for 20 minutes. Cook up beef mince and eggs while they are cooking, add mingles seasoning when cooked. Add everything together in a bowl, top with light cheese and salsa.

Tips: You can prep 5 breakfasts at once using one packet of beef mince. Scrambling eggs with the beef mince will make cooking quicker, just evenly distribute the mix across 5 dishes.

Eggs and Avacado on Sourdough

434/434kcal 21/21g 33/33g 23/23g

Sourdough 65 g	177	7g	32g	1.6g
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Egg 2 large egg	140	12g	0g	10g
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Chilli flakes by master foods 1 serving	0	0g	0g	0g
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Hass avacado 0.5 avacado, hass	117	1.5g	1g	11g
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Procedure:

Place one slice of sourdough in the toaster. While that's cooking cook eggs however you prefer. To assemble put eggs and $\frac{1}{2}$ an avocado on top and top with chilli flakes.

Tips: For more protein in this meal add cottage cheese.

Crumpet Bowl

406/406kcal 35/35g 45/45g 6/6g

Crumpets 2 crumpet	200	6g	42g	0g
Gold standard chocolate 100% whey protein by optimum nutrition 30 g	122	23g	2.8g	1.4g
Egg 1 large egg	70	6g	0g	5g
Sugar free maple syrup by queen 20 ml	11	0g	0g	0g
Cinnamon 1 g	3	0g	0.3g	0g



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Procedure:

To a bowl, add 1 scoop of a WPI of your choice, one egg and water until you get a pancake batter type consistency. Dice up 2 crumpets and place in mixture. cook in the oven or airfryer until golden brown. Top with sugar free maple syrup and cinnamon

Tips: Feel free to add Banana or berries to this. If you have glass meal prep containers, do the whole process in those and it makes it so much easier!

Overnight Weetbix

449/449kcal 47/47g 40/40g 8/8g

Weetbix by sanitarium 3 biscuits	165	5.7g	30g	0.6g
Chia seeds 15 g	73	2.5g	1.2g	4.6g
Almond milk unsweetened fortified 100 g	12	0.4g	0g	1g
Yopro high in natural protein vanilla yoghurt by danone 160 g	91	15g	6.1g	0.5g
Isosept peanut butter cups whey protein isolate by ehplabs 30 g	108	23g	2.5g	0.8g



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Procedure:

In a container combine crushed up weetbix and chia seeds, add unsweetened almond milk until you get a cheesecake base consistency. In a separate bowl mix yo pro yogurt and wpi flavour of your choice. Finally, Spread your yogurt mix evenly across the base

Tips: Use this recipe as a base! From here you can make 100 different recipes with different protein powders and toppings. You could use strawberry and top with berries. Vanilla and top with banana. Chocolate and top with oreos, the list goes on!

Bacon and Egg English Muffins

	407/407kcal	29/29g	31/31g	19/19g
english muffin 1 qty	129	4g	26g	1g
Rindless shortcut bacon by d'orsogna 75 g	126	12g	3g	7.5g
Egg 1 large egg	70	6g	0g	5g
Australian tasty light cheese slices by coles 1 serving	72	6.4g	1g	5g
Reduced sugar barbecue sauce by fountain 15 ml	10	0.1g	1g	0g



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Procedure:

To an English muffin, add eggs cooked however you prefer, top with bacon, 1 light cheese slice and bbq sauce.

Tips: I have found these stay good in the fridge for up to 4 days if you wrap in alfoil. Just add the sauce on upon serving and warm up in a sandwich press.

High Protein Quiche

	563/563kcal	40/40g	54/54g	19/19g
Egg 2 large egg	140	12g	0g	10g
Tortilla stand 2 serving	152	4.2g	26g	3.4g
5% fat extra lean mince beef by coles 100 g	133	21g	1g	5g
Sweet potato 150 g	129	2.4g	26g	0.1g
Spinach 20 g	5	0.6g	0.3g	0.1g
Tomatoes 20 g	4	0.2g	0.5g	0g



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Procedure:

Cut up sweet potato into small cubes and cook in the air fryer on 200 degrees for 18 minutes. While that's cooking cook up your beef mince. Whisk together 2 eggs. When everything is done cooking put tomato, spinach, sweet potato, beef mince into the old el paso stand and stuff boats, and pour egg over the top. Cook in the air fryer on 180 for 17 minutes.

Tips: If you cook up one pack of beef mince and split into 5 serves you have 5 meals. Cook 750g of sweet potato at once so all you have to do each meal is fill the tortillas and cook! Top with any low cal sauce

Smoothie Bowl

237/237kcal 6/6g 27/27g 11/11g

Blueberries 50 g	29	0.4g	6g	0.2g
Strawberries 50 g	16	0.3g	2.8g	0.1g
Raspberries 50 g	26	0.6g	2.7g	0.3g
Peanut butter 20 g	120	4.4g	3.5g	10g
Honey 15 g	46	0g	12g	0g

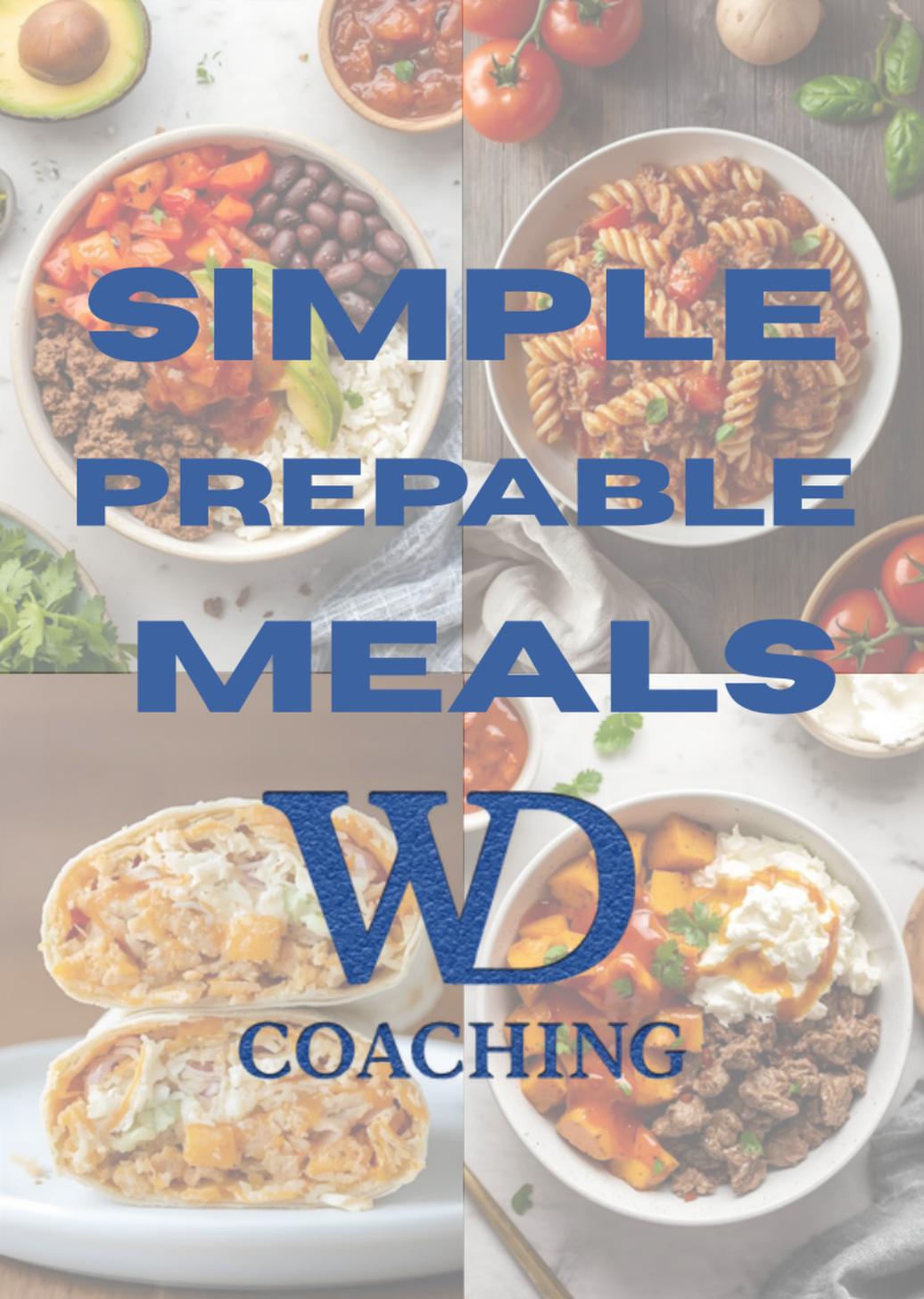


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Procedure:

To a blender add berries and water. You will have to play around with how much water it is depending on your blender and if berries are frozen or fresh. When blended pour into a bowl and top with peanut butter and honey.

Tips: Can use other fruits like banana, yogurt can be added for more thickness, doing it without just allows you to have more volume



SIMPLE PREPABLE MEALS

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Vetta Protein Pasta

	606/606kcal	56/56g	58/58g	13/13g
Smart protein spirals pasta by vetta 93.75 g	322	23g	48g	2.1g
Beef ground 95% lean 5% fat raw 125 g	171	27g	0g	6.3g
Italian diced tomatoes by annalisa 200 g	47	2.4g	7.8g	0.2g
Onions 20 g	8	0.2g	1.5g	0g
Spinach 20 g	5	0.6g	0.3g	0.1g
Feta cheese 20 g	53	2.8g	0.8g	4.3g



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Procedure:

Cook up one full bag of vetta protein pasta. While that's cooking, cook up 500g of beef mince, when brown add in onions, spinach and full tin of tomato (800g) and mix. Split pasta into 4 dishes and divide beef mix evenly. Top with feta or cheese of your choice.

Tips: The recipe card above shows $\frac{1}{4}$ of a packet of beef mince, pasta and the canned tomato, times that by 4 and it is just one packet of each divided into 4 containers. Feel free to add extra veggies and seasonings like garlic, paprika, onion powder.

Chicken Fried Rice

517/517kcal 50/50g 53/53g 10/10g

	517/517kcal	50/50g	53/53g	10/10g
Chicken breast 120 g	198	37g	0g	4.3g
Jasmine rice 60 g	213	4g	48g	0g
Snap frozen mixed veg by coles 60 g	23	1.7g	2.7g	0.8g
Egg 1 large egg	70	6g	0g	5g
Soy sauce 10 g	5	0.8g	0.4g	0.1g
Siracha 10 g	8	0g	2g	0g



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Procedure:

Start by cooking your rice. While that's cooking dice up your chicken breast and cook in a pan until golden brown, then add in your frozen veggie mix (peas, corn, carrot) and mix through. When combined add in your rice, then your egg (whisk before adding) and then top with siracha and soy sauce and mix for one final time until egg cooks through.

Tips: This meal is super easily adjustable depending on how many you want to make, x the recipe by however many days you want to prep for.

Mexican Chicken Wraps

494/494kcal 49/49g 33/33g 16/16g

High protein low
carb wrap by
simson
1 serving

111 8.7g 5.9g 4.3g

Express mexican
style rice by
uncle ben's
83 g

131 3g 25g 1.7g

Nandos Peri
Peri Sauce
20 g

8 0.1g 0.2g 0.7g

Chicken
breast cooked
100 g

165 31g 0g 3.6g

Coleslaw
50 g

12 0g 1.9g 0.5g

Australian tasty
light shredded
cheese by coles
20 g

67 5.9g 0g 4.8g



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Procedure:

Microwave uncle ben's Mexican rice packet, add cooked chicken (shredded), coleslaw, Nandos sauce and cheese into a bowl with rice. mix everything and Place on the wrap.

Tips: To make it easier to weigh chicken, I recommend cooking a large batch of chicken, shredding it all and placing it in a container, then place container on the scale, press 'zero' and take out 300g of chicken. 83g of rice is $\frac{1}{3}$ of the packet, so time the recipe by 3 to use one full packet and prep 3 wraps.

Sweet Potato Beef Bowl

	514/514kcal	47/46g	52/52g	11/10g
Sweet potato 250 g	215	4g	43g	0.3g
High protein cottage cheese original by bulla 50 g	43	5.5g	2.2g	1.1g
5% fat extra lean mince beef by coles 166 g	221	35g	1.7g	8.3g
Thai sweet chilli sauce light by ayam 20 g	3	0.9g	0.9g	0.9g
Medium taco mexican seasoning by mingle 10 g	32	1.3g	4.5g	0.1g



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Procedure:

Cook sweet potato in the air fryer on 200 degrees for 20min. While that's cooking, add beef mince to a pan and add mingles seasoning. When cooked combine and top with cottage cheese and light sweet chilli sauce.

Tips: 166g of beef mince is $\frac{1}{3}$ of the packet, same with 10g of mingles seasoning. If you buy one pack of beef mince and 1 mingles seasoning packet, you x everything else by 3 to prep 3 meals at once. To get more fat in this meal if needed, add cheese. If you are fine to lose volume in sweet potato can also add hot honey, take out 50g of sweet potato for the same macros.

Nandos Chicken and Rice

	467/467kcal	52/52g	43/43g	7/7g
Jasmine rice cooked without salt 125 g	163	3g	35g	0.3g
Chicken breast cooked 150 g	248	47g	0g	5.4g
Nandos Lemon & Herb Peri-peri Sauce 30 g	19	0.1g	2.1g	1.1g
Onions 30 g	12	0.3g	2.3g	0g
Red capsicum 50 g	13	0.5g	2g	0.1g
Green beans 40 g	12	0.7g	1.7g	0.1g



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Procedure:

Place one whole chicken breast in the air fryer for 15 minutes on 180degrees, then flip and cook for another 8 minutes. In a pan on high heat crisp up your onions capsicum and beans. Assemble everything on a plate and top with Nandos sauce of your choice

Tips: Raw weight for the chicken breast is around 225g. Beans can also be cooked in the air fryer. Rice amount is one Sun rice cup. If you mix the rice with the veggies it will give it more flavour.

Chicken Pesto Pasta

616/616kcal 54/54g 60/60g 15/15g

Chicken breast 70 g	116	22g	0g	2.5g
Smart protein spirals pasta by vetta 93.75 g	322	23g	48g	2.1g
Basil Pesto By Leggos 47.5 g	113	2.1g	3.8g	10g
Vanilla non fat greek yogurt by chobani 80 g	59	6.4g	8g	0g
Spinach 10 g	2	0.3g	0.1g	0g
Tomatoes 20 g	4	0.2g	0.5g	0g



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Procedure:

Cook up 1 packet of vetta protein pasta. While that's cooking, cook your chicken breast whole in the air fryer on 180 for 15 minutes, then flip and cook for another 8-12 minutes, when chicken is cooked, shred it. For the sauce mix in a bowl 1 jar of the pesto pasta by leggos and your greek yogurt (x by 4). Mix your shredded chicken into the pesto sauce. To plate, evenly distribute your pasta into 4 dishes, top with your chicken, tomato and spinach.

Tips: If you can't find that chobani yogurt, any low fat yogurt will be good, even tastes good with the vanilla yogurt.

Taco Bowl

577/576kcal 38/37g 56/56g 19/19g

5% fat extra lean
mince beef by
coles
125 g

166 26g 1.3g 6.3g

Black beans by
old el paso
106 g

74 4.9g 9.4g 0.7g

Jasmine rice
cooked without
salt
125 g

163 3g 35g 0.3g

Medium taco
mexican
seasoning by
mingle
6 g

19 0.8g 2.7g 0.1g

Tomatoes
50 g

9 0.5g 1.4g 0.1g

Mexican mild
salsa by doritos
75 g

29 1.1g 5.5g 0.4g

Hass avocado
0.5 avocado, hass

117 1.5g 1g 11g



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Procedure:

Cook up beef mince, when brown add in mingles seasoning. Combine beef, $\frac{1}{2}$ an avocado, beans, tomato and rice in a bowl, then top with salsa

Tips: Weird amount of beans, seasoning, and beef mince is $\frac{1}{4}$ of a packet/tin, so x recipe by 4 to use one full packet of each. The jasmine rice is a 'sun rice cup' so you can purchase those and just microwave if you wish, and obviously by 2 avocados to make 4 meals with no wastage!

Sweet Chilli Salmon with Rice and Veg

	423/423kcal	39/39g	45/45g	9/9g
Salmon 150 g	191	31g	0g	6.6g
Green beans 100 g	31	1.8g	4.3g	0.2g
Spinach 50 g	12	1.4g	0.7g	0.2g
Thai sweet chilli sauce light by ayam 30 g	5	1.3g	1.3g	1.3g
Jasmine rice cooked without salt 125 g	163	3g	35g	0.3g
Carrots 50 g	21	0.5g	3.4g	0.1g



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Procedure:

Cook salmon in a pan until crispy on both sides, top with 15g of sweet chili sauce and cook a little bit longer. When done take out and crisp up green beans and finely chopped carrot in the same pan. to assemble combine veggies, salmon and rice. and Pour over the remaining 15g of sweet chili sauce

Tips: Veggies are interchangeable with whatever you prefer here. Make sure it is salmon with skin off.

Jacket Potato

	363/363kcal	32/32g	32/32g	6/7g
Spud lite potato by zerella 300 g	149	4.2g	22g	0.2g
5% fat extra lean mince beef by coles 100 g	133	21g	1g	5g
High protein cottage cheese original by bulla 50 g	42	5.6g	2.2g	1.1g
Tomatoes 50 g	9	0.4g	1.3g	0.1g
Onions 30 g	12	0.3g	2.3g	0g
Mild salsa by doritos 50 g	18	0.8g	3.3g	0.1g



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Procedure:

To cook the potato, poke holes in it and add salt, wrap it in foil and cook in the air fryer on 200 degrees for 20 minutes. While that's cooking add your beef mince, tomato and onion to a hot pan and cook through. To assemble, cut your potato down the middle and place beef mince on top, then top with salsa and cottage cheese.

Tips: These are great fresh but find they still taste amazing reheated as meal prep. If you make fresh, use one pack of beef mince and split the beef mix into 5 serves evenly.

Chicken Greek Salad

	383/383kcal	46/46g	8/8g	17/17g
Chicken breast cooked 125 g	206	39g	0g	4.5g
Tomatoes 50 g	9	0.4g	1.3g	0.1g
Cucumber 75 g	6	0.3g	1.2g	0g
Feta cheese 25 g	66	3.6g	1g	5.4g
Tzatziki by chris' 40 g	40	2g	2.4g	2.4g
Onions 30 g	12	0.3g	2.3g	0g
Olives 30 g	44	0.3g	0.2g	4.7g



WD
COACHING

Procedure:

Cook chicken breast in the air fryer on 180 for 15 minutes then flip and cook for another 8 minutes. Chop up all salad ingredients and add to a bowl, top with your chicken and tzatziki.

Tips: Chicken weight raw is 190g. Remove any ingredients you don't like and feel free to add leaves to bulk it up like lettuce or spinach.

Lo-Cal Noodle Stir Fry

269/269kcal 24/24g 19/19g 7/8g

Broccoli steamed 150 g	33	1.7g	2g	1.1g
5% fat extra lean mince beef by coles 100 g	133	21g	1g	5g
Teryaki & Sesame Stir Fry Sauce 43 g	51	0.5g	10g	1g
Super lo-cal traditional noodles by changs 200 g	21	0.2g	1g	0.2g
Carrots 75 g	31	0.7g	5.1g	0.2g



WD
COACHING

Procedure:

Microwave, frozen broccoli and carrots. While that is in, cook your beef mince. When veggies are steamed add to the pan with one pack of lo-cal noodles and teryaki sauce, and mix it all over a low heat.

Tips: This meal is great for those who want more volume with their foods, beef mince amount is $\frac{1}{4}$ of a packet, so can cook 4 meals at once using 1 pack of beef mince and 4 packs of noodles. For more protein just add more beef mince or egg.

Creamy Chicken Nandos Pasta

569/569kcal 56/56g 57/57g 10/10g

Smart pasta penne by vetta 93.75 g 322 23g 48g 2.1g

Chicken breast raw 125 g 135 25g 0g 3.8g

Tomatoes diced canned 100 g 17 0.8g 3g 0.1g

Cottage cheese 50 g 49 5.6g 1.7g 2.2g

Medium peri marinade for chicken by nando's 50 g 41 0.7g 4g 2.1g

Spinach 20 g 5 0.6g 0.3g 0.1g



WD
COACHING

Procedure:

Cook your chicken in the air fryer on 180 degrees for 15 minutes and then flip and cook for another 8 minutes. When your chicken is done pull it out and shred it all. While that's cooking add your pasta on to boil. For the sauce add canned tomatoes, cottage cheese and nandos peri peri sauce to a blender. To assemble, combine your sauce, chicken and pasta and top with spinach

Tips: Pasta amount and tomato amount is $\frac{1}{4}$ of a packet/tin. Times this recipe by 4 to easily prep 4 meals. For more accuracy combine each ingredient one at a time in your meal prep containers.

Tuna sushi Bowl

477/477kcal 41/41g 45/45g 13/13g

Tuna chunk style in spring water by john west 2 can	138	32g	2g	1.2g
Jasmine rice cooked without salt 125 g	163	3g	35g	0.3g
Hass avocado 0.5 avocado, hass	117	1.5g	1g	11g
Cucumber 50 g	4	0.2g	0.8g	0g
Carrots 50 g	21	0.5g	3.4g	0.1g
Soy sauce 10 g	5	0.8g	0.4g	0.1g
Yaki nori for sushi by obento 3 sheet	21	3g	0.3g	0.3g
Siracha 10 g	8	0g	2g	0g



WD
COACHING

Procedure:

Into a bowl add cooked jasmine rice, 2 x Tuna cans, $\frac{1}{2}$ an avocado, finely chopped carrot and cucumber. Over the top add siracha (optional) and soy sauce. Serve with 3 seaweed sheets on side or crumbled throughout.

Tips: Rice amount is 1 cup of the 'Sun rice cups,' just incase you cant be bothered cooking rice. If you don't like tuna feel free to swap for chicken or another protein source. I like to eat this by scooping some of the bowl onto the Seaweed sheets.

Cucumber Salad

	341/341kcal	59/59g	9/9g	7/7g
Cucumber 300 g	23	1g	4.9g	0.2g
Tuna-chunks in springwater 95g can by coles 200 g	221	51g	0g	2.1g
Greek yoghurt plain 2% low fat by chobani 50 g	36	4.7g	2.1g	0.9g
Crispy chilli in oil by laoganma 5 g	35	0.3g	0.6g	3.5g
Soy sauce 20 g	11	1.6g	0.8g	0.1g
Garlic paste by gourmet garden 5 g	15	0g	1g	0g



WD
COACHING

Procedure:

Thinly slice 1 full cucumber into a container that you can add a lid to, then add in all the other ingredients and shake/stir it until all combined.

Tips: This can be done with other protein sources, goes great with beef mince and shredded chicken also, extra seasonings like paprika, onion, salt, pepper can be added for virtually 0 calories.



**SLOW
COOKER
MEALS
WD
COACHING**

Mexican Slow Cooked Beef

	725/725kcal	68/68g	99/99g	6/6g
Heart smart extra lean beef stir fry by woolworths 200 g	266	56g	2g	4.8g
Black beans by old el paso 85 g	59	3.9g	7.6g	0.6g
Mild salsa by doritos 62.4 g	22	0.9g	4.1g	0.2g
Smoky chipotle hot salsa by cholula 34 g	22	0g	5.5g	0g
Jasmine rice 100 g	356	6.7g	80g	0g



WD
COACHING

Procedure:

To your slow cooker, add your extra lean beef sir fry, 1 tin of black beans, Dorito's salsa, mingles chipotle seasoning and the smokey chipotle salsa. Cook on high for 3 hours. Cook rice in Rice cooker, then distribute rice evenly into 5 containers, then evenly distribute the beef mix over the rice.

Amount to put in Slow Cooker- 2 packs of extra lean beef stir fry (1kg). 1 can of Old El Paso beans (425g). 1 pack of mingles seasoning (30g). ½ of the smokey Chipotle Salsa jar (170g). 1 Jar of Doritos salsa (312g). For 5 Meals

GYG Style Burrito Bowls

	602/602kcal	43/43g	74/74g	10/10g
Chicken breast 100 g	165	31g	0g	3.6g
Mexe-beans by old el paso 85 g	77	4.3g	5.6g	0.8g
Smokey taco mild chipotle by mingle 6 g	20	0.8g	3g	0.8g
Mexican mild salsa by doritos 62.4 g	23	0.9g	4.5g	0.3g
Jasmine rice 75 g	267	5g	60g	0g
Lettuce 20 g	3	0.3g	0.3g	0g
Hass avocado 0.2 avocado, hass	47	0.6g	0.4g	4.2g



WD
COACHING

Procedure:

To your slow cooker, add your chicken breast, doritos salsa, mingles seasoning and 1 tin of mexe-beans by old el paso (can be other beans). Cook on high for 3 hours or low for 3-5. In a bowl mash up 1 avocado and optional- season with lime, pepper and salt. Cook your rice separately. To assemble, split rice into 5 containers, top with chicken mix, and then avocado and lettuce.

Amount to put in Slow Cooker- 500g of Chicken Breast. 1 can of Old El Paso beans (425g). 1 pack of mingles seasoning (30g). 1 Jar of Doritos salsa (312g). For 5 Meals

1 Pot Yellow Chicken Curry

648/648kcal 42/42g 89/89g 14/14g

Chicken breast raw 150 g	162	30g	0g	4.5g
Thai yellow curry paste by ayam 37 g	46	1g	3.2g	3g
Green beans 40 g	12	0.7g	1.7g	0.1g
Light coconut milk by coles 160 ml	72	4g	4g	6.4g
Jasmine rice 100 g	356	6.7g	80g	0g



WD
COACHING

Procedure:

To your slow cooker add light coconut milk and Thai yellow curry paste by ayam and mix until combined, then add diced up chicken breast, rice and diced up green beans. cook on high for 3 hours and then evenly distribute.

Amount to put in Slow Cooker- 750g of Chicken Breast. 2 tins of light coconut milk (800ml). 1 Jar of Thai yellow curry paste (185g), 200g green beans. 500g raw jasmine rice. For 5 Meals



**SIMPLE
MAKE FRESH
MEALS**



**WD
COACHING**

Chicken and Salad Sandwich

494/494kcal 42/42g 58/58g 8/8g

Turkish bread 100 g	282	9.8g	48g	3.3g
Chicken breast cooked 100 g	165	31g	0g	3.6g
Lettuce 30 g	5	0.4g	0.5g	0g
Tomatoes 30 g	5	0.3g	0.8g	0.1g
Traditional 99% fat free creamy mayonnaise by praise 10 g	12	0.5g	2.5g	0.5g
Barbecue sauce reduced salt & sugar by masterfoods 15 ml	25	0.1g	5.9g	0.1g



WD
COACHING

Procedure:

Cut your turkish bread in half and top with shredded chicken, lettuce, tomato, fat free mayo and bbq sauce (optional- toast it)

Tips: Cook up a large batch of chicken and shred it and place it into a container, or use pre cooked packaged chicken breast. sauces are interchangeable. Can prep these for the week, I would just add sauce when eating. Veggies are interchangeable.

Chicken Burger and Sweet Potato Fries

597/597kcal 44/44g 80/80g 9/9g

Brioche Burger Bun 1 Qty	201	6.8g	39g	2.1g
Chicken breast cooked 100 g	165	31g	0g	3.6g
Coleslaw 50 g	12	0g	1.9g	0.5g
Feta cheese 10 g	27	1.4g	0.4g	2.1g
Thai sweet chilli sauce light by ayam 10 g	2	0.4g	0.4g	0.4g
Creamy 99% fat free lower fat mayonnaise by praise 15 g	18	0.8g	3.8g	0.1g
Sweet potato 200 g	172	3.1g	34g	0.1g



WD
COACHING

Procedure:

Add, Chicken breast shredded), coleslaw, feta and sauces onto a brioche bun. Serve with a side of sweet potato fries that you cooked for 20 minutes on 200 degrees in the air fryer

Tips: To make it easier to weigh chicken, I recommend cooking a large batch of chicken, shredding it all and placing it in a container, then place container on the scale, press 'zero' and take out 100g when needed. Do the same method with sweet potato, while you are cutting it up cut it all up, you will be glad you did throughout the week. Can save 100 cal by using 'Thins' Instead of burger bun.

Cheeseburger Tacos

475/475kcal 47/47g 39/39g 13/13g

Samsons Wholemeal Mini Wraps 2 Qty	156	4.2g	25g	3.4g
5% fat extra lean mince beef by coles 166 g	221	35g	1.7g	8.3g
High protein cottage cheese original by bulla 50 g	42	5.6g	2.2g	1.1g
Lettuce 100 g	15	1.4g	1.5g	0.1g
Fountain Barbecue Bbq Sauce Reduced Sugar 500ml 15 g	33	0.4g	7.5g	0.1g
Mild american mustard by heinz 10 ml	8	0.5g	0.6g	0.1g



WD
COACHING

Procedure:

Cook up your beef mince with whatever seasonings you like. Add onto 2 small samson's pantry wholemeal mini wraps, along with lettuce cottage cheese and sauces.

Tips: Sauces are interchangeable, swap for whatever low cal sauces you like, meal is also very good with chicken or even Tuna as the protein source. This recipe went viral for pressing the beef mince into the tortilla then cooking, I just find this way easier. Pickles are low calorie, feel free to add them.

Low Calorie Pizza

	520/520kcal	42/42g	41/41g	20/20g
Souvlaki plain bread by mission 1 serving	207	6.1g	32g	5.6g
Leggos Pizza Sauce Garlic, Onion & Herbs Squeeze 20 g	26	1.2g	4.9g	0.2g
Chicken breast cooked 75 g	124	23g	0g	2.7g
Light tasty shredded cheese by coles 20 g	68	6.2g	0.8g	4.8g
Onions raw 30 g	12	0.3g	2.3g	0g
Spinach 20 g	5	0.6g	0.3g	0.1g
Thinly sliced pepperoni hot salami by primo 20 g	78	4.5g	0.5g	7g



WD
COACHING

Procedure:

Onto a Souvlaki base, add tomato sauce as the base, shredded chicken, onions, spinach, pepperoni and top with cheese. Cook on 180 degrees for 15 minutes or until the cheese is crispy.

Tips: Obviously the toppings are 100% interchangeable, these are just some I have used as an example. To save more calories you can use a wrap as a base, just doesn't taste as good as with a soubolaki bread as the base!

Loaded Fries

	503/503kcal	47/47g	43/43g	10/10g
Spud lite potato by zerella 300 g	149	4.2g	22g	0.2g
5% fat extra lean mince beef by coles 166 g	221	35g	1.7g	8.3g
High protein cottage cheese original by bulla 50 g	42	5.6g	2.2g	1.1g
Medium taco mexican seasoning by mingle 10 g	32	1.3g	4.5g	0.1g
Tomatoes 100 g	18	0.9g	2.7g	0.2g
Onions 20 g	8	0.2g	1.5g	0g
Barbecue sauce reduced salt & sugar by masterfoods 20 ml	33	0.1g	7.9g	0.1g



WD
COACHING

Procedure:

Cut up Spud lite potato's into thin strips, cook in the air fryer on 200 degrees for 15-20 minutes. While that's cooking add beef mince, tomato and onion to a pan. When mince is brown add in Mingles seasoning. Spread beef mix over the fries, top with cottage cheese and bbq sauce.

Tips: 166g of Mince is $\frac{1}{3}$ of a 500g pack, 10g of mingles seasoning is $\frac{1}{3}$ of pack. Prep 3 lots of the beef, onion and tomato mix and just cook the fries fresh each meal.

Steak with Salad and Chips

495/495kcal 61/61g 24/24g 13/13g

Rump steak 250 g	302	55g	0.5g	8.5g
Butter 5 g	36	0g	0g	4.1g
Spud lite potato by zerella 250 g	124	3.5g	19g	0.2g
Spinach 50 g	12	1.4g	0.7g	0.2g
Tomatoes 50 g	9	0.4g	1.3g	0.1g
Onions 30 g	12	0.3g	2.3g	0g



WD
COACHING

Procedure:

Add 5 g of butter to a hot pan (optional) and cook steak to your liking. For the fries, cut spud lite potatoes thinly and cook in the air fryer on 200 for 17-20 minutes. Put together your salad and serve.

Tips: The salad in there is an example, can use any salad ingredients you wish. If you choose to add a dressing you will need to track it, the brand 'Birch and Waite' do some good low calorie dressings. (available at coles and woolies)

Greek Style Pita Pockets

512/512kcal 49/49g 53/53g 8/8g

Wholemeal pita pockets by mission 1 serving	256	11g	46g	1.9g
Chicken breast cooked 110 g	182	34g	0g	3.9g
Tzatziki dip & spread by chris' 40 g	38	2.2g	2.2g	2.4g
Lettuce 100 g	15	1.4g	1.5g	0.1g
Onions 30 g	12	0.3g	2.3g	0g
Tomatoes 50 g	9	0.4g	1.3g	0.1g



WD
COACHING

Procedure:

To a pita pocket (or souvlaki bread), add shredded chicken, lettuce, tomato and onion. Then top with Tzatziki dip. Optional- Toast them in a sandwich press.

Tips: If you are making these each night I recommend cooking a large batch of chicken, then shredding it all and placing it in a container and pulling it out throughout the week. For more fat in this meal add a cheese like feta, and for more carbs use spud lite potatoes and make it like a yiros

Cheeseburger and Fries

	619/619kcal	52/52g	62/62g	16/16g
Brioche Burger Bun 1 Qty	201	6.8g	39g	2.1g
5% fat extra lean mince beef by coles 166 g	221	35g	1.7g	8.3g
Mustard 7 g	4	0.3g	0.1g	0.2g
Fountain Barbecue Bbq Sauce Reduced Sugar 500ml 10 g	22	0.3g	5g	0.1g
25% less carbs potatoes by spud lite 200 g	99	2.8g	15g	0.2g
Australian tasty light cheese slices by coles 1 serving	72	6.4g	1g	5g

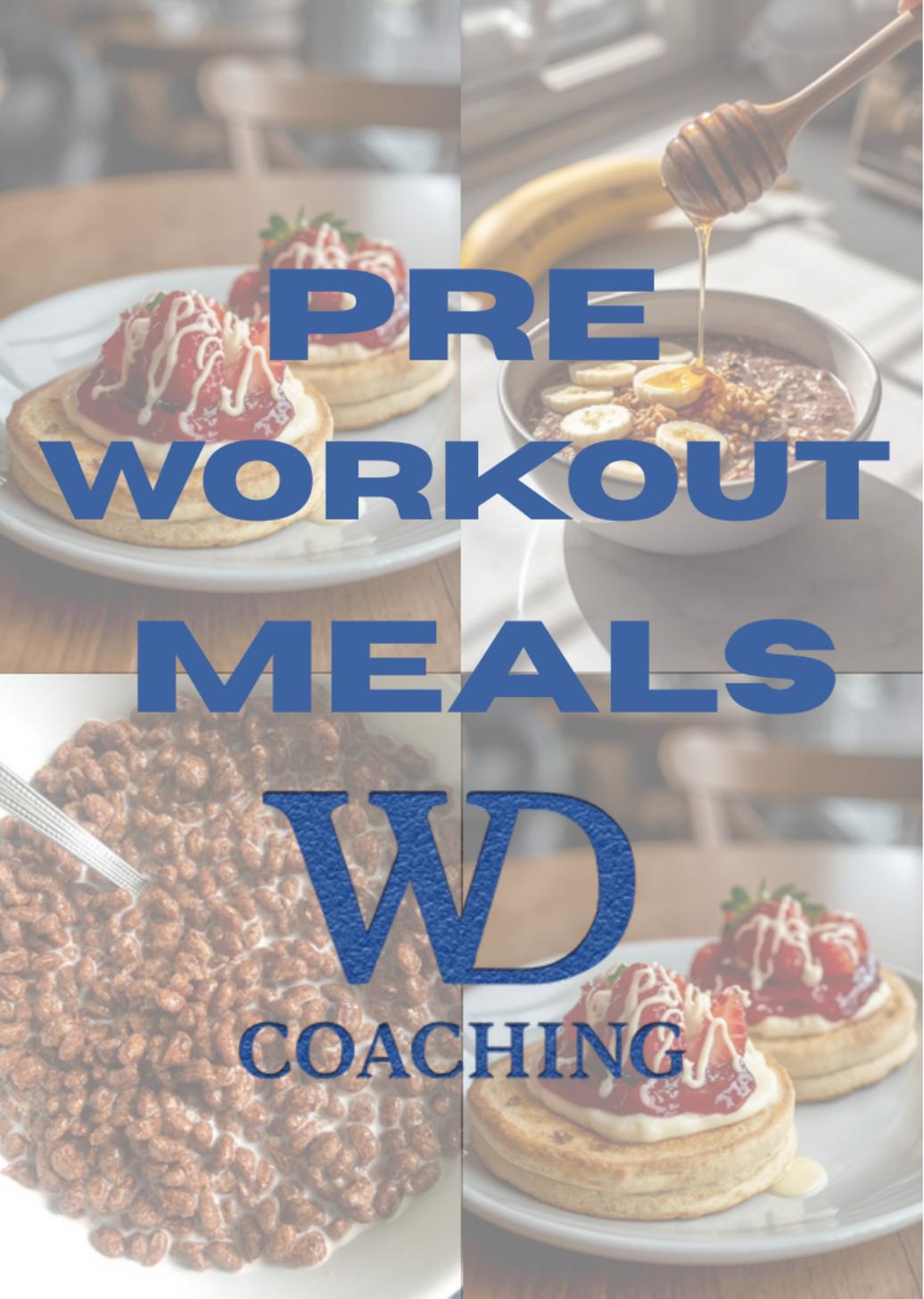


WD
COACHING

Procedure:

Form a beef patty by pushing the beef mince into a ball and smashing it flat, cook on sandwich press or pan until brown on both sides. Add onto brioche bun with sauces of your choice and one slice of Light cheese. For the fries, cut spud lite potato's into thin strips and cook in the air fryer on 200 degrees for 15-20 minutes.

Tips: 166g of beef mince is $\frac{1}{3}$ of the packet, so you can make this fresh for 3 nights using one pack of beef mince. Add whatever veggies you would like to this, ie lettuce, tomato, onion. Can save 100 cal by using 'Thins' Instead of burger bun.



**PRE
WORKOUT
MEALS**

**WD
COACHING**

Cream Of Rice

454/454kcal 32/32g 79/79g 2/2g

Rice flour by mckenzie's 75 g	249	5.6g	59g	0.8g
Water 300 g	0	0g	0g	0g
Vanilla protein powder by wpi 30 g	116	26g	1g	0.4g
Mixed berries 75 g	43	0.5g	7g	0.4g
Honey 15 g	46	0g	12g	0g



**TIME TO EAT
BEFORE WORKOUT:**

30 mins - 1 hour

**WD
COACHING**

Procedure:

To a bowl add rice flour and boiling water and stir until all clumps are gone. When combined microwave for 30 seconds, then pull out mix it and microwave for another 30. Pull out and top with honey, berries and whey drip.(protein powder and water mixed)

Tips: The ratio for rice flour to water is 1:4 so if you increase/decrease rice flour do the same with the water. You can add different toppings to this ie. Banana, cinnamon, maple syrup

Coco Pops

406/406kcal 28/28g 62/62g 3/3g

Coco pops 75 g	274	3.8g	61g	1g
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100% wpi protein by 30 g	114	24g	1.2g	0.9g
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Almond milk unsweetened fortified 150 g	18	0.6g	0g	1.5g
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**TIME TO EAT
BEFORE WORKOUT:**

30 mins - 1 hour

WD
COACHING

Procedure:

Please don't make me explain how to make cereal

Tips: Coco pops are in here as an example of cereals, it takes no time to prepare and is a great convenient option for those that don't have time. I have my cereal with water and wpi and it tastes like milk, feel free to do the same to save cal. Other good cereal options include: Nutrigrain, Special k, Cornflakes. Just to name a few

Crumpets

398/398kcal 30/30g 64/64g 2/2g

Crumpets 2 crumpet	200	6g	42g	0g
Strawberry jam 20 g	50	0g	13g	0g
Strawberries 100 g	32	0.7g	5.7g	0.3g
Gold standard 100% whey by optimum nutrition 30 g	116	23g	2.9g	1.5g



**TIME TO EAT
BEFORE WORKOUT:**

30 mins - 1 hour

**WD
COACHING**

Procedure:

In a small bowl, add 30g of wpi, and gradually add very small amounts of water until you get a Nutella like consistency. Once you have that, spread it on your crumpets, then top with jam and berries

Tips: I call this method a whey spread. You can always add more water but you can't take it out, please be patient when adding the water and don't add it too early, it will almost be like a protein ball consistency and then as you keep mixing it will turn into a spread. If you are feeling lazy, literally just spread the way spread on the crumpets and don't worry about the jam and berries.

Rice Cakes & Honey

	201/201kcal	4/4g	44/44g	0/0g
Rice cake 4 cake	140	4g	28g	0g
Honey 20 g	61	0.1g	16g	0g



**TIME TO EAT
BEFORE
WORKOUT:**

30 mins - 1 hour

WD
COACHING

Procedure:

Put 4 rice cakes on a plate then 0 your scale and then top with honey.

Tips: Some rice cakes are thinner than others, the macros should be 140cals with 44g of carbs, some may be slightly different and you may end up getting 6 rice cakes for the same macros, but just check the ones you buy first!

Oat Bowl

447/447kcal 31/31g 63/63g 6/6g

100% wholegrain quick oats by coles 50 g	190	6.5g	28g	4.5g
Honey 15 g	46	0g	12g	0g
Gold standard chocolate 100% whey protein by optimum nutrition 30 g	122	23g	2.8g	1.4g
Banana 100 g	89	1.1g	20g	0.3g



**TIME TO EAT
BEFORE WORKOUT:**

2 hours - 3 hours

**WD
COACHING**

Procedure:

Into a bowl add oats, wpi and 300ml water. Microwave on high for 2 minutes. When done pull them out and add banana and honey on top.

Tips: Chocolate wpi and banana is my favourite combination for these but vanilla and berries is also good with the same benefits. oats take a while to digest so if you have these as a pre workout meal please have it at least 2 hours before you train. If you find they don't have enough flavour you can use stevia or swap the water for almond milk.

Rice Cakes With Tuna and Avocado

377/377kcal 41/41g 22/22g 12/12g

Rice cake 3 cake	105	3g	21g	0g
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Tuna chunks in springwater by john west 1 can	155	36g	0g	1.3g
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Hass avocado 0.5 avocado, hass	117	1.5g	1g	11g
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**TIME TO EAT
BEFORE WORKOUT:**

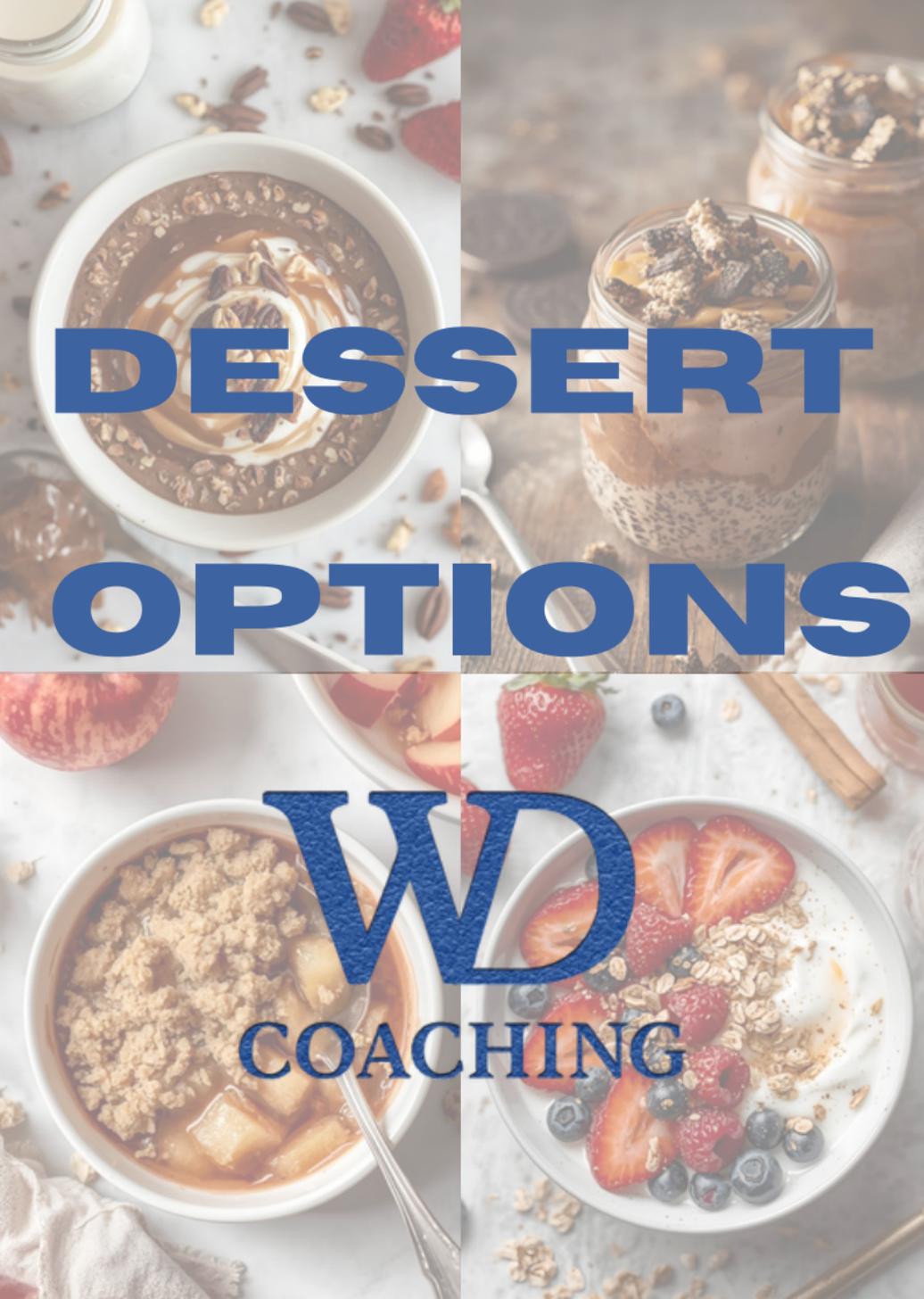
2 hours - 3 hours

**WD
COACHING**

Procedure:

Add 1 can of tuna and half an avocado on top of 3 rice cakes. Optional- Honey tastes great on these as well as chili flakes.

Tips: Fat and fibre slow down digestion. If you have this with just tuna and the rice cake the digestion time is around 30 mins - 1 hour, where as if you add the avocado the digestion time jumps to 2-3 hours. I have done this just you can see how fat and fibre affect pre workout meals.



**DESSERT
OPTIONS**

**WD
COACHING**

Chocolate Baked Oats

	440/440kcal	45/45g	27/27g	15/15g
Oats 35 g	133	4.6g	20g	2.3g
Egg 1 large egg	70	6g	0g	5g
Greek fat free yoghurt by chobani 50 g	30	5g	2.1g	0g
Almond milk unsweetened fortified 80 g	10	0.3g	0g	0.8g
Baking powder 5 g	3	0g	1.4g	0g
R1 chocolate fudge 100% whey protein by rule 1 30 g	110	25g	1g	0.5g
Crushed peanuts by coles 12 g	73	3.1g	1.7g	5.8g
Sugar free chocolate fudge topping by queen 25g	11	1g	1g	1g



WD
COACHING

Procedure:

In a glass Meal prep container, whisk together blended oats (or use oat flour), 1 egg, low fat yogurt of your choice, baking powder, any chocolate wpi and almond milk. When combined, top with crushed peanuts and cook on 180 for 30-40 minutes depending on depth of your container. Pull out and top with queens sugar free chocolate syrup.

Tips: Other toppings could be any type of nut, biscoff, cinnamon

Yogurt Bowl

282/282kcal 22/22g 38/38g 3/3g

Yopro high in natural protein vanilla yoghurt by danone 200 g	114	19g	7.6g	0.6g
Strawberries 30 g	10	0.2g	1.7g	0.1g
Raspberries 30 g	16	0.4g	1.6g	0.2g
Blueberries 30 g	17	0.2g	3.6g	0.1g
Cinnamon 1 g	3	0g	0.3g	0g
100% wholegrain quick oats by coles 20 g	76	2.6g	11g	1.8g
Honey 15 g	46	0g	12g	0g



WD
COACHING

Procedure:

To a bowl, add Yo pro Yogurt, then mix in berries of your choice and top with oats and honey.

Tips: If you want to make this better you can mix oats and honey on a tray and spread out, and then toast them in the oven for more texture in this meal. Can also use banana instead or other fruits instead of berries.

Chocolate Overnight Oats

411/411kcal 40/40g 39/39g 9/9g

100% wholegrain quick oats by coles
50 g

190 6.5g 28g 4.5g

100% gold standard whey protein chocolate flavor by optimum nutrition
30 g

112 23g 2.1g 1.4g

Yopro salted caramel yoghurt by danone
100 g

59 10g 3.8g 0.4g

Nutella
10 g

50 0.5g 5.5g 3g



WD
COACHING

Procedure:

To your container add oats, chocolate wpi and water until you get the desired consistency. Top with salted caramel Yo Pro yogurt and Nutella (optional)

Tips: Cutting the nutella out does save 50 calories, just putting it in here so you know if you do track it and it fits into your macros than you can eat it!

Apple Crumble

190/190kcal 12/12g 27/27g 2/2g

Apple
125 g 65 0.3g 14g 0.2g

Cinnamon
2 g 5 0.1g 0.6g 0g

Oats
20 g 76 2.6g 12g 1.3g

Isosept zero
protein vanilla
cream by ehp
labs
10 g 38 8.6g 0.3g 0g

Sugar free maple
syrup by queen
10 ml 6 0g 0g 0g



WD
COACHING

Procedure:

To a pot on a low heat add apple, cinnamon and a touch of water and stir until soft. For your topping add oats, wpi and sugar free maple syrup to a bowl and mix until combined. To assemble put apple in a small oven safe container, put oat mix on top and cook until golden brown.

Tips: Have made this a pretty small dessert option for when you have a couple hundred calories left, can make this larger and build it into your plan easily.

Chocolate Overnight Weetbix

	485/485kcal	44/44g	47/47g	12/12g
Weetbix by sanitarium 2 biscuits	110	3.8g	20g	0.4g
Almond milk unsweetened fortified 100 g	12	0.4g	0g	1g
Yopro high in natural protein vanilla yoghurt by danone 150 g	85	14g	5.7g	0.5g
Isosept peanut butter cups whey protein isolate by ehplabs 30 g	108	23g	2.5g	0.8g
Oreo 2 cookies	110	1g	17g	4.5g
Peanut butter 10 g	60	2.2g	1.7g	5.1g



WD
COACHING

Procedure:

In a container combine crushed up weetbix and unsweetened almond milk until you get a cheesecake base consistency. In a separate bowl mix yo pro yogurt and wpi flavour of your choice. Spread your yogurt mix evenly across the base, top with 2 crumbled Oreo's and peanut butter.

Tips: This one kills those cravings, can lower calories by using only 1 cookie and save cals by using water instead of almond milk if you have already hit your protein for the day take out the wpi to save over 100 cals

WD
COACHING

Calories/ 30g



10

Can be any brand of salsa



27

More like this from mingles



9

Can be any buffalo

SNACKS



21



25



36



24

All siračas are very similar



22

All American Mustard similar



5

SAUCES

WD
COACHING

Macros for full bag/tub

Calories- 208
P- 13.9 C- 30.7 F- 3.3Calories- 128
P- 20.2 C- 2 F- 3.8

5

Calories- 188
P- 13.5 C- 18.5 F- 5Calories- 114
P- 14 C- 8.7 F- 3.5

5

Calories- 80
P- 6.9 C- 0.7 F- 5.5Calories- 122
P- 13 C- 16.7 F- 5.8Calories- 86
P- 6.8 C- 16.3 F- 2.3

There are multiple flavours for each of these items which are all similar cal

WD
COACHING

Macros for full bar/tub/bag

Calories- 118
P- 11.4 C- 15 F- 4.4Calories- 175
P- 16.3 C- 16.8 F- 6.2Calories- 82
P- 13 C- 12.8 F- 1.8Calories- 85
P- 2.8 C- 4.8 F- 0Calories- 89
P- 1 C- 11.9 F- 3.0Calories- 108
P- 4.8 C- 8.5 F- 2.1Calories- 83
P- 16.4 C- 6.6 F- 0.5Calories- 143
P- 6.0 C- 18.8 F- 3.1Calories- 83
P- 11 C- 12 F- 3.2

There are multiple flavours for each of these items which are all similar cal

Shit That

life

Ready to Eat Meats



When you can't be bothered to cook your own meals, all of my meals use 'cooked' meats. I just use the microwave to reheat them. This is a great way to save time and still have a healthy meal. I have a reference sheet for these items which are all similar cal

Pre Made Meals



The Macros are already on the meals, find one that aligns with your macro targets. Can freeze these to you have an emergency supply

Microwave Rice



Cooking rice can take ages, using these cups takes 40 seconds, good to keep around for when you haven't prepped and are in a rush. A lot of the meals reference these for convenience

Frozen Food



These are always in my freezer for when I'm feeling lazy or don't have time to cook. Macros on fropro are great

Low Calorie Sauce Options

WD
COACHING

Calories/ 30g



10

Can be any brand of salsa



27

More like this from mingles



9

Can be any buffalo



21

Different spice levels



25

BBQ Option as well. Fountain does these too



36

Other 99% fat free brands



24

All sirachas are very similar



22

All American Mustards very similar



5

The Goat

Savoury Snack Options



Macros for full bar/bag/tub



Calories- 208

P- 13.9 C- 32.3 F- 3.3



Calories- 128

P- 20.2 C- 3 F- 3.6



Calories- 279

P- 34 C- 0.5 F- 15.5



Calories- 198

P- 17.5 C- 19.5 F- 5



Calories- 64

P- 1.4 C- 6.7 F- 3.2



Calories- 140

P- 19 C- 5 F- 4.5



Calories- 80

P- 6.9 C- 0.7 F- 5.5



Calories- 122

P- 1.9 C- 15.7 F- 5.6



Calories- 86

P- 0.6 C- 15.3 F- 2.3

There are multiple flavours for each of these items which are all similar cals

Sweet Snack Options

WD
COACHING

Macros for full bar/tub/bag



Calories- 118

P- 11.4 C- 2.5 F- 4.4



Calories- 175

P- 16.3 C- 10.6 F- 6.2



Calories- 82

P- 1.3 C- 13.6 F- 1.8



Calories- 85

P- 2.8 C- 13.0 F- 0



Calories- 89

P- 1 C- 16.5 F- 3.1



Calories- 108

P- 5.0 C- 8 F- 2.1



Calories- 93

P- 15.4 C- 6.6 F- 0.5



Calories- 143

P- 6.0 C- 3.9 F- 9.1



Calories- 83

P- 1.1 C- 12 F- 3.2

There are multiple flavours for each of these items which are all similar cals

WD
COACHING

myfitnesspal

1. When building a meal add your ingredients into my fitness pal



3. Click save as meal so you don't have to enter in every ingredient every time you make it



Please note you can track everything in the Whatdoin Coaching app, if it has a barcode scanner and a full database like myfitness pal. You just can't save meals of this app.

TIPS TRICKS AND TRACKING

WD
COACHINGx ELITE
SUPPLEMENTS

Throughout this book I have used many different protein powders that are all from the Superfood Supplement Co. Using code "Whatdoin" will save you 10% and also support me to keep doing stuff like this.

Below are some differences in Protein powders

WPI- lower in calorie for the same amount of protein, more of a watery mix



If you struggle with lactose—They also have a great variety of vegan protein options still low in calorie high in protein, similar macros to the whey blend



Whey Blend- Slightly higher in calorie, is usually a thicker mix, but they both taste good

WD
COACHING

Ready to Eat Foods

Microwave Rice



These are both good for protein so you can use them in your meals. I like to use the 'cooked chicken' in them because you want to use these.

These cups take ages, these cups takes 40 seconds, good to keep in the freezer for when you are in a rush. A lot of the meals reference these for convenience



Frozen Food



The Macros are already on the meals, find one that aligns with your macro targets. Can freeze these so you have an emergency supply.

These are always in my freezer for when I'm feeling lazy or don't have time to cook. Most of the time I use these.

WD COACHING

In Some of the Meals I did not reference

seasonings, that's because I use this super low calorie seasoning mix:

- Garlic powder → ~3.3 kcal per g
- Onion powder → ~3.5 kcal per g
- Black pepper → ~2.8 kcal per g
- White pepper → ~2.5 kcal per g
- Salt → 0 kcal per g (pure sodium chloride, no energy value)

Onion powder → ~2.7 kcal

If you use an old seasoning container you can buy one of these each and combine into that old container (use ratios that you prefer) and use it on a bunch of meals for virtually 0 calories.



Shit That Makes Life Easier



Ready to Eat Meats



When you can't be bothered to cook, use pre made protein sources to add to your meals to save time, some of the meals use 'cooked chicken' in them incase you want to use these.

Microwave Rice



Cooking rice can take ages, using these cups takes 40 seconds, good to keep around for when you haven't prepped and are in a rush. A lot of the meals reference these for convenience

Pre Made Meals



The Macros are already on the meals, find one that alligns with your macro targets. Can freeze these to you have an emergency supply

Frozen Food



These are always in my freezer for when i'm feeling lazy or don't have time to cook- Macros on fropro are great

Protein Powders

WD
COACHING



ELITE
SUPPLEMENTS

Throughout this book i have used many different protein powders that are all from **Elite Supps**. Using code 'Whatdoin' will save you **10%** and helps support me to keep doing stuff like this!

Below are some differences in Protein Powders

WPI- lower in calorie for the same amount of protein, more of a watery mix



Whey Blend- Slightly higher in calorie, is usually a thicker mix, generally better tasting than a wpi



If you struggle with lactose- They also have a great variety of vegan protein options still low in calorie high in protein, similar macros to the whey blend



Seasonings Tips and Tricks



In Some of the Meals I did not reference Seasonings, that's because i use this super low calorie seasoning mix:

Garlic powder → ~3.3 kcal per g

Onion powder → ~3.5 kcal per g

Paprika → ~2.8 kcal per g

Black pepper → ~2.5 kcal per g

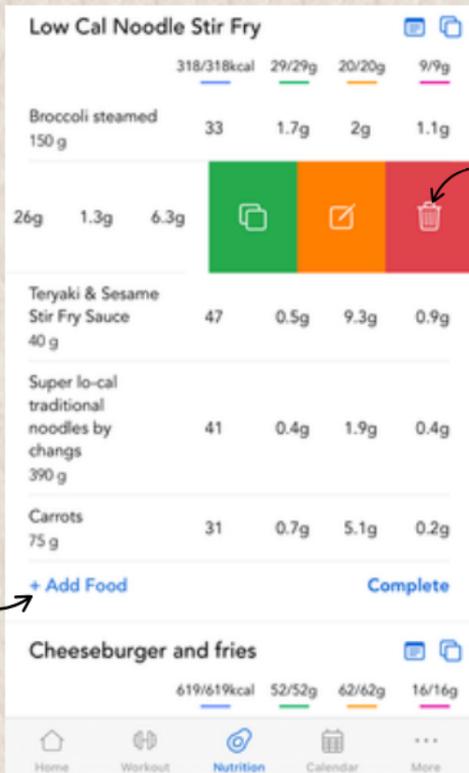
Salt → 0 kcal per g (pure sodium chloride, no energy value)

Chili flakes / powder → ~2.7 kcal

If you use an old seasoning container you can buy one of these each and combine into that old container (use ratios that you prefer) and use it on a bunch of meals for virtually 0 calories.



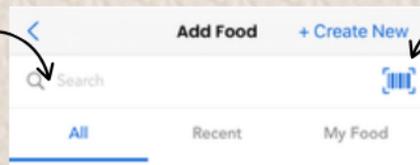
Tracking In the App



1. Swipe on the ingredient you want to swap and click delete

2. Click add Food

3. Search for the food you want to add



3. Or scan barcode and it will add it

Please note you can track everything in the Whatdoin Coaching app, it has a barcode scanner and a full database like Myfitness pal. You just can't save meals at this stage. but message me if you want a meal swapped in/out in your plan!

Tracking Food Outside of My App



myfitnesspal

1. When building a meal add all your ingredients into my fitness pal

Breakfast	534
Coles Quick Oats Coles, 50 grams	190
Black Chia Seeds Wellness Road- Coles, 15 gram	64
Choc Honeycomb Bulk Nutrients WPI, 30 gram	112
Blueberries (Frozen) Coles, 100 g	49
Maple flavoures syrup (sugar free) Queen, 5 ml	3
Peanut butter extra crunch Mayver's, 20 gram	116
ADD FOOD	...

2. Click these 3 dots

3. Click save as meal so you don't have to enter in every ingredient every time you make it

X	Breakfast
Turn Off Smart Copy	
Quick Add	
Save as Meal	
Copy From Date	
Copy To Date	

Please note you can track everything in the Whatdoin Coaching app, it has a barcode scanner and a full database like Myfitness pal. You just can't save meals at this stage. but message me if you want a meal swapped in/out in your plan!