

GOAL  
-  
WEIGHT  
MANAGEMENT  
  
SEVEN DAY  
MEAL PLAN

FITSOM 2024

NATALIE FORD | NUTRITIONIST  
BHSC NUTRITION  
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DAY ONE

YOU GOT THIS.  
READY?

Spinach & feta  
Omelette  
BREAKFAST

Roast veg Salad with  
grilled protein of  
choice  
LUNCH

Grilled Spicy salmon  
& steamed greens  
DINNER

Handful raw nuts  
Piece of fruit  
SNACKS

DAY TWO

HOW MUCH WATER  
HAVE YOU HAD?

Clean & Green Protein  
Smoothie  
BREAKFAST

Grilled Spicy Salmon  
& steamed greens  
LUNCH

Spinach & Chickpea  
stuffed sweet potato  
DINNER

Vege sticks and Hummus  
Piece of fruit  
SNACKS

DAY THREE

REMEMBER TO  
CHEW SLOWLY

Overnight oats with  
berries, greek yoghurt  
& nuts  
BREAKFAST

Spinach & Chickpea  
stuffed sweet potato  
LUNCH

Mediterranean  
chicken & Veg  
DINNER

1 x Protein Power Slice  
Piece of fruit  
SNACKS



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## DAY FOUR

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### FIBRE IS KEY

Mushroom & Spinach  
Omelette  
BREAKFAST

Mediterranean  
chicken & Veg  
LUNCH

Kale, Leek, beet &  
lentil salad  
DINNER

1 x Protein Power  
Slice  
SNACKS

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## DAY FIVE

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### MAKE FATS YOUR FRIEND

Clean & Green Protein  
Smoothie  
BREAKFAST

Kale, leek, beet &  
lentil Salad  
LUNCH

Avocado & chicken  
with zoodles  
DINNER

Piece of Fruit  
1 x protein power  
slice  
SNACKS

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## DAY SIX

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### GO TO BED EARLIER

Eggs & mushroom on  
Sourdough  
BREAKFAST

Avocado & chicken  
Zoodles  
LUNCH

Your choice  
DINNER

Vege Sticks and Hummus  
Piece of Fruit  
SNACKS

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## DAY SEVEN

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### DON'T FORGET TO TREAT YO' SELF

Clean & Green Protein  
Smoothie  
BREAKFAST

Your Choice  
LUNCH

Easy vegetable + tofu  
stir fry  
DINNER

Piece of Fruit  
1 x protein power  
slice  
SNACKS

## SOME NOTES TO START

ON PLANT BASED NUTRITION - Don't get caught up in thinking you need animal protein every day. If you love it and your digestive system can tolerate it, then go for it. But if you find you're feeling sluggish, fatigued, have brain fog and you're not having complete daily bowel movements, then remove it for a week and see how you feel. These recipes can all be adapted to include animal protein (many of them have animal sources in there) however, if you choose to remove them, you will still reap the rewards, I promise!

ON CALORIES/KJ - I don't believe in counting calories or kilojoules, so you won't see them in this meal plan. All of these recipes contain enough protein, carbohydrates and fats to keep you satisfied all day, however they are not overly calorie dense (if that's what you're worried about). By eating fresh, whole food and keeping up with your training schedule at **FITSOM**, you will find eating and losing weight enjoyable and still be in a calorie deficit without starving yourself.

ON WATER - Remember to drink at least 1.5-2L water a day depending on your training schedule. Everyone is different, but you will know you're dehydrated as soon as you feel thirsty. Keep a water bottle with you and refill throughout the day. Add a wedge of lemon, lime, berries or mint (or all of them) to help with trace mineral absorption, digestion and to make your water bottles a little prettier!

SLEEP - Our body's need recovery and the best way to do this is by getting enough shut eye each night. Aim for 8 hours, especially on days when you are training, to ensure you are resting and recovering.

ON COFFEE - Caffeine isn't bad, in fact there are studies that show its effectiveness in boosting metabolism, assisting with weight loss whilst improving concentration and physical training. Stick to one coffee a day and try not to have anything after 2pm, to ensure you are dozing off peacefully at night. Stick to black coffee for weight loss - A matcha green tea is a good swap as it still has an abundance of caffeine with potent antioxidants.

ON ALCOHOL - These bad boys are wasted kJ's. If you are serious about weight loss, this is the easiest and most effective way to drop weight. Remove alcohol all together. Not only does it use up a lot of your kilojoule intake, it acts as a depressant, not only mentally, but physically and hinder or slow your progression. We're all human, and all have lives so if you have events on, don't stress if you have a glass of wine or a beer, you'll know how to get back on track the next day and feel ten times better.



## RECIPES

### SPINACH & FETA OMELETTE (Serves 1)

\*Note: The mushroom omelette is made the same way, except you add in the mushies!

#### INGREDIENTS

2-3 free range eggs lightly beaten  
2-3 handfuls of baby spinach (it wilts down)  
1 handful herbs (chopped, I used coriander, dill and/or parsley)  
1/4 brown onion  
1 clove of garlic (not essential if you don't like garlic)  
1 handful feta (crumbled)  
salt and pepper to taste

#### DIRECTIONS

Mix the spinach, herbs, onion, garlic, feta, salt and pepper in a bowl. Saute in a pan for 1-2 minutes and set aside.

Re-heat your pan on high then reduce to a medium-low heat. Pour the beaten eggs into your pre-heated pan (use a little oil) and let cook with out disturbing it until it begins to set, about 2-3 minutes.

Add the spinach mixture on top, then add the feta and continue to cook until the eggs are done, usually another 1-2 minutes.

The omelette should slide off easily. Garnish with additional herbs or lemon if you wish. Enjoy!



Herbs and spices are a great addition to any meal. Providing anti-inflammatory benefits as well as boosting immune function, they will often contain high antioxidant and metabolism boosting properties



# RECIPES

## ROAST VEG SALAD WITH YOUR CHOICE OF PROTEIN (Serves 3-4) INGREDIENTS

Pick 4-5 vegetables of your choice (Sweet potato, zucchini, capsicum, onion, garlic, tomato, parsnip, pumpkin, eggplant - whatever you love!). 1 Tbsp unhulled Tahini (ground sesame seeds), 1 lemon, 1 avocado, fresh green salad mix, cucumber, tomato and a dash of olive oil.

### DIRECTIONS

Sprinkle paprika, salt & pepper and a dash of olive oil on the veg. Roast your veggies the night before for 45-50 minutes in a 180 degree fan forced oven.

Toss the veggies in a bowl and add your green salad mix, fresh cucumber, tomato & avocado. Dress with fresh lemon, 1 Tbsp of tahini and a dash of olive oil and serve with grilled protein of your choice (chicken/turkey/lentils or nuts (for vego)

## SPICY SALMON & STEAMED GREENS (Serves 2)

### INGREDIENTS

1 x medium piece of sustainably caught wild salmon \*Sustainably caught wild salmon is important as it not only is better for you but is also sustainable for our environment.

1 tsp of paprika, 1 tsp of chilli flakes, 1 Tbsp of raw honey, 2 Tbsp of water, salt & pepper

1 large bunch of broccolini, 1 x zucchini, handful of snake beans (or beans of choice)

Half a lemon, olive oil and extra chilli flakes for dressing.

### DIRECTIONS

In a pan, add small amount of water and a teaspoon of olive oil so the salmon skin doesn't stick. Place your salmon skin side down in the pan. On the top side, sprinkle paprika, pepper, chilli flakes and drizzle honey over the salmon. Pan fry for approximately 3-4 minutes on medium heat. You will start to see the salmon cook through. When it is about halfway cooked, flip the salmon and cook on the other side for approx 3 minutes. Adjust heat up or down as needed (hint, lower is better). Set aside to continue to cook through.

In the meantime, place the greens into a clean pan with a dash of water. Allow to semi-steam in the pan before tossing through some salt, pepper, chilli if desired and a good squeeze of lemon.

Serve immediately next to the salmon and enjoy!

Salmon will keep for tomorrow's lunch also.

The size of your protein choice should equate to the size of your palm. Great vegetarian options include tofu, tempeh, lentils, beans and nuts. Don't be scared to skip the animal protein, you will still get all the nutrients you require through plant based options.



## RECIPES

### CLEAN & GREEN PROTEIN SMOOTHIE (Serves 1)

#### INGREDIENTS

1 frozen banana (chop your banana before you freeze it!)  
1 cup milk of your choice (personal favourite is almond or coconut for extra creaminess)  
1 teaspoon of chia seeds  
1 teaspoon of hemp seeds  
2 spoonfuls of nut butter (ABC spread works well)  
1 1/2 cups of roughly chopped Kale  
2 medjool dates

#### DIRECTIONS

Blend all ingredients on a high speed blender for 60 seconds. Add extra liquid (water) if needed to blend a 1/4 cup at a time.

### OVERNIGHT OATS WITH BERRIES, GREEK YOGHURT AND NUTS (Serves 1)

#### INGREDIENTS

Half cup of traditional rolled oats  
Coconut or almond milk (enough to cover oats)  
Spoonful of chia seeds  
Pinch of cinnamon and nutmeg (for blood sugar control)  
1 scoop of greek yoghurt (I like Tamar Valley Greek Yoghurt with Vanilla bean as there are no added sugars)  
1/4 cup of blueberries (I use frozen for convenience)  
handful of raw nuts (almonds, cashews, brazil nuts)

#### DIRECTIONS

Place oats into bowl or container you use for work. Add cinnamon, nutmeg and chia seeds and mix through. Cover with just enough milk that the oats are completely under. Add berries on top and a scoop of yoghurt. Place in fridge overnight. In the morning, top with nuts. Your overnight oats are ready to enjoy!



Hemp seeds are a great source of plant-based protein and fibre as well as omega-3 and 6. We need both protein, fats and fibre in our diet for satiety, muscle integrity, gut health and brain function. Hemp seeds are easy, nutritious and taste delicious!



# RECIPES

## SPINACH & CHICKPEA STUFFED SWEET POTATO (serves 2-3)

2 medium sweet potatoes  
 1 can chickpeas  
 1 tablespoon olive oil  
 1/2 teaspoon cumin  
 1/2 teaspoon paprika  
 salt and pepper to taste  
 2 Tbsp of Nutritional Yeast  
 2 cups baby spinach  
 2 tablespoons tahini  
 1 Tsp maple syrup  
 half a lemon  
 1 garlic clove crushed  
 Chilli flakes for serving (if desired)

### INSTRUCTIONS

Preheat the oven to 180 degrees. Prick the sweet potatoes with a fork, wrap in foil and roast for 40-50 minutes until they are just tender. Let the sweet potatoes cool for 5-10 minutes before halving them lengthwise and removing the inner flesh (leave approx 1 cm from the skin).

While the sweet potatoes are roasting, make the crispy chickpeas. Drain and rinse the chickpeas. Pat them dry with paper towels. In a small bowl, toss the chickpeas with 1/2 tablespoon olive oil, cumin, paprika, nutritional yeast, salt & pepper. Spread them in a single layer on a baking paper-lined pan. Bake for 15-20 minutes until crisp and browned, gently shaking the pan about halfway through cooking.

While the chickpeas are roasting, heat the remaining olive oil in a large skillet over medium high heat. Sauté the spinach until the leaves start to wilt, about 2 minutes. Add half the garlic and remaining salt and pepper, and continue cooking until fragrant, about 1 minute.

Whilst everything is in the oven and/or cooling, in a small bowl add the tahini, maple, a pinch of salt, garlic and lemon. whisk together to form the dressing. Add water 1 tsp at a time to thin to a pourable consistency. Top each of the sweet potato halves with chickpeas and spinach.

Drizzle with tahini and sprinkle with sea salt and chilli flakes before serving.



Nutritional yeast is a deactivated form of yeast meaning it is no 'live' and will not ferment in the stomach. With a slight cheese flavour, it is packed full of B vitamins and protein making it a great plant based addition to recipes.

# RECIPES

## MEDITERRANEAN CHICKEN & VEG (Serves 3-4)

1 small eggplant cut into chunks  
1 large zucchini sliced  
1 red onion, cut into wedges  
1 yellow capsicum cut into chunks  
1 punnet cherry tomatoes  
1 sprig of thyme  
12-15 black olives, pitted  
2 chicken breast fillets, about 150g  
3 tbsp olive oil  
1 Tbsp basil pesto (fresh if you can make it yourself!)  
Fresh spinach for serving

## INSTRUCTIONS

Preheat the oven to 180 degrees. Spread the vegetables in a shallow roasting tin lined with baking paper and scatter over the olives. Season with salt, black pepper and thyme.

Cut the flesh of each chicken breast 3-4 times using a sharp knife, then lay the chicken on top of the vegetables.

Mix the olive oil and pesto together until well blended and spoon evenly over the chicken. Cover the whole baking tray with foil and place in the oven for 30 minutes.

Remove the foil from the baking tray and return to the oven and cook for a further 10-15 minutes until the chicken is cooked through and the vegetables are well cooked.

Serve immediately with a side of fresh spinach leaves.



A mediterranean based diet has been shown to assist with weight loss as well as reduce the risk of cardiovascular related diseases.



# RECIPES

## KALE, LEEK, BEET & LENTIL SALAD (Serves 3-4)

### INGREDIENTS

2 medium leeks chopped into approx. 2cm chunks  
1-2 medium beetroots, chopped into quarters  
1-2 Tbsp olive oil  
salt and pepper to taste  
1/2 cup lentils - red or yellow  
1 cup vegetable stock (or water)  
4 big handfuls kale, baby spinach or greenery you love!  
Half a cup of pecans, or your nuts of choice or a handful of seeds such as pumpkin or sunflower seeds (I love pecans and pumpkin seeds as they are both anti-inflammatory, boost immunity and contain monounsaturated fats, allowing for easy digestion)

### DRESSING

1/4 cup tahini (sesame seed paste)  
1/2 medium lemon juiced  
2 Tbsp maple syrup  
3-4 Tbsp good olive oil  
Salt and pepper to taste  
Water to thin (if needed)

### INSTRUCTIONS

Preheat oven to 190 degrees celcius and lightly grease a baking sheet.  
Once rinsed, add lentils and stock or water to a small saucepan and bring to a rapid simmer over medium-high heat. Reduce heat to low and simmer for 20-30 minutes uncovered or until all liquid is absorbed. Set aside.  
Add chopped leek and beetroot to the baking sheet, drizzle with olive oil and season with salt and pepper. Toss to coat. Bake for 20-25 minutes or until browned.  
While veggies and lentils are cooking, prepare dressing by adding all ingredients to a mixing bowl and whisking to combine. Taste and adjust seasonings as needed. Use 1 tsp of water at a time to thin if needed.  
If using kale, add to large mixing bowl with a bit of olive oil and lemon juice and massage with hands to soften. For all other greens, you can skip this part. The lemon helps to reduce the amount of cellulose in the kale, making for easier digestion and absorption of nutrients!  
Add greens, beets, leeks, and lentils to a large mixing bowl, add dressing and toss to coat.  
Lightly toast your pecans or other nuts/seeds of your choice in a small pan before tossing through the salad.  
Leftovers will keep until the next day for lunch!



This lentil salad is packed full of protein, fibre and essential minerals to keep you going and going and going.  
Total protein content per serve = 16g

# RECIPES

## AVOCADO & CHICKEN ZOODLES (Serves 3-4)

### INGREDIENTS

2 large zucchini's  
2 large ripe avocados  
2 cloves garlic  
3/4 cup freshly grated parmesan cheese or Nutritional yeast (opt for Nutritional yeast for a lower calorie version packed with B vitamins and protein)  
1 1/2 cups almond milk  
Salt and pepper to taste  
1 tablespoon EVOO (Extra Virgin Olive Oil)  
1/2 squeezed lemon juice  
FOR THE CHICKEN  
1 tablespoon EVOO  
500 g chicken breast fillets (or thighs), cubed  
3/4 cup (150g | 5 oz) sun dried tomatoes in oil, drained and oil reserved  
Handful fresh parsley to garnish

### INSTRUCTIONS

Prepare zoodles first with your spiralizer or if you dont have one, use a vege peeler, or simply cut into thin slices (just takes a little longer)  
Combine the avocados, garlic, Parmesan or Nutritional Yeast, almond milk, a pinch of salt and pepper, EVOO and lemon juice in a food processor or bowl. Process until smooth and creamy and then set aside.  
Add EVOO to a preheated nonstick pan on medium heat. Fry chicken until browned and tender. Add a dash of water to keep the moisture in. Then add in your sun dried tomatoes and fry together with the chicken until chicken is further browned. Add the zoodles; mix through chicken and tomatoes; and allow to cook through on a low-medium heat for around 3 minutes, or until just beginning to soften (don't leave them too long or zucchini's will loose too much moisture. Pour the avocado sauce over the top and stir through until warmed. Serve immediately with fresh parsley on top.  
Will keep refrigerated for the next day for your lunch!  
Serves 4



PARSLEY - my favourite herb. Not only does it help cleanse the liver, it is packed full of trace minerals and a great source of iron!



## RECIPES

### PROTEIN POWER SLICE (Serves 12)

#### INGREDIENTS

1 1/2 cup natural peanut butter (smooth or crunchy)  
1/3 cup maple syrup  
1 tsp vanilla  
1/3 cup hemp seed  
3 cups buckwheat (gluten free) or rice puffs (you can get these from your local health food store)  
Half cup of your choice of nuts (almonds, cashews, macadamias)  
1 Tbsp Coconut Oil (optional if not enough moisture)

\*Optional - 1 scoop of protein powder. I personally don't use a protein powder as you get enough protein through the nuts and hemp seeds, so it isn't necessary, but if you like it, go for it!

#### \*OPTIONAL TOPPING

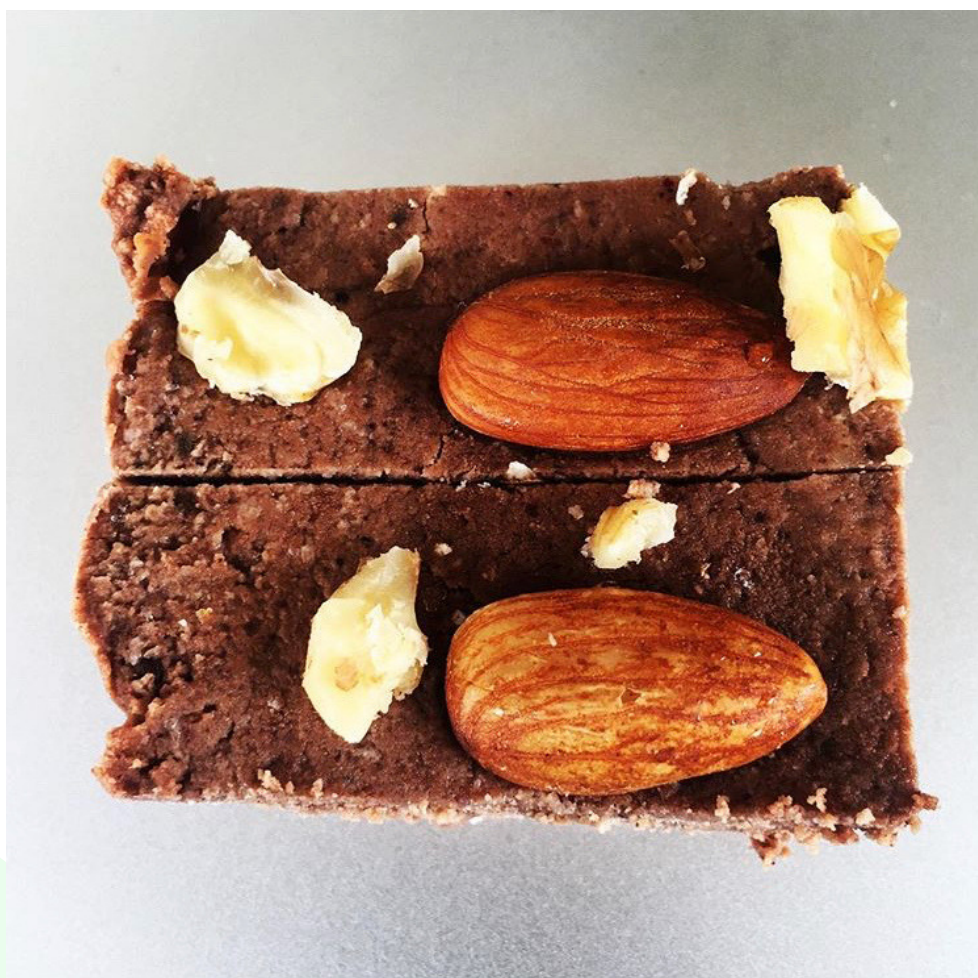
1 1/2 cup vegan chocolate chips or dark chocolate melted + 1 round tablespoon peanut butter melted together.

#### INSTRUCTIONS

Mix peanut butter, vanilla and maple syrup until smooth and then add and mix in hemp seed and rice or buckwheat puffs. Pour evenly into a baking paper lined pan.

Pour chocolate mixture over the top, add your choice of nuts on top and freeze for an hour. Store in an airtight container in the freezer.

That's it and it's bloody YUM. Enjoy.



This version to the right does not have a chocolate topping, rather I mixed through cacao powder to the mixture and added coconut oil to help it hold its structure.

# RECIPES

## EASY VEGETABLE & TOFU STIR FRY (serves 3-4)

### INGREDIENTS

4 tsp sesame oil (or 2 Tbsp of water)  
2/3 cup brown onion, chopped  
2 garlic cloves  
4-5 cups mixed chopped vegetables (broccoli, carrots, kale, mushroom, sweet potato)  
4 tsp coconut aminos (or tamari)  
3 cups cooked quinoa,\* brown rice,\* or uncooked cauliflower rice\* - I love cauliflower rice as it's light, but filling and satisfying.  
200g Tofu or Tempeh (pre marinated or not)  
Coriander for garnishing

### MARINADE (for non-marinated tofu/tempeh)

For your protein, mix the following and marinate:

1 tsp of chilli flakes  
4 Tbsp salted creamy peanut butter (or almond, cashew, or sunflower butter)  
4 tsp sesame oil (if avoiding oil, sub water)  
1/3 cup coconut aminos or tamari (use slightly less tamari as it is strong in flavour)  
half a lime juiced  
1 Tbsp freshly grated ginger  
1 tsp maple syrup  
3-4 Tbsp water

### INSTRUCTIONS

Heat a large non-stick pan over medium-high heat with a teaspoon of EVOO. Once hot, add in your tofu or tempeh and keep majority of the marinade in the bowl to use later on.. Sauté for a few minutes, until browned and cooked through. Set aside to rest.

Add sesame oil, onion, garlic and mixed vegetables to the pan. Season with salt and pepper.. Cover to cook and steam the vegetables, stirring occasionally until slightly golden brown and tender (about 4-5 minutes). Add a dash of water to help steam them.

Once the vegetables are nearly done, add the quinoa or rice or cauliflower and sauté for a further 3-4 minutes or until warmed through and slightly browned. Then add in your tofu/tempeh, the remainder of your marinade and stir to coat. Cook for another 1-2 minutes, or until everything is hot and well coated.

Top with coriander and serve immediately.

Will keep for lunch the next day!



Quinoa is an ancient grain that is gluten free, packed with protein and contain all 9 essential amino acids, important for building lean muscle. It is also high in fibre, magnesium, iron and B vitamins.



# SHOPPING LIST

- Eggs
- Feta
- Almond or Coconut milk
- Greek Yoghurt

- Chicken Breast

- Baby Spinach
- Coriander
- Parsley
- Thyme
- Kale

- Paprika
- Chilli Flakes
- Raw Honey
- Chia Seeds
- Hemp Seeds
- ABC butter (almond, brazil cashews)
- Cinnamon
- Nutmeg
- Cumin
- Raw nuts of your choice - Pecans, almonds, Brazil etc
- Nutritional Yeast (found in your health food store)
- Organic Pesto of your choice

- Brown Onion
- Garlic Cloves
- Mushrooms

- Sweet potato
- Zucchini
- Capsicum
- Pumpkin
- Eggplant
- Broccolini
- Snake beans (or beans of choice)
- Cherry Tomatoes
- Sundried tomatoes
- Olives (pitted)
- Leek
- Beetroot
- Avocado

- Sustainably Caught Wild Salmon (download 'Australia's Sustainable Seafood guide' for up to date choices on seafood)

- Banana
- Dates
- Other fruit for the week including apples, oranges, pear (low GI), berries (low GI)
- Frozen berries of choice
- Lemon

- Rolled oats
- Unhulled Tahini
- Maple Syrup
- Lentils - Yellow or Red
- Vegetable Stock
- EVOO ( Extra Virgin Olive Oil)
- Natural Peanut Butter (smooth or crunchy)
- Buckwheat (gluten free) or Rice puffs (found in your local health food store)
- Quinoa
- \*Optional - dark chocolate, protein powder, chocolate chips, Vanilla essence.
- Non GMO tofu or Tempeh (found in woolworths. Macro range.