



7 Day Meal Plan

LEAN Lighter 1500 VE041 | Vegetarian

SAMPLE MEAL PLAN NOT FOR DISTRIBUTION

John Doe

Created: 23/10/21

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|-----------|--|--|--|--|---|--|--|
| Breakfast | 2 Multigrain English Muffins with Cheese (2 Slice) & Vegemite (1 tsp) | Porridge (40g) with Light-Milk (200mL) & Honey (1 tsp) | Porridge (40g), Light-Milk (125mL) & Banana (Med) | All-Bran Cereal (1/2 cup), Greek Yoghurt (1/4 cup), Honey (1 tsp) | Oat and Banana Pancakes | Raisin Toast (2 Slices) with Margarine (1 tbsp) | 3 Ingredient Banana Pancakes |
| Snacks | Banana (Medium) & Almonds (15) | Small Skinny Latte with Chobani Tub (170g) | 2 Grain toast with Vegemite | Medium Granny-Smith Apple & Almonds (15) | Large Skinny Latte (No Sugar) & Red Apple (med) | Small Skinny Latte with Banana (medium) | Mini Dark Choc Rice Cakes (Table of Plenty, 2 Serves) & Red Apple |
| Lunch | Potato and Leek Soup | 1 Multigrain Sandwich (1 cup Spinach 40g Tasty Cheese, 1 tsp Flora) | Lentil Bean Salad | Kaleslaw (100g) + Macro Honey Soy Tofu (75g) | Vegetarian Bean Soup | Kaleslaw (2 cups) + Marinated Tofu (100g) + Boiled Egg (1) | Quinoa & Chia Seed Wrap - Cheese (40g), Mayo (1 tsp), Garden Salad |
| Snacks | 1 Mango (Medium) | Mini Dark Choc Rice Cakes (Table of Plenty, 2 Serves) & Medium Banana | Almond and Blueberry Nut Snack + Latte (175mL) | Natural Yoghurt (200g) & Blueberries (150g) | Happy Snack Company Lightly Salted Roasted Chickpeas 25g + 1 Apple | Natural Yoghurt (200g) & Blueberries (150g) | Small Cappuccino + 10 Almonds |
| Dinner | Stir Fry - Mixed Veg (2 cups) + Tofu (150g) + Terriyaki Sauce (2 tbsp) | 1 Medium Baked Potato + Cheese (40g)+ Light Sour Cream (1 tbsp) | Veggie Penne Pasta | Pesto Gnocchi and Garden Salad | Homemade Veggie Pita Pizza | Capsicum Tortilla Pizza | Gnocchi Bake |
| Snacks | Happy Snack Choc Raspberry Chickpeas (serve) + Banana | Dark Chocolate (4 squares) | Blueberry Crumble (Vegan) | 1 Mango (Medium) & Chia Seeds (1tsp) | Banana + Dark Chocolate (2 squares) | 2 Kiwifruit + 10 Almonds | Greek Yoghurt (1 cup) with Mixed Berries (1/2 cup) |
| Macros | 1489 Calories 6252 Kilojoules 63 Protein (g) 175 Carbs (g) 87 Sugars (g) 53 Fat (g) | 1506 Calories 6327 Kilojoules 67 Protein (g) 167 Carbs (g) 76 Sugars (g) 59 Fat (g) | 1542 Calories 6476 Kilojoules 77 Protein (g) 183 Carbs (g) 63 Sugars (g) 42 Fat (g) | 1450 Calories 6091 Kilojoules 65 Protein (g) 180 Carbs (g) 94 Sugars (g) 49 Fat (g) | 1440 Calories 6047 Kilojoules 72 Protein (g) 167 Carbs (g) 113 Sugars (g) 41 Fat (g) | 1488 Calories 6251 Kilojoules 76 Protein (g) 156 Carbs (g) 90 Sugars (g) 61 Fat (g) | 1543 Calories 6481 Kilojoules 69 Protein (g) 151 Carbs (g) 75 Sugars (g) 69 Fat (g) |

For any meals and snacks that have an ingredient you are allergic or intolerant to - please avoid, discuss with your Lean Practitioner or swap with any other equivalent meal or snack on the meal plan that you do tolerate.



7 Day Shopping List

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Produce

- Apple (Granny-Smith) (1 medium)
- Apple (Pink Lady) (3 medium)
- Baby Spinach (0.75 cup)
- Banana (Cavendish) (8.5 medium)
- Basil (2 tbsp)
- Basil (2 pinch/sprinkle)
- Basil (1 bunch)
- Blueberry (550 grams)
- Broccoli (100 grams)
- Brown Onion (200 grams)
- Brown Onion (1 medium)
- Carrot (3 medium)
- Cherry (1 cup)
- Cherry Tomato (0.25 cup)
- Chives (1 handful)
- Flora original Margarine (10 grams)
- Garden Salad (5 cup)
- Garlic (4 clove)
- Gnocchi (1 cup)
- Gnocchi (500 grams)
- Kaleslaw Kit (0.25 packet)
- Kaleslaw Kit (100 grams)
- Kidney Beans (0.75 cup)
- Kiwifruit (2 all sizes)
- Leek (2 medium)
- Lemon (1 medium)
- Mango (2 medium)
- Mixed Asian Greens (2 cup)
- Mixed Beans (400 grams)
- Mixed Berries (0.5 cup)
- Mushroom (0.25 cup)
- Parsley (1 tbsp)
- Parsley (0.5 cup)
- Potato (2 medium)
- Potato (desiree) (500 grams)
- Raspberry (125 grams)
- Red Capsicum (2.5 medium)
- Rocket & Spinach Salad (3 cup)
- Roma Tomato (1 medium)
- Spring Onion (2 spring onion)
- Whole Tomatoes (canned) (400 grams)
- Zucchini (21 medium)

Meat/Seafood/Meat Alternatives

- Macro Honey Soy Tofu (75 grams)
- Macro Satay Tofu (100 grams)
- Red Lentils (0.5 cup)
- Tofu (firm) (150 grams)

Cereals/Grains

- All Bran Original (0.5 cup)
- Bfree Quinoa and Chia Seed Wrap (1 wrap)
- English Muffin (multigrain) (1 2 halves)
- Flat Bread Wholemeal (pita or Lebanese) (1 regular)
- Fruit Bread (2 slice)
- Multigrain Bread (4 slice)
- Multigrain Bread Roll (4 medium/regular/standard)
- Rolled Oats (200 grams)
- Rolled Oats (0.25 cup)
- Spelt Flour (0.5 cup)
- Tortilla (wholemeal) (1 round)
- Wholemeal Flour (self-raising) (2 tbsp)
- Wholemeal Penne Pasta (100)

Gnocchi Bake

Ingredients

- 1 tbsp Olive Oil
- 1 medium Brown Onion
- 1 medium Red Capsicum
- 60 grams Mozzarella
- 1 clove Garlic
- 400 grams Whole Tomatoes (canned)
- 1 bunch Basil
- 500 grams Gnocchi

Preparation

Serves: 4

Cooking Method:

1. *Set your oven to Grill (High).*
2. *Heat large frying pan, add 1 tbsp of Olive Oil, 1 chopped Onion and 1 Red Capsicum (fry for 5 minutes).*
3. *Add 1 Garlic clove. Fry for 1 minute. Add 400g Tomatoes (chopped) and 500g Gnocchi. Simmer. Allow to simmer for 10-15 minutes, stirring occasionally until the sauce thickens and the gnocchi becomes soft.*
4. *Add seasoning and bunch of Basil Leaves. Place into ovenproof dish.*
5. *Add 1/2 a Mozzarella ball (60g) and place in the oven to Grill for 5-6 minutes until golden.*

Vegetarian Bean Soup

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 2 medium Carrot
- 1 medium Potato
- 7 cup Vegetable Stock
- 400 grams Mixed Beans
- 200 grams Brown Onion
- 0.5 cup Parsley

Preparation

Serves: 3

Cooking Method:

1. *Assess of your legume mix needs to be pre-soaked and follow instructions provided above.*
2. *Heat the olive oil in a large soup pot. Add onions and fry for about 5-7 minutes on a medium-high heat, until translucent.*
3. *Add the carrots and cook for about 5 minutes, stirring regularly. Next add the stock and bring to a boil. Now add the soaked and drained legumes as well as the chopped potato and bay leaf.*
4. *Turn down the heat to medium and simmer with the lid half off for about 40 to 50 minutes, stirring regularly.*
5. *Taste to ensure all legumes are cooked through. Season. I think the white pepper makes this dish but that might be a personal preference.*
6. *Garnish with chopped parsley to serve.*

Notes:

*If there are larger legumes present including kidney beans, black beans or chickpeas, follow the instructions above and make sure the mix is soaked for 24 hours before cooking. If only smaller legumes such as lentils and split peas are being used then no pre-soak is required.

*If larger beans are not soaked for the complete 24 hours, cooking time may increase by up to 30 minutes. Add more stock or water as needed.

LEAN Lighter 1500

HOW DOES THE PLAN WORK?

This meal plan is based on the principle of having healthy, unprocessed foods that are balanced through the food groups, but are lower in calories. 1500 cal/day plan in combination with exercise, is low enough to achieve ketosis with the majority of people. Ketosis is where your body uses fat for energy. This is desirable of course for weight loss as it is fat you want your body to burn. The aim of this plan is to provide you with good nutrition – protein from meats, fish, eggs, chicken, tofu, beans and lentils, micronutrition from fruits, veggies and dairy, healthy fats from nuts, seeds, extra virgin olive oil, avocado and oily fish, and finally complex carbohydrates such as whole grain breads, basmati rice, pasta and potato. It aims to nourish and fuel you sufficiently while achieving weight loss. It is best to maintain a regular exercise routine with this plan.

HOW TO GET THE MOST OUT OF THE PLAN?

1. You will see 7 days on each of the meal plans and each breakfast, lunch and dinner can be mix and matched as the calorie and macro ranges have all been calculated within a certain range
2. Try to think of these meal plans as education tools to give you an understanding of what that calorie amount looks like, and how to maintain a balanced, unprocessed diet.

FAQ's

Q: Can I have tea or coffee with milk if it's not specified in the plan?

A: Yes, but only have a maximum of ½ cup low fat milk spread across the day.

Q: Should I use low fat or regular fat dairy products?

A: For this particular plan we are trying to focus on reducing calories, so low-fat milk is required.

Q: I'm not a very good cook and don't feel confident cooking so many different recipes, what should I do?

A: There are 7 days' worth of meal planning to provide you with as much variety as possible. However, if there are 1 or 2 days that you particularly like, or want to repeat, you also have a the flexibility to do so, as each of these days are within the same small range of calorie content.

Q: How should I balance my meals/snacks with training at the gym?

A: We recommend having one of your meals/snacks 1-2 hours before training (unless training 1st thing in the morning, a lot of people find training fasted is more comfortable. Aim to have a meal or snack 30 – 90 minutes after training.

Q: What should I do if I miss a meal?

A: Make sure as often as you can you are having the 3 main meals and 3 snacks each day to ensure you are getting enough nourishment and fuel. This is particularly important if you are exercising regularly.

Q: What do I do if I'm eating out?

A: Eating out can make it very difficult to stick within your required calorie range. However, try as best as you can to select dishes that contain a good protein source and extra vegetables. Try asking for salad/veggies instead of chips/mash potato and keep sauces and dressings to the side.

Q: What do I do if I feel hungry?

A: As this plan is quite low in calories, hunger is a very real possibility. However, often hunger can be kept at bay by getting up and going for a quick walk, or drinking water, tea or coffee. You can also try a Berocca Boost supplement if you are needing additional energy or even a cup of tea/coffee.

Q: What about alcohol consumption?

A: Alcohol has not been factored into this meal plan and alcohol does contain additional calories. Avoid as much as possible, however realistically, keeping intake to 1-2 drinks if you do have a social event while you are in a weight loss phase.

Q: Is it possible to take a break from the plan for a day?

A: It's not recommended to consume higher calorie foods for an entire day while your goal is still fat loss. However, having a higher calorie or higher carb **meal** for example if you have a social function or special occasion is okay, as long as that one meal doesn't turn into your whole day, and then you struggle to get back on track the next day.

Q: I see there's protein powder in the plan, which type of protein is best?

A: Sometimes it is difficult to consume all your protein requirements from whole foods. If choosing to supplement with protein powder, here are some common types: Whey protein is the highest quality protein in terms of amino acid profile and rich in **Branched Chain Amino Acids** which are very important for building muscle as the body cannot synthesise them on its own. **Whey protein isolate (WPI)**: Is the highest quality whey protein containing 90% protein, and low in carbohydrates, **Whey protein Concentrate (WPC)**: Is around 70-80% protein by weight, containing larger amounts of fat and lactose

than WPI. However, it is a cheaper alternative to WPI. **Whey Protein Hydrolysate (WPH):** This form of whey is more rapidly digested as it contains shorter strands of amino acids and goes through more processing.

Soy Protein: Made from defatted soybean flakes and unlike other plant-based proteins it is actually a complete protein meaning it contains all the essential amino acids and a good plant-based option. **Pea Protein:** Made from yellow peas is another high-quality plant based protein powder and also a great source of branched chain amino acids.

Look for a protein powder with **a smaller ingredients list** that doesn't contain fillers and artificial ingredients and has a high percentage of protein per serve (eg. >25g protein per 30g serve, low in kJ <650kJ per serve and low sugar <5g per serve)

Q: Do I need to take any supplements?

A: Supplementing is not necessary unless you have a deficiency, best to get annual blood tests to check your levels. Here are some common ones to be aware of:

Vitamin D – important for bone health, immune function and blood sugar regulation, **Iron** -responsible for making haemoglobin, a protein responsible for carrying oxygen from our lungs all around the body. **Calcium** - for maintaining strong bones, nerve signaling and hormones, post-menopausal women are more susceptible to deficiency. **Omega 3's** - are polyunsaturated fatty acids found in a variety of different foods such as oily fish, nuts and seeds, omega 3 enriched eggs and soybean and soy products and can reduce the risk of heart disease/stroke and decrease inflammation (fish oil supplementation is a good ideal if you do not consume seafood). **Probiotics** - are essentially live microorganisms that live inside our body and carry out a number of metabolic functions. We can get them from both supplements and fermented foods such as yoghurt with live cultures, sauerkraut, miso and kimchi. **B vitamins** - facilitate many vital metabolic processes within the body, and have a direct impact on our energy levels, brain function and metabolism of our cells.