

STRUGGLING TO HIT YOUR PROTEIN?

High Protein Fat Loss
Meal Plan – Week 15

4 Meals

163 PROTEIN
~1685 CALORIES

Real meals you can actually
enjoy.

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Breakfast **STICKY DATE PROTEIN PANCAKE BOWL**

Ingredients (Makes 1)

- 1 Medjool date
- 1 tbsp hot water
- Dash baking soda
- 1 whole egg
- 50g vanilla Chobani Fit yoghurt
- 60ml light milk
- 35g self-raising flour
- 25g vanilla or caramel protein powder
- 1 tsp sweetener (optional)
- ½ tsp baking powder

Ingredients Salted Caramel Sauce

- 5g light butter
- 1 tbsp brown monk fruit sweetener
- 1 tbsp light milk
- Splash vanilla extract

Method

Mash the date with the hot water and baking soda until smooth. Add the egg, yoghurt, milk, flour, protein powder, sweetener and baking powder. Mix until smooth.

Pour into an oven-safe bowl and bake at 180°C for 20–22 minutes. Meanwhile make the caramel sauce by melting the butter in a saucepan. Stir through sweetener, milk and vanilla until smooth. Drizzle over the pancake bowl and serve.

Macros

Calories: 420
Protein: 33g
Carbohydrates: 43g
Fat: 18g

Lunch

CHEESEBURGER POTATO POCKETS

Ingredients (Makes 8 → Eat 2 serve)

- 4 medium potatoes
- 500g extra lean beef mince
- 1 small red onion, diced
- 2 garlic cloves, minced
- 2 tbsp tomato paste
 - 1 tbsp paprika
 - 1 tsp chilli powder
 - 1 tbsp Italian herbs
- 100g light mozzarella cheese

Method

Bake potatoes whole at 200°C for 45–60 minutes until soft.

Meanwhile cook onion and garlic in a frying pan.

Add beef mince and cook until browned.

Stir through tomato paste, paprika, chilli powder and Italian herbs.

Cut potatoes in half and scoop out a small amount from the centre.

Fill each potato with the cheeseburger mince mixture.

Top with mozzarella and return to the oven for 10 minutes until melted and golden.

Macros (Per Wrap)

Calories: 580

Protein: 54g

Carbohydrates: 52g

Fat: 18g

Dinner

HIGH PROTEIN KFC ZINGER WRAP

Ingredients (Makes 2 → eat 1 serve)

- 250g chicken breast
- 40g corn flakes, crushed
 - 1 egg white
- 1 tsp garlic powder
 - 1 tsp paprika
- 1 tsp cayenne pepper
 - Salt & pepper
- 2 low-carb wraps
 - 80g lettuce
- 40g Perinaise sauce

Method

Slice chicken breasts in half to create thinner fillets.

Dip chicken into egg white.

Combine crushed corn flakes, garlic powder, paprika, cayenne pepper, salt and pepper.

Coat chicken thoroughly in the crumb mixture.

Lightly spray with oil and air fry or bake at 200°C for 20–25 minutes.

Add chicken to wraps with lettuce and Perinaise sauce.

Fold and serve.

Macros (Per Serve)

Calories: 515

Protein: 54g

Carbohydrates: 38g

Fat: 14g

Dessert / Snack

HIGH PROTEIN CHOCOLATE MOUSSE

Ingredients (Makes 4 → Eat 1 serve)

- 375g light cottage cheese
- 30g chocolate protein powder
 - 10g cocoa powder
- 20g sugar-free maple syrup or monk fruit sweetener
 - 30ml milk of choice

METHOD

Add all ingredients to a blender.

Blend until completely smooth and fluffy.

Divide evenly into four containers.

Refrigerate for at least one hour before serving.

Optional: top with strawberries or a dusting of cocoa powder.

MACROS (Per Serve)

Calories: 170

Protein: 22g

Carbohydrates: 10g

Fat: 4g



Save this for later **SHOPPING LIST**

PROTEIN & DAIRY

- 1.75kg extra lean beef mince
 - 1.75kg chicken breast
 - 7 eggs
 - 1 carton egg whites
- 210g vanilla or caramel protein powder
 - 375g light cottage cheese
- 350g Chobani Fit Vanilla Yoghurt
 - 200g light mozzarella cheese
 - 14 slices reduced-fat cheese
- Light milk (approximately 750ml)

BAKERY & CARBOHYDRATES

- 14 low-carb wraps
- 1 loaf sourdough bread
- Corn flakes (approximately 300g)
 - Self-raising flour

CONDIMENTS & SAUCES

- Perinaise sauce
- Sugar-free maple syrup
 - Tomato paste
 - Vanilla extract

FRUIT & VEGETABLES

- 28 medium potatoes
- 7 Medjool dates
- 1 large iceberg lettuce
- 1kg strawberries (optional for mousse topping)
- 4 red onions
- 1 bulb garlic

HERBS, SPICES & SEASONINGS

- Paprika
- Cayenne pepper
- Italian herbs
- Brown monk fruit sweetener (or sweetener of choice)
- Baking powder
- Baking soda
- Cocoa powder
- Salt
- Pepper

"Adjust quantities based on household size and number of serves required. Shopping list includes ingredients required to make each recipe once."