

CAFE FAVOURITES MADE MACRO FRIENDLY

High Protein Fat Loss
Meal Plan – Week 17

4 Meals

150 PROTEIN
~1468 CALORIES

Real meals you can actually
enjoy.

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Breakfast **BREAKFAST MUFFINS**

Ingredients (Makes 4 - Eat 2)

150g shaved ham
360ml liquid egg whites
60g light mozzarella cheese, grated
1½ medium zucchini, grated and
excess moisture squeezed out
120g baby spinach, chopped
150g cherry tomatoes, diced
Salt & pepper, to taste
Cooking spray

Method

Preheat the oven to 180°C fan-forced.
Lightly spray 4 large Texas-style muffin holes with cooking spray.
Evenly divide the ham, zucchini, spinach and tomatoes between the muffin holes.
Pour the egg whites evenly over the vegetables.
Sprinkle with the grated mozzarella.
Season with salt and pepper.
Bake for 30–35 minutes, or until the muffins are set and lightly golden.
Allow to cool for 5 minutes before removing from the tray.

Macros

Calories: 300
Protein: 36g
Carbohydrates: 10g
Fat: 10g

Lunch **CREAMY SALMON SALAD**

Ingredients (Makes 2)

240g cooked salmon
70g avocado, diced
80g 0% Greek yoghurt
Juice of 1 lemon
100g cucumber, diced
Salt & pepper, to taste
Optional
Fresh dill
Hot sauce

Method

Flake the cooked salmon into a bowl.
Add the avocado, Greek yoghurt, lemon juice and cucumber.
Season with salt and pepper.
Mix gently until well combined and creamy.
Garnish with fresh dill or a dash of hot sauce if desired.

Macros

Calories: 278
Protein: 29g
Carbohydrates: 6g
Fat: 16g

Dinner

HONEY GARLIC CHICKEN PAD THAI

Ingredients (Makes 4 → eat 1 serve)

800g skinless chicken thighs
1 tbsp olive oil
30g Mingle Honey Garlic Seasoning
200g Pad Thai rice noodles
80g red capsicum, sliced
½ brown onion, sliced
2 garlic cloves, crushed
50g bean sprouts

Sauce

10ml fish sauce
30ml soy sauce
60ml sweet chilli sauce
20ml hoisin sauce
25ml oyster sauce
30ml reduced sugar BBQ sauce

Method

Cook the rice noodles according to the packet instructions. Drain and set aside.
Combine all sauce ingredients in a small bowl.
Heat the olive oil in a large frying pan or wok.
Toss the chicken with the Honey Garlic Seasoning and cook until golden and cooked through.
Add the onion, capsicum and garlic and cook for 2–3 minutes.
Add the cooked noodles and bean sprouts.
Pour over the sauce and toss until everything is evenly coated and heated through.

Macros (Per Serve)

Calories: 576
Protein: 45.7g
Carbohydrates: 64.1g
Fat: 13g

Dessert / Snack

NO-BAKE LEMON CHEESECAKE STACK

Ingredients (Makes 1)

170g Chobani Fit Vanilla Greek Yoghurt

40g vanilla protein powder

Juice of 1 lemon

Rind of ½ a lemon

2 plain rice cakes

OPTIONAL: 40g Frozen raspberries OR lemon zest or both

Method

In a bowl, combine the yoghurt, vanilla protein powder and finely grated lemon zest until smooth.

Pour the lemon juice into a shallow bowl.

Lightly dip one rice cake into the lemon juice and place onto a serving plate.

Spread over half of the cheesecake mixture.

Dip the second rice cake into the lemon juice and place on top.

Spread over the remaining cheesecake mixture.

Refrigerate for 30 minutes before serving.

OPTIONAL: Serve with raspberries to top or a sprinkle of coco

MACROS (Per Serve, excluding optional toppings)

Calories: 314

Protein: 40g

Carbohydrates: 28g

Fat: 4g



Save this for later **SHOPPING LIST**



PROTEIN & DAIRY

150g shaved ham

360ml liquid egg whites

60g light mozzarella cheese

240g cooked salmon

800g skinless chicken thighs

170g Chobani Fit Vanilla Greek Yoghurt

80g 0% Greek yoghurt

40g vanilla protein powder



VEGETABLES

1 ½ medium zucchini

120g baby spinach

150g cherry tomatoes

100g cucumber

70g avocado

80g red capsicum

½ brown onion

2 garlic cloves

50g bean sprouts

2 lemons

Fresh dill (optional)



PANTRY

200g Pad Thai rice noodles

30g Mingle Honey Garlic Seasoning

10ml fish sauce

30ml soy sauce

60ml sweet chilli sauce

20ml hoisin sauce

25ml oyster sauce

30ml reduced sugar BBQ sauce

Sweetener of choice

Salt & pepper

Cooking spray



SNACKS

2 plain rice cakes

"Adjust quantities based on your household size and number of serves required. This shopping list includes the ingredients needed to prepare each recipe once."