

STRUGGLING TO HIT YOUR PROTEIN?

High Protein Fat Loss
Meal Plan – Week 13

4 Meals

171G PROTEIN
~1850 CALORIES

Real meals you can actually
enjoy.

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Breakfast

HIGH PROTEIN BREAKFAST BURRITOS

Ingredients (Makes 5)

- 400g extra lean beef mince
- 200g shortcut bacon, diced
 - 5 eggs
 - 300ml egg whites
- 100g light mozzarella cheese
 - 30g taco seasoning
 - 1 tbsp chives
- 5 low-carb wraps
- 50g Nando's Peri Peri Mayo

Method

Heat a non-stick frying pan over medium heat.

Add bacon and cook until lightly browned.

Add beef mince and taco seasoning and cook until browned.

Whisk together eggs and egg whites and pour into the pan.

Stir until eggs are cooked through and combined with the beef mixture.

Stir through chives.

Divide mixture evenly between wraps.

Top each wrap with mozzarella cheese and a drizzle of Peri Peri Mayo.

Roll tightly into burritos.

Store in the fridge or freezer until ready to eat.

Reheating

Microwave for 2 minutes or air fry at 190°C for 5–8 minutes until heated through.

Macros (Per Burrito)

Calories: 530

Protein: 56g

Carbohydrates: 28g

Fat: 24g

Lunch

HIGH PROTEIN CHICKEN CAESAR PASTA SALAD

Ingredients (Makes 4 → Eat 1 serve)

Chicken

- 2 cups cooked chicken breast, cubed
- 1 tbsp balsamic vinegar (optional)

Salad

- 225g SMART PROTEIN dry pasta (of your choice)
 - 1 cup cherry tomatoes, halved
 - 2 romaine lettuce hearts, chopped
 - 30–40g shaved parmesan cheese

Dressing

- $\frac{1}{3}$ – $\frac{1}{2}$ cup high protein Caesar dressing

Method

Bring a large pot of salted water to the boil.

Cook pasta according to packet instructions until al dente.

Drain and rinse under cold water.

Add chicken to a bowl and toss with balsamic vinegar if using.

In a large bowl combine pasta, chicken, cherry tomatoes, romaine lettuce and parmesan cheese.

Pour over Caesar dressing and toss until evenly coated.

Refrigerate for 30 minutes before serving for best flavour.

Macros (Per Serve)

Calories: 410

Protein: 35g

Carbohydrates: 45g

Fat: 8g

Dinner

TERIYAKI CHICKEN FRIED RICE

Ingredients (Makes 4 → eat 1 serve)

- 10g olive oil
- 500g cooked jasmine rice
- 400g cooked shredded chicken breast
 - 150g egg whites
 - 2 whole eggs
- 200g frozen peas, corn and capsicum mix
 - 30ml soy sauce
 - 50g teriyaki sauce
 - 5g garlic paste
 - 5g ginger paste
 - 1 tsp onion powder
- Spring onions to serve

Method

Heat a large frying pan or wok over high heat.
Add olive oil, garlic and ginger and cook for 30 seconds.
Add cooked rice and stir fry until hot and slightly crispy.

Push rice to one side of the pan.

Add eggs and egg whites and scramble.

Mix eggs through the rice.

Add shredded chicken and cook until heated through.

Add soy sauce, teriyaki sauce and onion powder.

Stir until evenly coated.

Add frozen vegetables and cook until heated through.

Serve topped with spring onions.

Macros (Per Serve)

Calories: 430

Protein: 41g

Carbohydrates: 44g

Fat: 10.5g

Dessert / Snack

BISCOFF CHEESECAKE CRUMPETS

Ingredients (Makes 42 → Eat 2 serve)

- 2 crumpets
- 150g Chobani Fit Plain Greek Yogurt
 - 20g vanilla protein powder
 - Monk fruit sweetener, to taste
 - 15g Biscoff spread
 - 1 Biscoff biscuit, crushed

Method

Preheat air fryer to 170°C.

In a small bowl, combine the Greek yogurt, protein powder and monk fruit sweetener until smooth and creamy

Spread the mixture evenly over the crumpets.

Melt the Biscoff spread and drizzle over the top.

Sprinkle with the crushed Biscoff biscuit.

Place into the air fryer and cook for 8–10 minutes until golden and slightly crisp around the edges.

Allow to cool slightly before serving.

Macros

Calories: 480

Protein: 39g

Carbohydrates: 55g

Fat: 9.5g



Save this for later

WEEKLY SHOPPING LIST

PROTEIN & DAIRY

- 400g extra lean beef mince
- 400g cooked chicken breast (approximately 600g raw)
 - 200g shortcut bacon
 - 7 eggs
 - 450ml egg whites
- 120g light mozzarella cheese
- 30–40g shaved parmesan cheese
- 150g Chobani Fit Plain Greek Yogurt
 - 20g vanilla protein powder

FRUIT & VEGETABLES

- 2 romaine lettuce hearts
- 1 cup cherry tomatoes
- 200g frozen peas, corn & capsicum mix
 - Fresh chives
 - Spring onions
 - Garlic paste
 - Ginger paste

BAKERY & CARBOHYDRATES

- 5 low-carb wraps
- 225g dry pasta
- 500g cooked jasmine rice
 - 2 crumpets
 - 1 Biscoff biscuit

CONDIMENTS & SAUCES

- Nando's Peri Peri Mayo
- High Protein Caesar Dressing
 - Soy sauce
 - Teriyaki sauce
- Balsamic vinegar (optional)
 - 15g Biscoff spread

HERBS, SPICES & SEASONINGS

- Taco seasoning
- Onion powder
- Monk fruit sweetener
 - Salt
 - Pepper

PANTRY

- Olive oil

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