



Alyssa Meal Plan Ideas

LISA HAYNE



Alyssa Meal Plan Ideas

HERB + SPICE

Hi,

Here's a 'done for you' meal plan with some ideas for breakfast, snacks, and dinner with leftovers. It's high in protein with a nice dose of iron every day. If you like the recipes, feel free to move them around as you'd like!

Enjoy x



MON



BREAKFAST
Berry Avocado Smoothie



SNACK 1
Pear, Pumpkin Seeds & Chocolate



LUNCH
Parmesan Crusted Chicken with Broccoli



DINNER
Curried Chicken with Broccoli & Sweet Potato

TUE



BREAKFAST
Berry Avocado Smoothie



SNACK 1
Hard Boiled Eggs



LUNCH
Curried Chicken with Broccoli & Sweet Potato



DINNER
Orange Chicken with Broccoli

WED



BREAKFAST
Berry Avocado Smoothie



SNACK 1
Apple with Peanut Butter



LUNCH
Orange Chicken with Broccoli



DINNER
Thai Cauliflower & Sweet Potato Curry

THU



BREAKFAST
High Protein Peanut Butter Oatmeal



SNACK 1
Pineapple Spinach Smoothie



LUNCH
Thai Cauliflower & Sweet Potato Curry



DINNER
Curried Lentil, Kale & Broccolini Salad

FRI



BREAKFAST
High Protein Peanut Butter Oatmeal



SNACK 1
Pineapple Spinach Smoothie



LUNCH
Curried Lentil, Kale & Broccolini Salad



DINNER
Roasted Red Pepper, Chicken & Pesto Wraps

SAT



BREAKFAST
Mango Mint Smoothie



SNACK 1
Make Ahead Berry Muesli



LUNCH
Roasted Red Pepper, Chicken & Pesto Wraps



DINNER
Chicken Noodle Soup

SUN



BREAKFAST
Mango Mint Smoothie



SNACK 1
Make Ahead Berry Muesli



LUNCH
Chicken Noodle Soup



DINNER
Parmesan Crusted Chicken with Broccoli

FRUITS

- 4 Apple
- 1 1/4 Avocado
- 1 1/4 Lemon
- 1 Lime
- 1/2 Navel Orange
- 1 Pear
- 4 cups Pineapple

BREAKFAST

- 2/3 cup All Natural Peanut Butter

SEEDS, NUTS & SPICES

- 1/4 cup Chia Seeds
- 1/8 tsp Cinnamon
- 1 tbsp Curry Powder
- 1 tsp Dried Thyme
- 1/3 cup Pecans
- 2 tbsps Pumpkin Seeds
- 1/4 tsp Red Pepper Flakes
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds

FROZEN

- 1 1/2 cups Frozen Berries
- 3/4 cup Frozen Cauliflower
- 2 cups Frozen Mango
- 16 Ice Cubes

VEGETABLES

- 7 cups Baby Spinach
- 7 cups Broccoli
- 1 head Broccoli
- 1/2 bunch Broccolini
- 1 Carrot
- 1 head Cauliflower
- 2 stalks Celery
- 1/4 cup Cilantro
- 2 eas Garlic
- 7 1/2 Garlic
- 1 1/2 tbsps Ginger
- 4 cups Kale Leaves
- 1/4 cup Mint Leaves
- 2 tbsps Parsley
- 1 Red Bell Pepper
- 3 Sweet Potato
- 2 3/4 Yellow Onion
- 1 1/2 Zucchini

BOXED & CANNED

- 1 tbsp Bone Broth
- 1/3 cup Bread Crumbs
- 1 cup Brown Rice Macaroni
- 1 cup Canned Coconut Milk
- 6 1/8 cups Chicken Broth
- 1/2 cup Dry Red Lentils
- 1 cup Green Lentils
- 700 mls Passata
- 1 cup Risoni
- 1 1/2 cups Vegetable Broth

BAKING

- 28 grams Dark Chocolate
- 1/2 cup Dried Strawberries
- 2 tbsps Fancy Molasses
- 3 cups Oats

BREAD, FISH, MEAT & CHEESE

- 1/3 cup Cheddar Cheese
- 1.5 kilograms Chicken Breast
- 350 grams Chicken Thighs
- 2 Whole Wheat Tortilla

CONDIMENTS & OILS

- 1 1/2 tsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 2 tbsps Pesto
- 1 tbsp Tamari
- 2 tbsps Thai Red Curry Paste

COLD

- 4 Egg
- 1 cup Egg Whites
- 5 1/2 cups Plain Coconut Milk
- 4 cups Unsweetened Almond Milk
- 2 cups Unsweetened Coconut Yogurt

OTHER

- 38 grams Collagen Powder
- 1 3/4 cups Vanilla Protein Powder
- 2 3/4 cups Water

Berry Avocado Smoothie

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Plain Coconut Milk (unsweetened, from the box)
1 1/2 Zucchini (chopped, frozen)
3/4 cup Frozen Cauliflower
1 1/2 cups Frozen Berries
3/4 Avocado
3 tbsps Chia Seeds
3/4 cup Vanilla Protein Powder

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO CHIA SEEDS

Use flax seeds instead.

NO AVOCADO

Use almond butter or sunflower seed butter instead.

ADDITIONAL TOPPINGS

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

High Protein Peanut Butter Oatmeal

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Oats (quick or rolled)
1 cup Water
1 cup Egg Whites
2 tbsps All Natural Peanut Butter
1 tbsp Chia Seeds

DIRECTIONS

- 01 Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
- 02 Transfer to a bowl and top with peanut butter and chia seeds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NUT-FREE

Use sunflower seed butter, tahini, or pumpkin seed butter instead of peanut butter.

MORE FLAVOR

Add cinnamon, nutmeg, vanilla extract and/or a pinch of sea salt..

ADDITIONAL TOPPINGS

Maple syrup, honey, bee pollen, crushed nuts, jam, chopped fruit, shredded coconut or hemp seeds.

MAKE IT VEGAN

Omit the egg whites.

Mango Mint Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 1/2 cups Plain Coconut Milk
(unsweetened from the carton)
2 cups Frozen Mango
1/2 Avocado
2 cups Baby Spinach
1/4 cup Mint Leaves (stems removed)
1 Lime (juiced)
38 grams Collagen Powder

DIRECTIONS

01 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

MORE FLAVOR

Add a pitted date before blending.

MAKE IT VEGAN

Omit collagen powder and use plant-based protein powder.

Pear, Pumpkin Seeds & Chocolate

1 SERVING 5 MINUTES



INGREDIENTS

1 Pear
2 tbsps Pumpkin Seeds
28 grams Dark Chocolate

DIRECTIONS

01 Slice the pear and serve with pumpkin seeds and chocolate. Enjoy!

NOTES

LEFTOVERS

Store ingredients separately until ready to serve.

Hard Boiled Eggs

1 SERVING 15 MINUTES



INGREDIENTS

2 Egg

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 02 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 03 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

NOTES

LEFTOVERS

Refrigerate in a covered container with the shell on for up to 7 days.

EASIER TO PEEL

Add salt to the water while boiling.

Apple with Peanut Butter

4 SERVINGS 3 MINUTES



INGREDIENTS

4 Apple

1/2 cup All Natural Peanut Butter

DIRECTIONS

01 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

NOTES

KEEP IT FRESH

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Pineapple Spinach Smoothie

4 SERVINGS 5 MINUTES



INGREDIENTS

4 cups Pineapple (fresh or frozen)
4 cups Baby Spinach
16 Ice Cubes
2 cups Unsweetened Coconut Yogurt
4 cups Unsweetened Almond Milk
1 cup Vanilla Protein Powder

DIRECTIONS

01 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is approximately 2 1/2 cups.

MORE FIBER

Add flaxseeds, chia seeds, or hemp seeds.

PROTEIN POWDER

This recipe was created and tested using vegan protein powder.

NUT-FREE

Use nut-free milk such as oat milk or coconut milk.

ICE CUBES

Four ice cubes are roughly equal to 1/2 cup.

Make Ahead Berry Muesli

4 SERVINGS 15 MINUTES



INGREDIENTS

1/3 cup Pecans
2 cups Oats
1/2 cup Dried Strawberries
1/8 tsp Sea Salt
1/8 tsp Cinnamon

DIRECTIONS

- 01 Preheat the oven to 325°F (163°C) and line a baking sheet with parchment paper. Add the pecans and bake, until toasted and fragrant, about 10 to 12 minutes. Let cool slightly, and then roughly chop them.
- 02 In a large bowl, add the pecans, oats, dried strawberries, salt, and cinnamon. Stir to combine.
- 03 Transfer to a large mason jar and cover. Store at room temperature until ready to use. Enjoy!

NOTES

LEFTOVERS

Store covered at room temperature for up to four to eight weeks.

HOW TO USE

Serve with yogurt or milk. Soak for at least 20 minutes or overnight to soften.

SERVING SIZE

One serving size is equal to approximately 2/3 cup of muesli.

NUT-FREE

Use toasted sunflower seeds instead of pecans.

MORE FLAVOR

Add ground cardamom or ginger.

ADDITIONAL TOPPINGS

Dried cranberries or cacao nibs.

Curried Chicken with Broccoli & Sweet Potato

2 SERVINGS 35 MINUTES



INGREDIENTS

2 Sweet Potato (small, peeled and cubed)
3 cups Broccoli (cut into florets)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
283 grams Chicken Breast
1 1/2 tsps Curry Powder

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Place the broccoli and sweet potatoes on the baking sheet and season with 2/3 of the oil and salt and pepper. Bake for 10 minutes.
- 03 Remove the baking sheet from the oven. Place the chicken on the baking sheet and drizzle with the remaining oil. Season all sides of the chicken with curry powder and salt and pepper. Continue to bake for 22 to 25 minutes, or until the chicken is cooked through.
- 04 Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add other dried herbs and spices, like cumin or garlic powder.

NO BROCCOLI

Use cauliflower or Brussels sprouts instead.

Orange Chicken with Broccoli

2 SERVINGS 20 MINUTES



INGREDIENTS

227 grams Chicken Breast (skinless, boneless)
1 1/2 tsps Coconut Oil
2 tsps Chicken Broth
1 Garlic (cloves, minced)
1/2 Navel Orange (zested and juiced)
2 tsps Fancy Molasses
1 tbsp Tamari
1/4 tsp Red Pepper Flakes
4 cups Broccoli (chopped into florets)
3/4 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 tbsp Sesame Seeds

DIRECTIONS

- 01 Dice your chicken breasts into 1 inch cubes. Melt the coconut oil in a large skillet over medium heat. Add in the chicken and saute until cooked through and browned (about 10 minutes).
- 02 Meanwhile, in a small sauce pan stir together the chicken broth, garlic, orange zest, orange juice, molasses, tamari and red pepper flakes. Bring to a boil, then reduce to a simmer. Simmer for 10 minutes, then pour it into the skillet over the cooked chicken. Mix well to coat and let simmer while you prepare the rest.
- 03 Lightly steam your broccoli then toss in olive oil and sea salt and black pepper to taste.
- 04 Turn the heat off of the chicken (the sauce should be cooked down and thickened by now. If it isn't, simmer a bit longer). Divide the broccoli between bowls and top with the orange chicken. Sprinkle with sesame seeds and serve. Enjoy!

NOTES

PREP AHEAD

Mix the sauce up in a mason jar and store in the fridge until ready to cook. Steam the broccoli in advance and warm before serving.

VEGAN & VEGETARIAN

Use chickpeas or tofu instead of chicken.

LEFTOVERS

Keeps well in the fridge up to 3 days.

MORE CARBS

Serve with rice, quinoa or sweet potatoes.

MAKE IT FASTER

Buy pre-sliced chicken breast and pre-chopped broccoli florets (fresh or frozen) in the bag.

Thai Cauliflower & Sweet Potato Curry

4 SERVINGS 35 MINUTES



INGREDIENTS

1/2 Yellow Onion (chopped)
3 Garlic (clove, minced)
1 tbsp Ginger (fresh, grated or minced)
1/4 cup Water
2 tbsps Thai Red Curry Paste
1 1/2 cups Vegetable Broth
1 cup Canned Coconut Milk (full fat)
1/2 cup Dry Red Lentils
1 head Cauliflower (small, chopped into florets)
1 Sweet Potato (medium-sized, peeled and cut into cubes)
1/4 cup Cilantro (chopped, optional for garnish)

DIRECTIONS

- 01 Heat a large pot over medium heat. Add the onion, garlic, ginger and water and cook until the onions are just tender and water has evaporated, about 3 to 5 minutes.
- 02 Add the curry paste and stir to combine with the onion mixture. Stir in the broth and coconut milk. Add in the lentils and cook for 8 to 10 minutes until the lentils are just tender, stirring often.
- 03 Add the cauliflower and sweet potato to the pot. Stir to combine then cover with a lid and reduce the heat to medium-low. Cook for 15 to 20 minutes or until the vegetables are tender, stirring often.
- 04 Season with additional salt if needed and divide between bowls. Top with cilantro, if using, and enjoy.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 2 cups of curry.

MORE FLAVOR

Stir in lime juice and serve with extra lime wedges and cilantro. For a spicier curry, add more curry paste or serve with hot sauce.

SERVE IT WITH

Serve with brown or jasmine rice, quinoa, rice noodles or cauliflower rice.

Curried Lentil, Kale & Broccolini Salad

2 SERVINGS 20 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil (divided)
1/4 Yellow Onion (finely chopped)
1 1/2 Garlic (cloves, minced)
1 1/2 tsps Ginger (grated)
1 1/2 tsps Curry Powder
1/2 bunch Broccolini
1 tbsp Water
4 cups Kale Leaves (chopped)
1 cup Green Lentils (cooked, drained and rinsed)
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
2 Egg

DIRECTIONS

- 01 Heat half of the olive oil in a large skillet over medium heat. Add the onion and saute until translucent (about 5 minutes). Add the garlic, ginger and curry powder and saute for another minute.
- 02 Add the broccolini and water. Saute until bright green (about 5 to 8 minutes).
- 03 Add the kale and the lentils. Stir just until wilted then remove from heat.
- 04 Stir in lemon juice and season with sea salt and pepper to taste. Taste and add more curry powder if you desire.
- 05 Heat a frying pan over medium heat. Add a bit of olive oil and brush around the pan for non-stick. Fry eggs (one or two at a time gives the best results) and season with a bit of sea salt and pepper.
- 06 Ladle salad into bowls and top with a fried egg. Enjoy it while it's hot!

NOTES

MORE PROTEIN

Serve with quinoa.

MORE CARBS

Serve with brown rice.

NO EGGS

Top with protein of choice.

Roasted Red Pepper, Chicken & Pesto Wraps

2 SERVINGS 35 MINUTES



INGREDIENTS

227 grams Chicken Breast
1 Red Bell Pepper (sliced)
1 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 Whole Wheat Tortilla
2 tbsps Pesto
1 cup Baby Spinach

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Place the chicken and red pepper on a baking sheet and drizzle with oil. Season with salt and pepper to taste. Bake for 25 minutes, then slice the chicken into thin strips.
- 02 Place the tortilla on a plate and spread the pesto in a thin layer on top. Add the sliced chicken, red pepper, and spinach. Fold in the sides of the tortilla and roll it up. Slice the wrap in half if desired. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Ingredients can be refrigerated separately in airtight containers for up to three days.

SERVING SIZE

One serving is equal to one wrap.

ADDITIONAL TOPPINGS

Goat cheese and/or fresh herbs.

MAKE IT VEGAN

Use tofu or tempeh instead of chicken.

GLUTEN-FREE

Use a gluten-free tortilla instead.

Chicken Noodle Soup

6 SERVINGS 1 HOUR



INGREDIENTS

1 1/2 tbsps Extra Virgin Olive Oil
2 stalks Celery (chopped)
1 Carrot (large, peeled, chopped)
1 Yellow Onion (medium, chopped)
2 Garlic (large clove, minced)
1/2 tsp Sea Salt
1 tsp Dried Thyme
6 cups Chicken Broth
350 grams Chicken Thighs (bone-in, skin removed, trimmed)
1 cup Brown Rice Macaroni (dry)

DIRECTIONS

- 01 Heat the oil in a large pot over medium heat. Add the celery, carrot, and onion to the pot and cook for eight to 10 minutes until softened. Add the garlic, salt, and thyme to the pot. Stir to combine and cook for another minute.
- 02 Add the broth and then place the chicken in the pot. Bring the soup to a gentle boil and simmer for about 20 minutes or until the chicken is cooked through and pulls easily.
- 03 Meanwhile, cook the pasta according to package directions.
- 04 Remove the chicken from the pot and shred the cooked chicken thighs with two forks until no large pieces remain. Return the chicken to the pot. Season the soup with additional salt if needed.
- 05 To serve, divide the soup between bowls and stir in the cooked macaroni. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup of soup and 1/4 cup of macaroni.

MORE FLAVOR

Add other dried herbs and spices, like parsley, sage, or oregano.

CHICKEN BROTH

A low sodium chicken broth was used to create this recipe. Adjust salt to taste if needed. Add more broth if thick soup is desired.

NO BROWN RICE MACARONI

Use another pasta noodle instead.

MORE VEGGIES

Add spinach or kale, bell pepper, mushrooms, potatoes, or peas.

Parmesan Crusted Chicken with Broccoli

4 SERVINGS 40 MINUTES



INGREDIENTS

800 grams Chicken Breast
1 Yellow Onion (finely chopped)
2 eas Garlic (finely chopped)
700 mls Passata
1 Lemon (finely grated, juiced)
1 cup Risoni
1 head Broccoli (cut into florets)
1/3 cup Bread Crumbs
1/3 cup Cheddar Cheese (or parmesan, grated)
2 tbsps Parsley (chopped)
1/4 cup Extra Virgin Olive Oil
1 tbsps Bone Broth (paste or stock cube)
1 1/2 cups Water

DIRECTIONS

- 01 Heat 2 tbs oil in a flameproof roasting pan over medium heat. Season chicken fillets. Add to pan and cook for 3 minutes each side or until browned. Transfer to a plate.
- 02 Add onion and garlic and cook for 3 minutes or until softened. Add passata, 1½ cups water, bone broth/stock, lemon juice and rind. Stir to combine. Bring to a boil. Add risoni and stir to combine.
- 03 Return chicken to pan and simmer for 10 minutes. Add broccoli and cook for 10 minutes or until broccoli is tender and chicken cooked through.
- 04 Preheat grill on high. Combine breadcrumbs, parmesan, parsley and remaining oil. Season with pepper. Pour mixture over chicken. Place under grill and cook for 5 minutes or until topping is golden. Serve.