



# Fiona - Meal Plan

LISA HAYNE

# Fiona - Meal Plan

## HERB + SPICE

Hi Fiona,

Here's a 'done for you' meal plan for you to look at to get some ideas. It's:

- high protein
- lower carb
- gluten and dairy free
- and utilises lots of leftovers

Enjoy!

x

## MON



**BREAKFAST**  
Turkey & Egg Snack Box



**SNACK 1**  
2 Edamame



**LUNCH**  
One Pan Lemon Chicken



**SNACK 2**  
Post Workout Green Smoothie



**DINNER**  
Pesto Chicken & Tomatoes with Quinoa

## TUE



**BREAKFAST**  
Turkey & Egg Snack Box



**SNACK 1**  
2 Edamame



**LUNCH**  
Pesto Chicken & Tomatoes with Quinoa



**SNACK 2**  
Post Workout Green Smoothie



**DINNER**  
Sesame Trout, Bok Choy & Quinoa

## WED



**BREAKFAST**  
Turkey & Egg Snack Box



**SNACK 1**  
2 Edamame



**LUNCH**  
Sesame Trout, Bok Choy & Quinoa



**SNACK 2**  
Post Workout Green Smoothie



**DINNER**  
Herbed Chicken Tenders with Honey Dijon

## THU



**BREAKFAST**  
Chocolate Protein Pancakes



**SNACK 1**  
3 Black Bean & Spinach Egg Muffins



**LUNCH**  
Herbed Chicken Tenders with Honey Dijon



**SNACK 2**  
Chicken & Sweet Potato Mash Snack Box



**DINNER**  
Chicken, Kale & Rutabaga

## FRI



**BREAKFAST**  
Chocolate Protein Pancakes



**SNACK 1**  
3 Black Bean & Spinach Egg Muffins



**LUNCH**  
Chicken, Kale & Rutabaga



**SNACK 2**  
Chicken & Sweet Potato Mash Snack Box



**DINNER**  
Riced Parsnip & Chicken

## SAT



**BREAKFAST**  
Raspberry Zinger Smoothie, Fried Egg



**SNACK 1**  
3 Black Bean & Spinach Egg Muffins



**LUNCH**  
Riced Parsnip & Chicken



**SNACK 2**  
Chicken & Sweet Potato Mash Snack Box



**DINNER**  
Spicy Shrimp Fried Rice

## SUN



**BREAKFAST**  
Raspberry Zinger Smoothie, Fried Egg



**SNACK 1**  
3 Black Bean & Spinach Egg Muffins



**LUNCH**  
Spicy Shrimp Fried Rice



**SNACK 2**  
Chicken & Sweet Potato Mash Snack Box



**DINNER**  
Slow Cooker Cod & Sea Veggie Soup

## FRUITS

- 3/4 Avocado
- 3 1/2 Banana
- 2 Lemon
- 3 1/2 tbsps Lemon Juice
- 3 Navel Orange

## SEEDS, NUTS & SPICES

- 1/8 tsp Cayenne Pepper
- 2 tbsps Chia Seeds
- 3/4 tsp Chili Powder
- 1/4 tsp Garlic Powder
- 1 1/2 tps Italian Seasoning
- 1 1/2 tps Oregano
- 1/2 tsp Paprika
- 1/4 cup Pumpkin Seeds
- 1 tsp Red Pepper Flakes
- 1 1/8 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tps Sesame Seeds

## FROZEN

- 2 cups Frozen Cauliflower
- 3 cups Frozen Edamame
- 1/2 cup Frozen Peas
- 2 cups Frozen Raspberries
- 1/2 cup Frozen Spinach

## VEGETABLES

- 5 cups Baby Spinach
- 4 cups Bok Choy
- 1 cup Brussels Sprouts
- 3 Carrot
- 4 stalks Celery
- 2 1/4 cups Cherry Tomatoes
- 3/4 tsp Fresh Sage
- 1 3/4 Garlic
- 1 1/2 tps Ginger
- 2 1/2 stalks Green Onion
- 6 cups Kale Leaves
- 1 cup Mini Potatoes
- 1 cup Mushrooms
- 2 Parsnip
- 1 1/2 tps Rosemary
- 6 cups Rutabaga
- 1 1/2 Sweet Potato
- 1/2 Yellow Onion

## BOXED & CANNED

- 1 1/3 cups Black Beans
- 1 1/2 cups Quinoa
- 2 cups Vegetable Broth

## BAKING

- 1/4 cup Oats
- 1 1/2 tps Raw Honey

## BREAD, FISH, MEAT & CHEESE

- 907 grams Chicken Breast
- 283 grams Chicken Breast, Cooked
- 227 grams Chicken Thighs
- 1 Cod Fillet
- 2 Rainbow Trout Fillet
- 227 grams Shrimp
- 339 grams Sliced Turkey Breast

## CONDIMENTS & OILS

- 2 1/2 tbsps Avocado Oil
- 2 tbsps Coconut Oil
- 2 tbsps Dijon Mustard
- 3 2/3 tbsps Extra Virgin Olive Oil
- 3/4 cup Kimchi
- 2 1/2 tps Pesto
- 1 tbsp Tamari

## COLD

- 19 Egg
- 3 cups Unsweetened Almond Milk

## OTHER

- 1/2 cup Chocolate Protein Powder
- 10 grams Dulse
- 1 cup Vanilla Protein Powder
- 5 cups Water

# Turkey & Egg Snack Box

3 SERVINGS 5 MINUTES



## INGREDIENTS

1 1/2 tsps Avocado Oil  
6 Egg  
3/4 cup Kimchi  
339 grams Sliced Turkey Breast  
3/4 cup Cherry Tomatoes  
3 Navel Orange

## DIRECTIONS

- 01 Heat the avocado oil in a skillet over medium-low heat. Add the eggs to the pan and move around with a spatula continuously until fluffy, about two minutes.
- 02 Arrange the scrambled eggs, kimchi, turkey breast, tomatoes, and orange in a container and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### ADDITIONAL TOPPINGS

Add sliced green onions, avocado, nuts, cheese, or crackers.

### NO KIMCHI

Use sauerkraut, pickles, salsa, or olives instead.



# Chocolate Protein Pancakes

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 Banana (ripe)  
4 Egg (medium)  
1/2 cup Chocolate Protein Powder  
1 tbsp Coconut Oil

## DIRECTIONS

- 01 In a large bowl, mash the bananas. Then add in the eggs and protein powder. Mix well until a batter forms.
- 02 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancake batter into the skillet, about 1/4 cup at a time. Cook each side for about two to three minutes or until browned. Enjoy!

## NOTES

### SERVING SIZE

One serving is approximately two pancakes.

### TOPPINGS

Top with honey, maple syrup, banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.

### PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.

# Raspberry Zinger Smoothie

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 cups Frozen Cauliflower  
2 cups Frozen Raspberries  
2 Lemon (juiced)  
1/2 cup Vanilla Protein Powder  
2 tbsps Chia Seeds  
3 cups Unsweetened Almond Milk

## DIRECTIONS

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

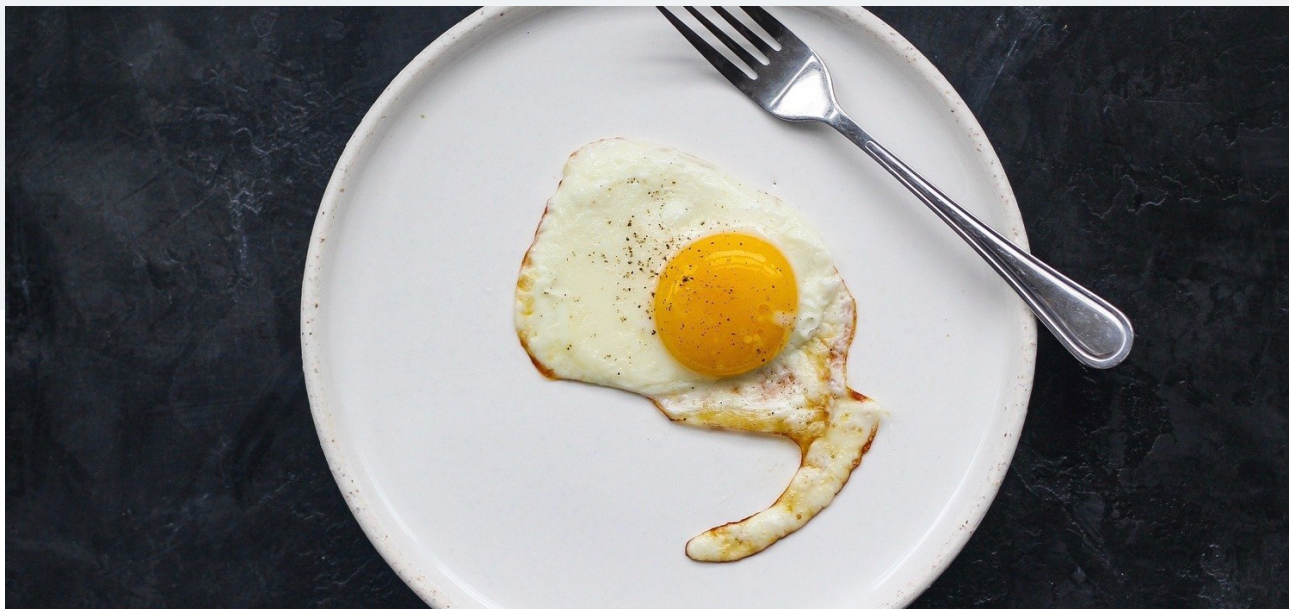
## NOTES

### NO PROTEIN POWDER

Use 1/4 cup hemp seeds per serving instead.

# Fried Egg

2 SERVINGS 5 MINUTES



## INGREDIENTS

1/2 tsp Coconut Oil  
2 Egg  
Sea Salt & Black Pepper (to taste)

## DIRECTIONS

- 01 In a medium pan, heat the coconut oil over medium heat.
- 02 Crack the egg in the pan and cook until the whites are set and the yolk is cooked to your liking. Transfer to a plate and enjoy!

## NOTES

### NO COCONUT OIL

Use butter or ghee instead.



# Edamame

6 SERVINGS 5 MINUTES



## INGREDIENTS

3 cups Frozen Edamame (shelled, thawed)

## DIRECTIONS

01 Enjoy as a snack or add as a side to a main dish, salad or soup.

## NOTES

### STORAGE

Refrigerate in an airtight container up to 4 days.

# Black Bean & Spinach Egg Muffins

12 SERVINGS 30 MINUTES



## INGREDIENTS

6 Egg  
1 1/3 cups Black Beans  
1/2 cup Frozen Spinach (thawed, drained)  
Sea Salt & Black Pepper (to taste)

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and lightly grease a muffin tray or use a silicone muffin tray.
- 02 In a bowl, whisk the eggs. Stir in the black beans, spinach, salt, and pepper.
- 03 Divide the egg mixture into each muffin cup, filling about 3/4 of the way full. Bake for 15 to 18 minutes or until they are set and browned on the sides. Let them cool for about five minutes. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is one egg muffin.

### MORE FLAVOR

Add cheese, oregano, bell pepper, cilantro, and/or corn.

### FREEZER MEAL

After the muffins have completely cooled, line a baking sheet with parchment paper and spread the muffins out on it. Freeze them for two to three hours then place them in a large freezer bag or airtight container for up to two months. You can reheat them from frozen by heating them in the oven or microwave.

# One Pan Lemon Chicken

1 SERVING 35 MINUTES



## INGREDIENTS

113 grams Chicken Breast (skinless and boneless)  
1 cup Mini Potatoes (halved)  
1 cup Brussels Sprouts (halved)  
1 tbsp Extra Virgin Olive Oil  
1 1/2 tsps Lemon Juice  
1 1/2 tsps Rosemary (fresh, chopped)  
Sea Salt & Black Pepper (to taste)

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast, potatoes and brussels sprouts on the pan.
- 02 In a small bowl, mix together the extra virgin olive oil, lemon juice, rosemary, sea salt and pepper. Mix well then drizzle over top of the chicken, potatoes, and brussels sprouts.
- 03 Bake for 25 to 30 minutes or until the chicken is cooked through. Divide onto plates and enjoy!

## NOTES

### NO BRUSSELS SPROUTS

Use another green veggie instead such as green beans, asparagus or broccoli.

### NO CHICKEN BREASTS

Use chicken legs or thighs instead and increase cooking time as needed.

### MORE FLAVOR

Add spices such as oregano, thyme, or chili flakes.

### NO MINI POTATOES

Use diced regular potatoes.

### ADDITIONAL TOPPINGS

Add lemon slices, zest from one lemon, and fresh rosemary.



# Post Workout Green Smoothie

3 SERVINGS 5 MINUTES



## INGREDIENTS

1/3 cup Vanilla Protein Powder  
3 cups Water (cold)  
3/4 Avocado  
1 1/2 Banana (frozen)  
3 cups Baby Spinach

## DIRECTIONS

01 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

## NOTES

### NO SPINACH

Use kale instead.

### NO PROTEIN POWDER

Add a few spoonfuls of hemp seeds.



# Chicken & Sweet Potato Mash Snack Box

4 SERVINGS 15 MINUTES



## INGREDIENTS

1 Sweet Potato (medium, peeled, chopped)  
283 grams Chicken Breast, Cooked  
1/4 cup Water  
2 tbsps Lemon Juice (to taste)  
1/2 tsp Sea Salt (to taste)  
1 cup Cherry Tomatoes  
4 stalks Celery  
1/4 cup Pumpkin Seeds

## DIRECTIONS

- 01 Boil the sweet potatoes for seven to 10 minutes or until fork tender.
- 02 Place the sweet potato in a food processor with the chicken, water, lemon juice, and salt. Blend until just mixed.
- 03 Arrange the chicken sweet potato mash, cherry tomatoes, celery, and pumpkin seeds in a to-go container. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add garlic and your choice of herbs and spices to the mash.

### ADDITIONAL TOPPINGS

Top with cheese, vegan cheese, sour cream, or plain yogurt.

# Pesto Chicken & Tomatoes with Quinoa

2 SERVINGS 20 MINUTES



## INGREDIENTS

1/2 cup Quinoa (dry)  
227 grams Chicken Thighs (boneless, skinless)  
1/2 cup Cherry Tomatoes (halved)  
2 1/2 tsps Pesto  
2 cups Baby Spinach

## DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking dish with parchment paper.
- 02 Cook the quinoa according to the package directions.
- 03 Toss the chicken thighs and cherry tomatoes with the pesto until well coated. Add the chicken and tomatoes to the baking dish and bake for 15 to 20 minutes or until the chicken is cooked through.
- 04 Divide the quinoa evenly between bowls and top with baby spinach. Serve the chicken thighs and cherry tomatoes over top of the spinach. Spoon residual sauce from the baking dish on top of each serving. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Cook the quinoa in chicken stock instead of water.

### ADDITIONAL TOPPINGS

Chopped basil or parsley.

# Sesame Trout, Bok Choy & Quinoa

2 SERVINGS 20 MINUTES



## INGREDIENTS

1/2 cup Quinoa (dry, uncooked)  
1 cup Water  
2 Rainbow Trout Fillet  
4 cups Bok Choy (baby, halved)  
1 tbsp Avocado Oil  
1/4 tsp Sea Salt  
1 1/2 tsps Sesame Seeds

## DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 Combine quinoa and water together in a saucepan. Bring to a boil and then reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff the quinoa with a fork. Turn off the heat and set aside.
- 03 Meanwhile, add the trout and bok choy to a baking sheet and gently coat in oil. Season with salt and sesame seeds. Bake for 10 minutes or until the fish is cooked through.
- 04 Divide the quinoa, trout and bok choy onto plates. Enjoy!

## NOTES

### TROUT FILLETS

Each fillet should be approximately 159 grams or 5.6 ounces in size.

### NO TROUT

Use salmon instead.

### SAVE TIME

Cook the quinoa ahead of time. Cooked quinoa can be refrigerated up to 7 days, or frozen in individual portions up to 8 months.

### STORAGE

Refrigerate in an airtight container up to 2 to 3 days.

### SERVING SIZE

One serving is equal to 1 trout fillet, 3/4 cup of quinoa and 1.5 cups of bok choy.



# Herbed Chicken Tenders with Honey Dijon

2 SERVINGS 40 MINUTES



## INGREDIENTS

227 grams Chicken Breast (skinless, boneless, sliced into strips)  
1 tbsp Avocado Oil (divided)  
1/4 cup Oats (quick)  
1 1/2 tsps Italian Seasoning  
1/4 tsp Sea Salt  
3 Carrot (medium, peeled and sliced into fries)  
2 tbsps Dijon Mustard  
1 1/2 tbsps Raw Honey

## DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line two baking sheets with parchment paper. Brush chicken strips with half of the avocado oil.
- 02 Combine the oats, Italian seasoning, and sea salt and spread over a small plate. Press both sides of the chicken strips into the oat/spice mixture to coat, then lay on baking sheet.
- 03 Toss the carrot sticks in remaining avocado oil. Spread across the other baking sheet.
- 04 Place both pans in the oven and bake for 30 minutes, flipping the chicken and tossing the carrot fries halfway through.
- 05 Meanwhile, combine the Dijon and raw honey in a small bowl to make the sauce. Mix well and set aside.
- 06 To serve, divide the chicken tenders and carrot fries between plates and serve with honey Dijon dipping sauce. Enjoy!

## NOTES

### NO QUICK OATS

Place rolled oats in your blender or food processor. Pulse a few times to break them up.

### VEGAN AND VEGETARIAN

Use tofu strips instead of chicken.

### LEFTOVERS

Keeps well in the fridge up to 3 days.



# Chicken, Kale & Rutabaga

2 SERVINGS 40 MINUTES



## INGREDIENTS

6 cups Rutabaga (peeled, cubed)  
1/8 tsp Sea Salt (to taste)  
227 grams Chicken Breast (boneless, skinless)  
2 cups Kale Leaves (tough stems removed, roughly torn into pieces)  
1 tbsp Lemon Juice  
1 tbsp Extra Virgin Olive Oil  
1 tsp Oregano

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 02 Cover the rutabaga with water in a pot and bring to a boil. Reduce the heat and simmer for about 30 minutes or until soft. Drain the water and mash the rutabaga with a masher or food processor. Season with salt to taste.
- 03 While the rutabaga cooks, place the chicken onto the baking sheet and bake for 25 to 30 minutes or until cooked through. Slice the chicken.
- 04 Meanwhile, massage the kale with lemon juice and olive oil in a bowl.
- 05 Divide the chicken, mashed rutabaga, and kale onto plates or containers-to-go. Sprinkle oregano over top and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add your choice of herbs and spices to the mashed rutabaga and chicken. Roast the rutabaga instead of mashing.

### ADDITIONAL TOPPINGS

Kimchi, sauerkraut, pickled veggies, or olives.

### NO RUTABAGA

Use sweet potato or cauliflower instead.

# Riced Parsnip & Chicken

2 SERVINGS 25 MINUTES



## INGREDIENTS

2 Parsnip (peeled, chopped)  
2 tsps Extra Virgin Olive Oil (divided)  
3/4 tsp Fresh Sage (loosely packed)  
340 grams Chicken Breast (skinless and boneless)  
1/2 tsp Oregano (dried)  
1/4 tsp Garlic Powder  
4 cups Kale Leaves (roughly chopped)

## DIRECTIONS

- 01 Add the chopped parsnips to a blender or food processor and process until it resembles rice, about 30 seconds.
- 02 In a skillet over medium-low heat, add half the extra virgin olive oil and the sage. Fry until the sage leaves are crispy, about 3 to 4 minutes. Remove the sage, roughly chop it and set aside. Add the parsnip rice to the skillet and cook for about 5 to 7 minutes, until cooked through. Remove and set aside.
- 03 Season the chicken on all sides with the oregano and garlic. In the same skillet over medium heat, add the remaining extra virgin olive oil and the chicken. Cook for 8 to 10 minutes. Remove, slice the chicken, and add it back to the pan to cook for 1 to 2 minutes more, until cooked through. Remove and set aside.
- 04 Add the kale to the skillet and cook over medium low heat, until just wilted, about 1 to 2 minutes.
- 05 Plate the parsnip rice, and top with the kale, sliced chicken and sage. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### NO KALE

Use another leafy green such as Swiss chard or spinach.



# Spicy Shrimp Fried Rice

2 SERVINGS 30 MINUTES



## INGREDIENTS

1/2 cup Quinoa (uncooked)  
3/4 cup Water  
227 grams Shrimp (cooked, peeled and patted dry)  
Sea Salt & Black Pepper (to taste)  
1/2 tsp Paprika  
1/8 tsp Cayenne Pepper  
3/4 tsp Chili Powder  
1 Egg  
1/4 Yellow Onion (diced)  
1/2 cup Frozen Peas  
1 Garlic (cloves, minced)  
2 1/2 stalks Green Onion (chopped)  
1 tbsp Extra Virgin Olive Oil (divided)  
1 tsp Red Pepper Flakes  
1 tbsp Tamari

## DIRECTIONS

- 01 Place quinoa and water in a medium sized pot and bring to a boil over high heat. Once boiling, cover with lid and reduce heat to low. Let simmer for 12 minutes or until all liquid is absorbed. Remove from heat, fluff with a fork and set aside.
- 02 In a large bowl, toss the cooked shrimp with cayenne, paprika and chili powder. Season with sea salt and pepper to taste. Toss until well coated
- 03 Heat half of your olive oil in a wok or large frying pan over medium heat. Whisk two eggs together in a bowl with a fork and scramble in frying pan until cooked through. Place in a bowl and set aside.
- 04 Place wok back over medium heat. Add remaining olive oil and saute onions, garlic and red pepper flakes until onion becomes translucent. Stir in peas and let warm through.
- 05 Add in shrimp, quinoa, scrambled eggs and tamari. Stir until tamari is fully absorbed. Spoon into a bowl and garnish with green onion. Enjoy with chopsticks!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

# Slow Cooker Cod & Sea Veggie Soup

1 SERVING 6 HOURS



## INGREDIENTS

2 1/4 tsps Coconut Oil  
1/4 Yellow Onion (medium, diced)  
1 cup Mushrooms (sliced)  
3/4 Garlic (cloves, minced)  
1 1/2 tsps Ginger (peeled and grated)  
10 grams Dulse (torn apart into small pieces)  
1/2 Sweet Potato (medium, diced)  
1 Cod Fillet (cubed)  
2 cups Vegetable Broth (or bone broth)

## DIRECTIONS

- 01 Heat the coconut oil in a frying pan over medium heat. Add the onion and mushrooms. Saute for about 3 minutes or until onions are translucent. Add garlic and ginger. Cook for a 1 to 2 minutes until fragrant.
- 02 Transfer the contents of the pan to your slow cooker. Add the dulse (ripped into bite-sized pieces), diced sweet potato, cod and broth. Do not add salt, as the dulse is naturally very salty and should flavour the soup.
- 03 Cook on high for 4 hours, or low for 6 to 8 hours. Taste, and add sea salt if necessary.
- 04 Divide between bowls and enjoy!

## NOTES

### LEFTOVERS

Store in an airtight container up to 3 days or freeze.

### FILLET SIZE

One fillet is equal to 231 grams or 8 ounces.