



# Meals that are protein + fat rich with some supportive, slow-burning carbs for balanced energy:

## Breakfast Options

- **Egg & Veggie Scramble** with avocado and a side of roasted sweet potato.
- **Greek Yogurt Parfait** with chia seeds, walnuts, and a handful of berries.
- **Smoked Salmon & Avocado** on a slice of seeded sourdough.
- **Bacon & or Sausage** with eggs & avo
- **Omelette with Cheese & Spinach** plus a small serving of quinoa on the side.

## Lunch Ideas

- **Grilled Chicken Salad** with olive oil, feta, pumpkin seeds, and a little roasted beetroot.
- **Turkey or Beef Lettuce Wraps** with guacamole and a side of brown rice.
- **Salmon Bowl** with avocado, cucumber, sesame seeds, and a scoop of sushi rice.
- **Egg Salad with Olive Oil Mayo** served with whole grain crackers.
- **Lentil & Tuna Salad** with olive oil, herbs, and a few roasted root veggies.

## Dinner Options

- **Grass-fed Beef Stir-Fry** with veggies cooked in coconut oil, served over cauliflower rice with a small portion of jasmine rice.
- **Baked Salmon with Lemon Butter** plus roasted carrots and quinoa.
- **Chicken Thighs with Garlic & Herbs** served with broccoli and mashed sweet potato.
- **Lamb Chops with Mint Yogurt** plus roasted pumpkin and greens.
- **Pork Tenderloin with Mushroom Cream Sauce** and a side of wild rice.

## Snack Ideas

- Boiled eggs with a small piece of dark chocolate.
- Cheese slices with apple or pear.
- Cheif protein bar / jerky.

- Protein balls made with nut butter and oats.
- Hummus with veggie sticks and a sprinkle of hemp seeds.

**You can rotate these meals to keep it simple.**