



PERFORMANCE DRIVEN HEALTH

**NO ADDED
REFINED
SUGARS**

**HIGH
PROTEIN
>25%**

HIGH FIBRE

**ALL THE
FLAVOUR**

Nutrition Meal Plans

Volume 12

2500 Calories/day

***Suitable for: weight loss,
Athletic performance and
general health****

**All meals and recipes
designed or selected by
Accredited Sport Nutrition
Advisor**

**Pending your Energy Requirements.*



MEAL	CALS	CARBS	FAT	PROT.
MAIN MEAL 1: Lime & Coconut Cheesecake Overnight Weetbix	505	48	17	40
MAIN MEAL 2: Chicken Cacciatore with Mash & Veg	626	50	18	69
MAIN MEAL 3: Triple Mustard Turkey Breast with Rice & Veg	818	73	23	75
SNACK: Oven Baked Chips & Fruit	234	44	5	4
SNACK 2: Choc Hazelnut Croissant	316	35	16	8
TOTALS	2499	250	79	196

Other Notes: ALL MEALS CAN BE CONSUMED AT ANY TIME OF THE DAY WITHIN A 12H WINDOW

Volume 12 - Snacks	Calories	Carbs	Fat	Protein
SNACK 1: Oven Baked Chips & Fruit	234	44	5	4
SNACK 2: Choc Hazelnut Croissant	316	35	16	8

Ingredients

- 1 large piece of fruit or equivalent to 150g
- Smith's - Chips, Oven Baked 1/4 packet 32.5g (130.00 gram)



Ingredients

- 15g Pana Organic Spread ([Choc Hazelnut](#))
- 1 x Woolworths All Butter Croissant (3 Pack)



Volume 12	Calories	Carbs	Fat	Protein
Breakfast – Serves 5				
Lime & Coconut Cheesecake Overnight Weetbix	505	48	17	40

Base - in each container (in total)

- 3 Weetbix (15 total)
- 1tsp natural sweetener (stevia/monk fruit)(5tsp)
- 1tsp (heaped) desiccated coconut (5tsp)
- 1/3 cup low fat milk unsweetened (2cups)

Filling

- 2tbs powdered gelatin (proofed)
 - Juice of 4 fresh limes
- Blended with
- 500g cottage cheese
 - 400g can light coconut cream
 - 125g vanilla protein
 - ½-2/3 cup natural sweetener (depending on taste preference)
 - Optional lime zest

Toppings

- 2 cups frozen raspberries

Instructions

1. Proof Gelatin then dissolve in lime juice over moderate heat.
2. Crush and mix together all base ingredients in each container and press down firm.
3. Pour gelatin mixture into blender with all other filling ingredients and process until smooth.
4. Pour over the top of the base and let set in fridge before adding berries.



Volume 12 - Main Meal 1 – Serves 5	Calories	Carbs	Fat	Protein
Triple Mustard Turkey Breast with Rice & Veg	818	73	23	75

Mustard Chicken Ingredients

- 66g (1/3rd 200g jar), Wholegrain Mustard
- 66g (1/3rd 200g jar), Dijon mustard
- 6 tablespoon, Yellow (American) Mustard
- 2 x (250 g) Microwave steam rice pouch
- 1 kg Chicken Breast
- ¼ cup ricemalt syrup
- 1tbs dried rosemary or thyme & ½ tsp black Pepper
- Large Brown onion - diced
- 1 small tub (300 mls ea.), Light Thickened Cream
- 1 chicken stock cube and some water



Other

- 800g-1kg cruciferous vegetables such as broccoli/beans/zucchini
- 2 x (250 g) Microwave steam rice pouch

Instructions:

Combine all must chicken ingredients except onion, cream, stock cube and water and add to the raw chicken breast to marinade.

Meanwhile, fry onion until translucent, then add the chicken and fry until outside is sealed. Then add cream, stock cube and some water and let simmer until chicken is cooked and sauce thickens.

Steam/bake or fry vegetables of choice with any herbs and seasoning, microwave rice and separate across 5 serves.

Volume 12 – Main Meal 2 – Serves 5	Calories	Carbs	Fat	Protein
Chicken Cacciatore with Mash & Veg	626	50	18	69

Ingredients

Mash

- 1200g White Potatoes or
- 1 tbsp, Butter
- 1 cup, Milk (lactose free as needed)

Chicken Cacciatore

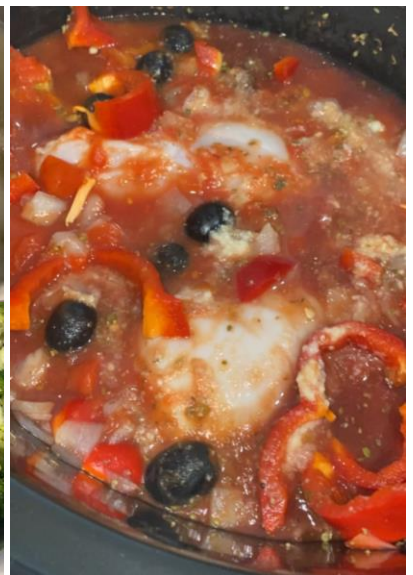
- 1000g, Raw Chicken Breast
- 100 g, Kalamata Olives Black Pitted
- 125 ml Shiraz or dry red wine
- 2 cans (400 gs ea.), Diced Tomatoes No Added Salt (400g can)
- 125 ml, Tomato sauce (reduced sugar)
- 100 grams, Onion
- Red capsicum
- 2 teaspoon, Garlic - Minced
- 2 tsp (.7 g), Dried Basil
- 2 x Chicken stock cube
- 0.50 tsp, ground, Black pepper

Sides/Toppings

- 600-800 g, low starch/carbohydrate vegetables such as broccoli
- 100g parmesan cheese or feta
- Fresh Basil (optional)

Instructions:

- Place all chicken cacciatore ingredients in a slow cooker and cook on low for 2 hours or until chicken is tender. You can remove the chicken and transfer the sauce to a pot to reduce further or leave as is if you want more sauce.
- Peel, quarter and boil potatoes in boiling water until soft (approx 15m) mash with butter & milk, season with salt & pepper
- Steam or dry roast your chosen side vegetables until bright and al dente.
- Separate all components over 5 serves and top with cheese and optional fresh basil.



If you don't have a slow cooker just use a large pot on the stove on a low heat got 1 hour





Nutrition Services

As a qualified & registered Sports Nutrition Advisor with the Nutrition Council Australia I'm able to support people of all ages looking to improve:

- Total Health and Wellbeing
- Individual and specific goals attaining to body composition
- Increased athletic performance (Sports)



Monthly Meal Plan subscription

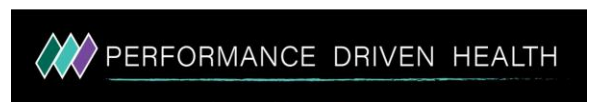
This plan provided is a sample from the PDH Nutrition Meal Plan Subscription Portal.

Subscription inclusions:

Each month a new Daily Meal plan will be uploaded to the Subscription portal. Each Meal plan comes with 3 main meals and snacks with all with corresponding recipes and ingredients. This meal plan can be repeated daily for as long as desired or until the next plan is updated.

The Meal plan provides daily total calorie options for 1700, 1800, 1900, 2000, 2100, 2200, 2300 & 2500 calories

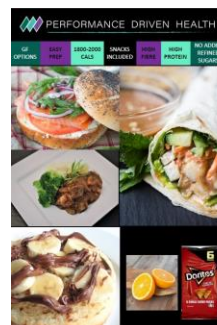
Learn more and purchase your subscription [here](#)



Nutrition Meal Plans

Daily Meal plan options
1700-2500 calories per day
Suitable for: weight loss, Athletic performance and general health
All meals and recipes designed or selected by Accredited Sport Nutrition Advisor

- NO ADDED REFINED SUGARS
- HIGH PROTEIN >25%
- HIGH FIBRE
- SNACKS INCLUDED



Daily Summary

MEAL	CALS	CARBS	FIB	PROTEIN
MAIN MEAL 1: Steak with Cheese & Smoked Trout	896	53	13	44
MAIN MEAL 2: Chicken Wrap with Peanut Sauce	555	41	20	41
MAIN MEAL 3: Slow cooked Beef Goulash with Mash	580	30	13	42
SNACK: Crispbread with Pesto Spread & Banana	286	52	7	6
1 medium size piece of fruit + 1 x 20g packet Doritos	185	33	5	4
TOTALS	2602	209	58	137

Other Notes: ALL MEALS CAN BE CONSUMED AT ANY TIME OF THE DAY WITHIN A 12H WINDOW

Legend: Carbs (red), Fat (green), Protein (blue)





Nutrition Products & Services

Nutrition Consultations

30minute & 60minute consultations to kick start your journey towards improved health.

Consultation topics include but are not limited to Nutrition for:

- General health
- Gut Health
- Weight loss
- Athletic performance
- Food intolerance & preferences
- body composition

Click [Here](#) for more info

Custom Meal Plans

If you have specific nutrition requirements such as sports performance, body composition, or food sensitivities and preferences i can work with you to create a plan tailored to your needs.

Click [here](#) for More info

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