

# NUTRITION IDEAS

## FOR FEMALES

### TABLE OF CONTENTS

1

BREAKFAST

12

DINNER

5

LUNCH

16

DESSERT

9

SNACKS

THESE IDEAS ARE SHARED TO HELP ANYONE WHO MAY BE STRUGGLING WITH NUTRITION AND WOULD LIKE SOME DIRECTION WITH THEIR STRUCTURE. WE WANT YOU TO BUILD A SUSTAINABLE STRATEGY THAT YOU CAN FOLLOW THE REST OF YOUR LIFE.

THERE ARE PLENTY OF OPTIONS AND CAN MAKE CHOICES THAT ARE SUITABLE FOR YOUR OWN PERSONAL PREFERENCES. FEEL FREE TO ADD AS MANY VEGGIES TO YOUR MEALS AS YOU LIKE EVEN IF THEY'RE NOT SPECIFIED.

THIS IS USED FOR EDUCATIONAL PURPOSES ONLY. IF YOU HAVE ANY UNDERLYING CONDITIONS YOU SHOULD CONSULT WITH YOUR DOCTOR.

# **BREAKFAST**



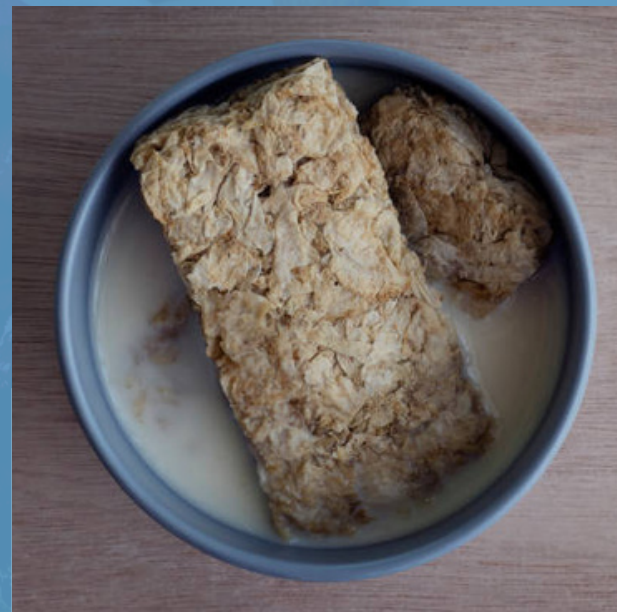
## **EGGS ON TOAST**

- 3 EGGS  
(COOKED HOW  
YOU LIKE)
- 2 SLICE  
TOAST (ANY  
TYPE)
- 10G SAUCE  
(YOUR  
CHOICE)



## **PROTEIN SMOOTHIE**

- PROTEIN  
SMOOTHIE  
(CHOOSE FROM  
SMOOTHIE  
BOOKLET) OR
- 1 SACHET UNCLE  
TOBY'S OATS  
(ANY FLAVOUR)
- 1 CUP MILK (ANY  
TYPE)
- ADD BANANA OR  
BERRIES IF  
DESIRED



## **PROTEIN WEET BIX**

- 3 WEET BIX
- 1 SCOOP WHEY  
PROTEIN POWDER
- MIX WITH 200ML  
MILK (ANY  
TYPE)

\*PREPARE PROTEIN  
SHAKE FIRST AND  
TIP ON WEET BIX  
IN BOWL

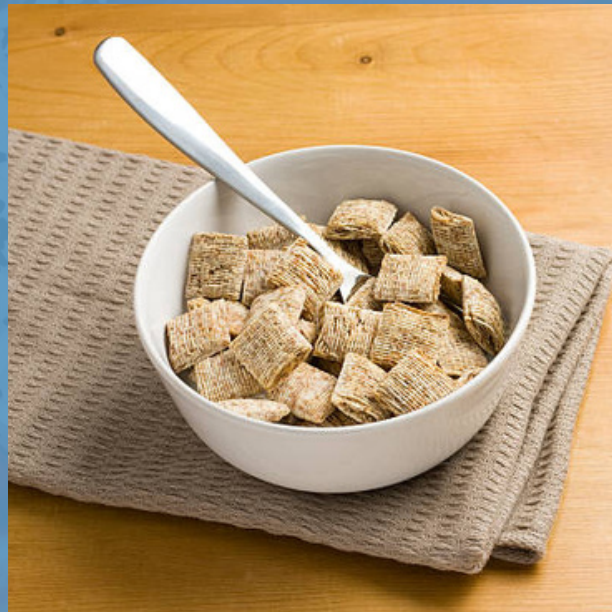


# BREAKFAST



## PROTEIN PANCAKES

- 1 SACHET UNCLE TOBY'S OATMEAL (ANY FLAVOUR)
- 100G COTTAGE CHEESE
- 3 EGGS
- ADD MILK IF NEEDED TO HELP MIX INGREDIENTS
- BLEND AND COOK IN PAN
- ADD QUEEN'S SUGAR FREE MAPLE SYRUP



## SHREDDED WHEAT CEREAL

- UNCLE TOBY'S SHREDDED WHEAT - 2 BISCUITS
- MILK OF CHOICE - 1 CUP
- FLAXSEEDS (GROUND OR WHOLE) - 2 TSP
- PROTEIN POWDER - 1 SCOOP
- BLUEBERRIES - 1/2 CUP

PREPARE THE PROTEIN SHAKE FIRST THEN TIP OVER CEREAL



## PROTEIN OATS

- PROTEIN POWDER (I SUGGEST VANILLA) - 1 SCOOP
- UNCLE TOBY'S QUICK OATS - 1 SACHET
- PEANUT BUTTER - 1 TBSP
- MILK OF CHOICE - 1 CUP

PREPARE & COOK OATS AS PER SACHET INSTRUCTIONS, LEAVING A SMALL AMOUNT OF MILK FOR AFTER COOKING. ONCE COOKED ADD PROTEIN POWDER & USING REMAINING MILK TO STIR THROUGH. TOP WITH PEANUT BUTTER.



# **BREAKFAST**



## **EGG & AVOCADO BREAKFAST SANDWICH**

- WHOLEMEAL BREAD - 2 SLICES
- AVOCADO - ½ WHOLE
- EGGS - 2
- SALT & PEPPER (TO TASTE)

COOK EGGS HOW YOU'D LIKE. TOAST BREAD, TOP WITH A SMALL AMOUNT OF BUTTER & AVOCADO. ADD EGG, SEASON WITH SALT & PEPPER, SERVE AS SANDWICH.



## **HAM & EGG CUPS**

- SHREDDED TASTY CHEESE - 1 CUP
- SLICED HAM - 12 SLICES
- EGGS - 12
- SALT & PEPPER (TO TASTE)
- SPRAY OIL (FOR COOKING)

PREHEAT OVEN TO 200 DEGREES & SPRAY A 12 CUP MUFFIN TIN WITH COOKING SPRAY. LINE EACH CUP WITH A SLICE OF HAM & SPRINKLE OF CHEDDAR. CRACK AN EGG INTO EACH HAM CUP, SEASON WITH SALT & PEPPER. BAKE EGGS FOR 12 - 15 MINUTES UNTIL COOKED THROUGH.



## **BERRY OVERNIGHT OATS**

- HONEY - 1 TSP
- COTTAGE CHEESE - 1/2 CUP
- ALMONDS - 10 ALMONDS
- FROZEN BERRIES - 2/3 CUP
- VANILLA EXTRACT - 1/2 TSP
- UNCLE TOBY'S QUICK OATS - 1 SACHET
- MILK OF CHOICE - 1/2 CUP

IN A CONTAINER COMBINE ALL INGREDIENTS & STIR UNTIL COMPLETELY COMBINED, REFRIGERATE FOR AT LEAST 6 HOURS



# **BREAKFAST**



## **COCONUT YOGURT PARFAIT**

- VANILLA PROTEIN POWDER - 1 SCOOP
- SUGAR FREE MUESLI - 1/3 CUP
- BERRIES OF CHOICE - 3/4 CUP
- COCONUT YOGURT - 3/4 CUP

MIX YOGURT WITH PROTEIN POWDER UNTIL SMOOTH. TOP WITH MUESLI & BERRIES



## **COFFEE PROTEIN SHAKE**

- PROTEIN POWDER - 1 1/2 SCOOPS
- INSTANT COFFEE (BREWED) - 150ML
- ICE CUBES - 1 CUP
- MILK OF CHOICE - 1 1/2 CUPS

BREW 150ML OF INSTANT COFFEE. WAIT UNTIL COOLED, BEFORE BLENDING TOGETHER ALL INGREDIENTS



## **BREAKFAST BURRITO**

- OLIVE OIL - FOR COOKING
- CAPSICUM - 1 MEDIUM
- ONIONS - 1/2 SMALL
- SAUSAGE - 1
- AVOCADO - 1/2 WHOLE
- SUPER SOFT TORTILLA - 1

ADD CAPSICUM, DICED ONION & CHOPPED SAUSAGE TO A PAN WITH OLIVE OIL. COOK FOR 10 MINUTES, STIRRING OFTEN. ADD MIXTURE TO A WARM TORTILLA, TOP WITH AVOCADO.



# LUNCH



- 2 CANS FLAVOURED TUNA (ANY)
- 1 CUP MICROWAVE RICE (ANY TYPE)
- 1/2 AVOCADO
- HANDFUL SPINACH LEAVES



## CHICKEN CAESAR SALAD WRAP

- CHERRY TOMATOES (CHOPPED) - 1/2 CUP
- ROMAINE LETTUCE (CHOPPED) - 1 CUP
- LOW FAT CAESAR DRESSING - 2 TBSP
- PARMESAN CHEESE (GRATED) - 2 TBSP
- LARGE WRAP - 1 WRAP
- CHICKEN BREAST (CHOPPED) - 150G



## TOASTED SANDWICH

- 2 SLICES BREAD (ANY TYPE)
- 150G ROAST BEEF OR TURKEY BREAST (BOTH FROM DELI) 1 SLICE/SERVING OF CHEESE (ANY TYPE)
- SPINACH, TOMATO, CUCUMBER, ANY OTHER TYPE OF SALAD 10G OF ANY SAUCE, DRESSING



# LUNCH



- 2 CAN SALMON (ANY TYPE)
- 3 CRUSKITS (ANY TYPE)
- 1/2 AVOCADO
- 50G COTTAGE/CREAM CHEESE



- LEFTOVERS FROM THE DINNER NIGHT BEFORE (SAME PORTIONS)



## TURKEY SANDWICH

- SLICED TURKEY - 6 SLICES
- TOMATO - 1/4 TOMATO
- BABY SPINACH (TO TASTE)
- SWISS CHEESE - 1 SLICE
- WHOLEMEAL BREAD - 2 SLICES
- LIGHT MAYO - 1 TBSP



# LUNCH



## TUNA & CRUSKITS

- TUNA - 2 CANS (ANY TYPE)
- CREAM CHEESE - 3 TBSP
- CRUSKITS - 4 CRUSKITS
- RED ONION - 1/2 SMALL ONION
- SALT & PEPPER TO TASTE



## 5 MINUTE EGG & RICE

- EGGS - 3 LARGE
- MICROWAVE RICE - 1 CUP
- SOY SAUCE - 1 TBSP

SCRAMBLE EGGS IN A PAN, COOK MICROWAVE RICE ACCORDING TO PACKET INSTRUCTIONS.

SERVE TOGETHER TOPPED WITH SOY SAUCE.



## VEGAN FALAFEL WRAPS

- FALAFEL - 3 WHOLE
- WHOLE WHEAT PITA - 1
- CUCUMBER - 1/4 WHOLE
- CHERRY TOMATOES - 1/2 CUP
- HUMMUS - 2 TBSP
- RED ONION - 1/4 WHOLE
- AVOCADO - 1/4 WHOLE

COOK FALAFEL ACCORDING TO PACKAGE DIRECTIONS. SPREAD HUMMUS ON THE PITA WITH THINLY SLICED CUCUMBER, CHOPPED TOMATO, SLICED RED ONION, SLICED AVOCADO. CRUMBLE FALAFEL IN YOUR HANDS & DISTRIBUTE ACROSS THE WRAP.



# LUNCH



## GRILLED CHICKEN SALAD

- PITA BREAD - 1 PIECE
- OLIVE OIL - FOR COOKING
- LEMON JUICE - TO TASTE
- TOMATO - 1 WHOLE
- OLIVES - 5 WHOLE
- FETA CHEESE - 2 TBSP
- RED WINE VINEGAR - 1 TBSP
- CUCUMBER - 1 SMALL WHOLE
- CHICKEN BREAST - 100G
- RED ONION - 1/2 WHOLE

COOK CHICKEN BREAST IN A PAN WITH OLIVE OIL OR GRILL. COMBINE ALL INGREDIENTS IN A BOWL & SERVE WITH PIECE OF PITA BREAD



## PESTO EGG SANDWICH

- EGGS - 3 LARGE
- PESTO - 2 TBSP
- WHOLEMEAL BREAD - 2 SLICES
- TOMATO - 1 SMALL

COMBINE EGGS & PESTO, COOK OVER A MEDIUM HEAT. SERVE AS SANDWICH WITH BREAD & TOMATOS.



## SPICY TURKEY LETTUCE WRAPS

- TURKEY MINCE - 150G
- ADD PAPRIKA, SALT, PEPPER
- DICED ONION (AS DESIRED)
- TOMATO - 1/2 DICED
- CHEESE - 50G
- ADD SRIRACHA SAUCE IF DESIRED
- LETTUCE LEAVES TO HOLD INGREDIENTS



# SNACKS



1. 1 PIECE OF  
FRUIT (ANY)  
+  
1 SERVING  
CHOBANI FIT OR  
YOPRO GREEK  
YOGURT

OR

2. 3 RICE CAKES  
+  
20G NATURAL  
PEANUT BUTTER



3. 1-2 PIECES  
OF CUT UP FRUIT  
(ANY TYPE)  
+  
100G COTTAGE  
CHEESE

OR

4. APPLE  
+  
20G PEANUT  
BUTTER OR  
ALMOND BUTTER



5. PROTEIN  
SMOOTHIE  
(CHOOSE FROM  
SMOOTHIE  
BOOKLET)

OR

6. 4 VITA  
WHEATS  
+  
1/2 AVOCADO



# SNACKS



7. 1/2 PACKET  
RICE CRACKERS  
(SAKATA OR  
SIMILAR)

8. 2 HARD  
BOILED EGGS



9. CELERY  
STICKS (AS  
MUCH AS YOU  
LIKE)

+  
20G NATURAL  
PEANUT BUTTER  
OR ALMOND  
BUTTER

10. CARROTS +  
1 SERVING  
HOMMUS



11. FIBRE ONE  
BAR

12. HALF HANDFUL  
OF ALMONDS (ANY  
TYPE)

13. 3 THICK  
RICE CAKES  
+  
20G PEANUT  
BUTTER



# SNACKS



14. 1 SMALL  
PACKET HARVEST  
SNAPS PEAS

15. 1 FANCY  
PLANTS CHIA  
PODS



16. 4 SUNNY  
QUEEN PROTEIN  
BITES (ANY  
FLAVOUR)  
\*FIND THEM IN  
THE FREEZER  
SECTION\*

17. 1 ROW DARK  
CHOCOLATE &  
HALF A HANDFUL  
OF CASHEWS



18. 1/4 CUP  
DICED TASTY  
CHEESE & 1  
APPLE

19. 1/4 CUP  
BLACK OLIVES &  
1/4 CUP DICED  
FETA CHEESE



# DINNER



## TACO BOWL

- 150G BEEF MINCE (ANY TYPE)
- 1 CUP MICROWAVE RICE (ANY TYPE)
- TACO SEASONING
- 20G CHEESE (ANY TYPE)

COOK MINCE WITH ONION AND TOMATO IF DESIRED  
ADD SPINACH, CARROT, LETTUCE IF DESIRED.



## HOMEMADE PIZZA

- 1 LARGE WRAP AS BASE (ANY TYPE)
- 150G CHICKEN BREAST (COOK FIRST)
- 50G GRATED CHEESE (ANY TYPE)
- ADD VEGGIES AS DESIRED - ONION, TOMATO, CAPSICUM OR
- 1 FRESH SALMON FILLET (COOK HOW YOU LIKE)
- 1 CUP COOKED SWEET POTATO (MASHED OR OVEN BAKED), BROCCOLINI, SHALLOTS (AS MUCH AS YOU LIKE)



## TERIYAKI CHICKEN SALAD

- 150G CHICKEN BREAST MARINATED IN TERIYAKI SAUCE 30G FETA CHEESE
- ADD SPINACH, TOMATO, 1/2 AVOCADO, 1/2 MANGO



# DINNER



## BEEF OR TOFU STIR FRY

- 150G BEEF OR TOFU MARINATED IN SATAY SAUCE
- 1/2 CUP COOKED PASTA (ANY TYPE)
- VEGGIES - BROCCOLI, ONION, SHALLOTS, BROCCOLINI, BEANS



## BURRITO BOWL

- MINGLE NO NASTIES MEXICAN SEASONING - 3 TSP
- CAULIFLOWER RICE OR MICROWAVE RICE - 1 CUP
- AVOCADO - 1/4 WHOLE
- LIME JUICE - 1 TBSP
- PINEAPPLE - 1/2 CUP
- 150G CHICKEN BREAST (DICED)
- SALT

SEASON CHICKEN WITH MEXICAN SEASONING, COOK. MASH AVOCADO WITH LIME JUICE & SALT, SET ASIDE. ASSEMBLE BOWLS WITH RICE, CHICKEN, MASHED AVOCADO & CHOPPED PINEAPPLE.



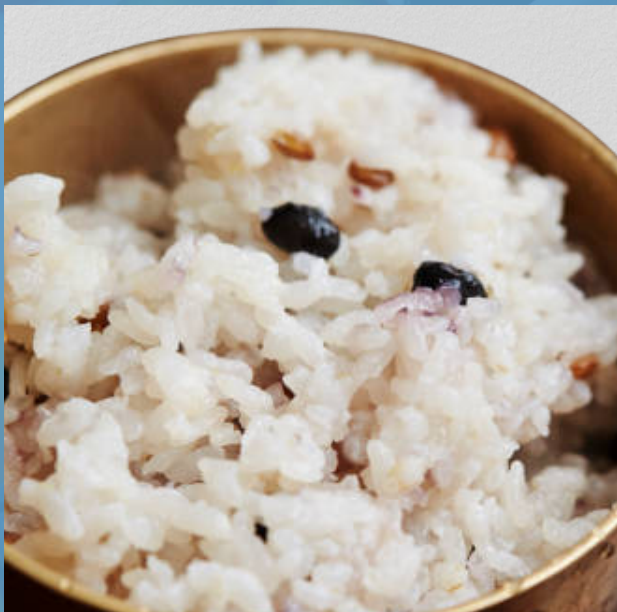
## QUICK STEAK & BROCCOLI

- LEAN BEEF STEAK - 150G
- GARLIC POWDER - 1/2 TSP
- SALT & PEPPER
- POTATO - 1 SMALL (COOK IN CHIP FORM IF DESRIED)
- BROCCOLI - 1 CUP (CHOPPED)

SEASON STEAK WITH SALT, PEPPER & GARLIC POWDER, THEN COOK.



# DINNER



## CHICKEN & BLACK BEAN RICE BOWL

- OLIVE OIL - 1 TBSP
- LOW FAT CHEESE - 1/2 CUP
- TOMATO - 1 WHOLE
- CAPSICUM - 1/2 WHOLE
- MINGLE NO NASTIES MEXICAN SEASONING - 3 TSP
- CAULIFLOWER OR MICROWAVE RICE - 1 CUP
- BLACK BEANS - 1 CUP
- CHICKEN 150G

COOK RICE ACCORDING TO PACKET INSTRUCTIONS. HEAT OIL IN A PAN OVER A MEDIUM HEAT, COOK CHICKEN, ADD CHOPPED ONION, CAPSICUM & SEASONING COOK FOR 2-3 MINUTES, UNTIL SOFT. ADD BEANS & ¼ CUP OF WATER COOKING FOR 4-5 MINUTES, UNTIL THICKENED. SERVE WITH RICE, CHOPPED TOMATO & CHEESE.



## TUNA & BROCCOLI

- TUNA - 2 CANS (ANY FLAVOUR)
- MICROWAVE RICE - 1 CUP
- BROCCOLI - 1 CUP



## MEXICAN RICE WITH VEGAN SAUSAGE

- CAULIFLOWER RICE - 1 CUP
- OLIVE OIL - 1 TSP
- ONION - 1/2 MEDIUM
- TOMATO - 2 SMALL WHOLE
- JALAPENO - TO TASTE (OPTIONAL)
- MINCED GARLIC - 1 TBSP
- TOMATO PASTE - 2 TBSP
- PAPRIKIA - 1/2 TSP
- - CORN KERNELS - 50G
- VEGAN SAUSAGE - 1

HEAT OIL IN A PAN, ADDING DICED TOMATOES, JALAPENO, & DICED ONION. COOK FOR 3 MINUTES. ADD MINCED GARLIC, CAULIFLOWER, & CORN, COOKING FOR 3 MINUTES. ADD TOMATO PASTE AND SPICES, STIRRING TO COAT. COOK SAUSAGE ACCORDING TO PACKAGE INSTRUCTIONS, AND SERVE WITH CAULIFLOWER RICE.



# DINNER



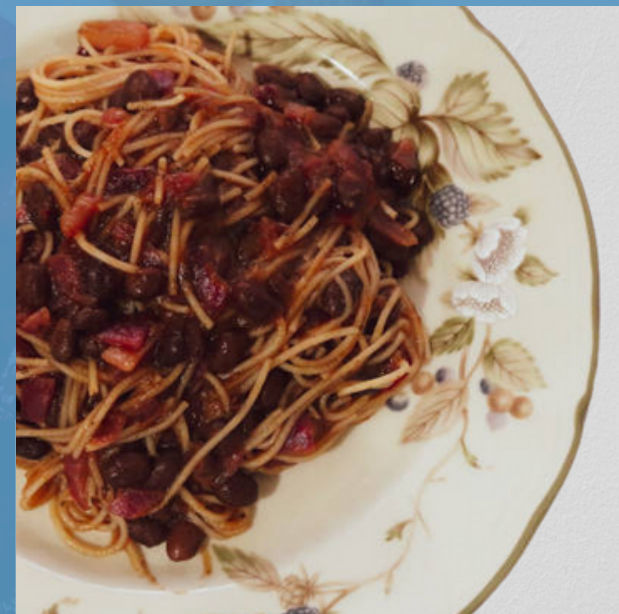
## SATAY CHICKEN & SWEET POTATO MASH

- CHICKEN - 150G
- SATAY MARINADE - 1 SERVING
- SWEET POTATO - 200G
- ADD DASH MILK, SALT, PEPPER
- GREEN VEGGIES OF CHOICE - BROCCOLI, BEANS, PEAS
- 



## DOUBLE PATTY BURGERS

- SANDWICH THIN - 1
- LEAN BEEF PATTIES - 2
- ADD DESIRED SEASONING
- ADD EGG IF DESIRED
- CHEESE - 20G
- LETTUCE/SPINACH
- ONION
- TOMATO
- SAUCE OF CHOICE IF DESIRED - 10
- 



## BEEF & BLACK BEAN SPAGHETTI

- BLACK BEAN OR PULSE PASTA - 2/3 CUP
- BEEF MINCE 150G
- TOMATO - 2 WHOLE
- OLIVES - 2 TBSP
- OLIVE OIL - 1 TBSP
- GARLIC - 1 CLOVE
- CHILLI FLAKES - 1/2 TSP

HEAT OLIVE OIL IN A PAN OVER MEDIUM HIGH, COOK MINCE, HEAT SAUTE CHOPPED OLIVES, SLICED GARLIC, AND CHILLI FLAKES IN OIL FOR 3 MINUTES. ADD CHOPPED TOMATOES, COOKING FOR ABOUT 6 MINUTES. COOK PASTA ACCORDING TO PACKAGE DIRECTIONS.



# DESSERT



## CHOCOLATE PEANUT BUTTER BALLS - SERVINGS 12

- ROLLED OATS - 2 1/4 CUPS
- PEANUT BUTTER - 1 CUP
- HONEY - 3 TBSP
- PROTEIN POWDER - 3 SCOOPS  
\*WE WOULD RECOMMEND CHOCOLATE FLAVOUR\*
- DARK CHOCOLATE CHIPS - 9 TSP

MIX TOGETHER OATS, PEANUT BUTTER, PROTEIN POWDER, HONEY, & CHOCOLATE CHIPS UNTIL COMBINED.

ROLL INTO BALLS (THIS RECIPE SHOULD MAKE 24) ABOUT THE SIZE OF A GOLF BALL, & STORE IN A COVERED CONTAINER IN THE FRIDGE OR FREEZER. EACH SERVING IS 2 BALLS.

## PUDDING

- WICKED SISTER HIGH PROTEIN PUDDING - 1 CUP (ANY FLAVOUR)

## MINI RICE CAKES

- TABLE OF PLENTY MINI RICE CAKES - 1 SNACK PACK (ANY FLAVOUR)

## POPCORN

- LIGHTLY SALTED MICROWAVE POPCORN

## ICE CREAM

- 1/2 TUB HALO TOP

## BISCUIT

- HONEYCOMB WHIRLS CHOCOLATE BISCUIT

## PROTEIN BAR

- QUEST PROTEIN BAR (ANY FLAVOUR)

## STRAWBERRIES & DARK CHOCOLATE

- STRAWBERRIES - 10 STRAWBERRIES
- LINDT DARK CHOCOLATE - 1 ROW

## ICE CREAM

- PANA ORGANIC STICKS - 1 STICK (ANY FLAVOUR)

## SNACK CRISPS

- HARVEST SNAPS BAKED PEA CRISPS

## FROZEN YOGURT

- YOPRO (FOUND IN FREEZER SECTION)

## CHOCOLATE MOUSSE

- PAULS LOW FAT CHOCOLATE MOUSSE

## ICE BLOCK

- CYCLONE ICE BLOCK