

nutrition
by Samantha

Sample Nutrition Plan

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Thank you so much for downloading your sample nutrition plan for the week!

Before we get started, I thought I would introduce myself!

HI! I'M SAMANTHA!

Qualified nutritionist helping people find a sustainable approach to their weight loss journey, have a better relationship with food and improve their health and quality of life!

This nutrition plan is designed with lots of variety and shows the simplicity of the meals my clients eat. However, this is not how all my meal plans are designed. Sometimes clients prefer less options and less variety in their week to save costs and to be able to cook in bulk, sometimes they prefer to have options they can pick from each day and sometimes they don't like to eat breakfast or don't want to snack!

Everyone is different and therefore requires a 100% customised nutrition plan.



Disclaimer! This nutrition plan is a general plan, and could result in weight loss or weight gain depending on a variety of factors such as your age, height, weight, lifestyle, activity level. It does not take into consideration calorie and macronutrient requirements for you personally or any food preferences, allergies or intolerances you may have.

If you are interested in a customised nutrition plan to help accelerate your results and finally feel your absolute best, physically and mentally. Email me at info@nutritionbysamantha.com.au and we can chat more about how I can help you get the results you're after!

Aisles	Fresh Produce	Meat
Rolled oats Milk Sugar free maple syrup Cinnamon Rice cakes Cottage cheese Mission low carb wraps Praise 99% fat free mayonnaise Mixed nuts 1 x tin black beans Blackbean sauce Rice Sesame seeds Cadbury dairy milk chocolate Wholegrain toast Cobs natural popcorn kids pack Natural peanut butter Feta cheese Paddle pops Frozen mixed berries Honey Quinoa Canned peaches in juice Thickened cream 2 x 170g Chobani Greek yoghurt 1 x 95g can of tuna Shredded mozzarella cheese Soy sauce Rice paper Ayam hoison sauce Woolworths lower carb high protein pizza base Tomato paste Greek yogurt tub Tip top burger thins Tomato relish Wicked sister banana pudding	2 x apple Spinach Tomato Carrot 3 x avocado 9 x piece of fruit Snow peas Broccolini mushrooms Red capsicum 350g white or sweet potato 2 x banana Salad veggies for 4 Minced garlic Spring onion Peas Blueberries	960g chicken breast 150g diced lean beef 8 eggs 200g white fish 125g salmon fillet 200g prawns Peppercorn extra lean burger patties

Monday*Breakfast*

60g rolled oats, ½ cup skim or plant based milk, 1 x poached apple, 1 tbsp sugar free maple syrup, cinnamon. Cook the oats in the microwave for 2 minutes or until desired consistency. Add the apple, maple syrup and cinnamon on top.

Morning Snack

2 x rice cakes with 120g cottage cheese and spinach and tomato

Lunch

Chicken wraps- 1 x mission low carb wrap, 120g shredded chicken, spinach, carrot, tomato, 50g avocado, 1 tbsp mayo.

Afternoon Snack

1 piece of fruit 20g nuts

Dinner

Beef and Black bean stir fry – 150g diced lean beef, snow peas, chopped carrot, broccolini, chopped red capsicum, 2 tbsp black beans, 1 tbsp black bean sauce. Stir fry together until cooked through. Serve with 100g cooked rice and top with sesame seeds.

Dessert

20g Cadbury milk chocolate

Tuesday

Breakfast

Scrambled eggs – 2 x slice wholegrain or sourdough toast, 2 x eggs whisked together with vegetables (eg mushrooms and spinach, capsicum)

Morning Snack

1 x cobs natural popcorn kids pack and 1 piece of fruit

Lunch

Chicken wraps- 1 x mission low carb wrap, 120g shredded chicken, spinach, carrot, tomato, 50g avocado, 1 tbsp mayo.

Afternoon Snack

1 piece of fruit & 1 tbsp peanut butter

Dinner

200g grilled white fish, 200g baked potato. Serve with a large salad with 50g feta cheese. Feel free to use lemon, herbs and spices for your fish and salad.

Dessert

1 x paddle pop

Wednesday

Breakfast

Smoothie – 1 x banana, 1 cup mixed berries, 1 scoop protein powder, 1 tbsp honey, 1 cup milk.
Blend!

Morning Snack

2 x rice cakes with 120g cottage cheese and spinach and tomato

Lunch

150g chicken breast, 40g quinoa (weighed raw) with a salad or cooked veggies.

Afternoon Snack

1 piece of fruit 20g nuts

Dinner

125g salmon fillet, 150g baked potato, 1 large salad with 20g feta or mozzarella cheese

Dessert

125g canned peaches in juice and 30g thickened cream

Thursday

Breakfast

Scrambled eggs – 2 x slice wholegrain or sourdough toast, 2 eggs whisked together with vegetables (eg mushrooms and spinach, capsicum).

Morning Snack

1 x 170g Chobani Greek yoghurt tub and 1 piece of fruit

Lunch

Tuna wraps - 1 x mission low carb wrap, 1 x can of tuna, spinach, carrot, tomato, 50g avocado, 30g shredded cheese, 1 tbsp mayo.

Afternoon Snack

1 x cobs natural popcorn kids pack and 1 piece of fruit

Dinner

Chicken fried rice – 150g shredded chicken breast, 150g weighed cooked basmati/brown/jasmine rice, 1 clove of garlic, 1 cup chopped spring onion, 1/2 cup peas + any other veggies you like.

Grill the chicken and dice into bite size pieces. In a large wok saute garlic and diced onion. Then add the cooked rice, diced chicken, 1 tbsp soy sauce, and vegetables until cooked through.

Dessert

1 x paddle pop

Friday*Breakfast*

60g rolled oats, ½ cup skim or plant based milk, 1 x poached apple, 1 tbsp sugar free maple syrup, cinnamon. Cook the oats in the microwave for 2 minutes or until desired consistency. Add the apple, maple syrup and cinnamon on top.

Morning Snack

2 x hard boiled eggs

Lunch

Chicken Rice paper rolls – 4 x rice paper, 120g grilled chicken, any veggies you like, coriander, sprinkle of sesame seeds. Dip in 1 tbsp ayam hoison sauce.

Afternoon Snack

1 piece of fruit 20g nuts

Dinner

Pizza - 1 x woolworths lower carb high protein pizza base, 2 tbsp tomato pizza sauce, any veggies you like, 200g prawns, 30g shredded mozzarella cheese. Bake in the oven until cooked how you like.

Dessert

20g Cadbury milk chocolate

Saturday*Breakfast*

60g rolled oats, ½ cup skim or plant based milk, 1 x cup mixed berries, 1 tbsp sugar free maple syrup, cinnamon. Cook the oats in the microwave for 2 minutes or until desired consistency. Add the berries, maple syrup and cinnamon on top.

Morning Snack

1 piece of fruit and 20g mixed nuts

Lunch

Chicken salad - 150g chicken salad, any salad veggies you enjoy (eg spinach, kale, tomato, red onion, red capsicum, corn), 30g shredded mozzarella cheese or feta cheese, ¼ cup blueberries. Use 1 tbsp extra virgin olive oil and 1 tbsp balsamic vinegar for the dressing.

Afternoon Snack

Protein shake

Dinner

Meal out

Sunday*Breakfast*

Healthy pancakes – Blend together 1 banana, 25g rolled oat, 2 eggs. Spray a pan with extra virgin olive oil. Once hot pour the mixture on the pan into little pancakes. Once partially cooked, flip over until fully cooked. Put the pancakes on your plate and top with mixed berries, 100g Greek yoghurt OR 1 tbsp honey.

Morning Snack

1 piece of fruit and 170g tub Chobani Greek yoghurt

Lunch

Chicken salad - 150g chicken salad, any salad veggies you enjoy (eg spinach, kale, tomato, red onion, red capsicum, corn), 30g shredded mozzarella cheese or feta cheese, ¼ cup blueberries. Use 1 tbsp extra virgin olive oil and 1 tbsp balsamic vinegar for the dressing.

Afternoon Snack

2 x rice cakes with 100g avocado on top with spinach and tomato

Dinner

Beef burgers – 1 x tip top burger thins, 1 x extra lean beef burger patties, 1 slice cheese, any veggies you like, 1 tbsp tomato relish. Serve with a side salad.

Dessert

1 Wicked sister banana pudding

Notes:

- Do not restrict vegetable intake
- Aim to drink 2+ litres of water per day (can add fresh lemon to it)
- Only use spray extra virgin olive oil to cook with.
- Prepare your food ahead of time when necessary
- Enjoy 1 meal out each week 😊
- Limit alcohol/soft drink/fruit juice as much as possible

Please try and utilise your herbs, spices and sauces in a variety of different ways to change up the flavour of your foods so you do not get bored.

How to flavour your food:

- Master foods wholegrain mustard
- Master foods chilli flakes
- Master foods all-purpose spice
- Master foods Moroccan spice seasoning
- 98% fat free salsa
- Mild taco spice seasoning (reduced salt)
- Fountain no added sugar smart tomato sauce
- Fountain no added sugar smart barbeque sauce
- Fountain smart tomato chilli sauce
- Soy sauce
- Nutritional yeast
- Himalayan pink sea salt (use sparingly)
- Black pepper
- Tomato relish
- Peri peri sauce