



Commitment Diaries 2019

Sample Nutrition Plan

Throughout January we are working towards mastering consistency and commitment. There is no need to overcomplicate your nutrition plan.

Initially, consistently taking the time to plan your meals for the week ahead and consistently eating healthy, well balanced meals is progress in itself!

When we overhaul our diet and complicate it by trying to wrap our heads around macros or calorie counting it all becomes too hard too quickly.

If you can action your intentions with your nutrition throughout January by eating consciously and sticking to the correct timings around your training – then moving forward you can up the anti by taking a closer look at macros specific to you.

One step at a time. Without taking a step backwards.

| Meal One |
|--|
| 1 sachet instant oats made with water 1 scoop protein powder ½ handful blueberries 1 tsp LSA or 1 tsp peanut butter |
| 2 pieces Burgen Soy and Linseed Toast Philadelphia cream cheese Slices of tomato 1 egg or meat alternative |
| Banana and Berry Smoothie 1 medium banana 90g mixed frozen berries 50g greek yoghurt ¾ cup coconut milk |
| Spinach + Cheese Omelette 2 large eggs 1 big handful baby spinach ¼ brown onion ½ tomato diced 30g cheese (white cheese such as goats cheese) |

| Meal Two |
|---|
| 2 rye crispbreads Ricotta cheese Strawberries |
| 1 Apple cut into quarters 2 tablespoons peanut butter |
| 2 rice cakes 50g tinned tuna in olive oil, drained sliced tomato salt and pepper |
| 12 plain rice crackers with hummus |

| Meal Three |
|--|
| 60g brown rice with ½ chicken breast stir fry and vegetables. Made with salt reduced stir fry sauce of choice. |
| BBQ chicken breast shredded with 60g quinoa, grated carrot, cabbage and beetroot + kale. Salad dressing : Lemon juice, ¼ teaspoon Dijon mustard, ¼ garlic clove |
| Mexican Salsa Wrap 1 wholemeal pita bread Small tin of mixed beans ½ tomato diced Diced red onion Chopped fresh coriander Lime Juice Salt and pepper to taste |
| Open Sandwich 1 piece Burgen Soy and Linseed Toast 50g turkey breast cottage cheese sliced tomato handful rocket and baby spinach Salt and pepper to taste |

| |
|--|
| Meal Four |
| 1 Chobani yoghurt + strawberries |
| 1 nectarine + 10 almonds |
| 1 protein shake made with water + 10 almonds |
| Chopped cold veggies + hummus |

| |
|---|
| Meal Five |
| Pork stir fry and vegetables. Made with salt reduced stir fry sauce of choice. |
| Fillet of grilled white fish with Chopped salad Salad Greens of choice Cucumber Capsicum Carrot Onion Olive oil and balsamic vinegar dressing |
| 4 Egg White Omelette Egg Whites of 4 eggs $\frac{1}{4}$ capsicum Diced Tomato Handful baby spinach Salt and Pepper to Taste Served with Baked vegetables – $\frac{1}{4}$ eggplant and 2 carrots |
| 3 baked chicken drumsticks with Chopped salad Salad Greens of choice Cucumber Capsicum Carrot Onion Olive oil and balsamic vinegar dressing |