



trainingmate

FINAL FAT LOSS RECIPE PACK

Achieve your leanest body with this selection of healthy and tasty recipes.

www.trainingmate.com



MEAL PLAN



MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking)	Bacon & Broccoli Pancakes	Asian-Style Scrambled Eggs	Stuffer Breakfast Peppers	Leftover Stuffer Breakfast Peppers	Asian-Style Scrambled Eggs	Carotene Boost Smoothie	Bacon & Broccoli Pancakes
LUNCH (Ideally 3-4 hours after breakfast)	Chicken Salad with Avocado Dressing	Leftover Chicken Salad with Avocado Dressing	Tuna & Broccoli Salad with Honey Vinaigrette	Leftover Tuna & Broccoli Salad with Honey Vinaigrette	Balsamic Glazed Beetroot & Goats Cheese Salad	Leftover Balsamic Glazed Beetroot & Goats Cheese Salad	Zucchini Pizza Bites
SNACK (Ideally between lunch and dinner)	E.g. Carotene Boost Smoothie, Tahini Stuffed Dates, Zucchini Pizza Bites	E.g. Carotene Boost Smoothie, Tahini Stuffed Dates, Zucchini Pizza Bites	E.g. Carotene Boost Smoothie, Tahini Stuffed Dates, Zucchini Pizza Bites	E.g. Carotene Boost Smoothie, Tahini Stuffed Dates, Zucchini Pizza Bites	E.g. Carotene Boost Smoothie, Tahini Stuffed Dates, Zucchini Pizza Bites	E.g. Carotene Boost Smoothie, Tahini Stuffed Dates, Zucchini Pizza Bites	E.g. Carotene Boost Smoothie, Tahini Stuffed Dates, Zucchini Pizza Bites
WORKOUT NUTRITION (If applicable)	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder
DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)	Low Carb Avocado Carbonara + <i>remaining across as you see fit</i>	Leftover Low Carb Avocado Carbonara + <i>remaining across as you see fit</i>	Spicy Fried Rice with Prawns + <i>remaining across as you see fit</i>	Leftover Spicy Fried Rice with Prawns + <i>remaining across as you see fit</i>	One Pot Turkey Chili with Rice + <i>remaining across as you see fit</i>	Meal Out – Enjoy!	Leftover One Pot Turkey Chili with Rice + <i>remaining across as you see fit</i>

