



trainingmate

# KICK START FAT LOSS RECIPE PACK



*Kick-start your fat loss journey and improve your health with these healthy recipes.*

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# MEAL PLAN



MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> (Ideally 30-60 min after waking)	Spinach Shakshuka	Cottage Cheese Fruit Bowl	Vanilla & Coffee Protein Smoothie	Avocado & Basil Tomatoes on Toast	Vanilla & Coffee Protein Smoothie	Cottage Cheese Fruit Bowl	Spinach Shakshuka
<b>LUNCH</b> (Ideally 3-4 hours after breakfast)	Leek & Pea Soup with Basil	Leftover Leek & Pea Soup with Basil	Avocado & Basil Tomatoes on Toast	Leftover Keto Tagliatelle with Pea Sauce & Ham	Warm Salmon & Quinoa Salad	Kale & Tofu Salad with Peanut Butter Dressing	Leftover Kale & Tofu Salad with Peanut Butter Dressing
<b>SNACK</b> (Ideally between lunch and dinner)	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters
<b>WORKOUT NUTRITION</b> (If applicable)	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder
<b>DINNER</b> (Ideally 3-4 hours after snack or 60-120 minutes post workout)	Steamed Italian Meatballs with side of rice & veg + remaining macros as you see fit	Leftover Steamed Italian Meatballs with side of rice & veg + remaining macros as you see fit	Keto Tagliatelle with Pea Sauce & Ham + remaining macros as you see fit	Bean Stew with potatoes + remaining macros as you see fit	Leftover Bean Stew with potatoes + remaining macros as you see fit	Meal Out – Enjoy!	Warm Salmon & Quinoa Salad + remaining macros as you see fit

