

build those muscles
4 meals per day x 5 days

breakfast + morning snack + lunch + afternoon snack

Sunday - 15th December 2019

strawberry pancake with almond flour base
bbq chicken strips
beef & portabello mushroom stir fry
watermelon berry smoothie

Monday - 16th December 2019

sausage and egg rolled taquitos
bbq chicken strips
beef and leek pie with mashed cauliflower
chocolate protein shake

Tuesday - 17th December 2019

blueberry pancake with almond flour base
bbq beef strips
sweet potato carrot coconut curry
strawberry smoothie

Wednesday - 18th December 2019

oatmeal with banana and blue berries
chicken meatballs
sesame beef stir fry with mix veggies
oven roasted lamb strip with mint sauce

Thursday - 19th December 2019

buffalo chicken egg cups
bbq beef strips
creamy garlic chicken and broccoli casserole
chocolate banana smoothie

build those muscles
5 meals per day x 5 days

breakfast + morning snack + lunch + afternoon snack + dinner

Sunday - 15th December 2019

strawberry pancake with almond flour base
bbq chicken strips
beef & portabello mushroom stir fry
watermelon berry smoothie
thyme and garlic marinated chicken thigh with sugar snaps and baby corn

Monday - 16th December 2019

sausage and egg rolled taquitos
bbq chicken strips
beef and leek pie with mashed cauliflower
chocolate protein shake
marinated chicken with fresh herbs and grain free tabbouleh salad

Tuesday - 17th December 2019

blueberry pancake with almond flour base
bbq beef strips
sweet potato carrot coconut curry
strawberry smoothie
beef mushroom & leek risotto

Wednesday - 18th December 2019

oatmeal with banana and blue berries
chicken meatballs
sesame beef stir fry with mix veggies
oven roasted lamb strip with mint sauce
marinated chicken with fresh herbs served with mash potato

Thursday - 19th December 2019

buffalo chicken egg cups
bbq beef strips
creamy garlic chicken and broccoli casserole
chocolate banana smoothie
south african traditional beef bobotie

build those muscles
6 meals per day x 5 days

breakfast + morning snack + lunch + afternoon snack + dinner + evening snack

Sunday - 15th December 2019

strawberry pancake with almond flour base
bbq chicken strips
beef & portabello mushroom stir fry
watermelon berry smoothie
thyme and garlic marinated chicken thigh with sugar snaps and baby corn
bbq beef strips

Monday - 16th December 2019

sausage and egg rolled taquitos
bbq chicken strips
beef and leek pie with mashed cauliflower
chocolate protein shake
marinated chicken with fresh herbs and grain free tabbouleh salad
bbq beef strips

Tuesday - 17th December 2019

blueberry pancake with almond flour base
bbq beef strips
sweet potato carrot coconut curry
strawberry smoothie
beef mushroom & leek risotto
bbq chicken strips

Wednesday - 18th December 2019

oatmeal with banana and blue berries
chicken meatballs
sesame beef stir fry with mix veggies
oven roasted lamb strip with mint sauce
marinated chicken with fresh herbs served with mash potato
skinnylishes protein smoothie

Thursday - 19th December 2019

buffalo chicken egg cups
bbq beef strips
creamy garlic chicken and broccoli casserole
chocolate banana smoothie
south african traditional beef bobotie
bbq chicken strips