

# GFK Meal Plan







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Meal Plan for Maureen



Congratulations on your weight loss! From our last weigh-in, you've lost a total of 4.6kg and you are on your healthy weight! Go Superwoman! So far, I'll like to say WELL DONE and I'm very impressed with your commitment to the Lifestyle Change with April.

No more excuses. We've all got hurdles in life. Some are big and some are small but what's important is that we find a way past these challenges. You're on the right path. You're working out regularly and fueling your body with nutritious food. With this combo, nothing will stand in your way. You can, and you will!

Your daily calorie goal is 1,250 per day and you should lose 2.2kg or more by 28/2/2017. Your custom meal plan is ready and you're one step closer to your goal weight!



Section 1

Meal Plans

Meal	Size	Calories
Breakfast		
Veggie Omelette	1 Serving	322
Wheat Bread	1	83
Midday Snack		
1 Apple	100g	100
Lunch		
Couscous	1 Cup	176
Steamed Vegetable	200g	60
Thai Beef Stir-Fry	1 Serving	300
Snack		
1 Banana	100g	80
Dinner		
Quinoa	1 Cup	120
Sweet Corn	60g	48
Grilled Drumsticks	2 Pieces	100
Meal	Size	Calories
Breakfast		
Banana Smoothie	1 Serving	206
Boiled Egg	1	80
Midday Snack		
Carrots	100g	40
Lunch		
Bulgur	100g	101
Vegetable Stir Fry	200	60
Grilled Turkey	100g	110
Snack		
Almond Nuts	20g	115
Dinner		
Grilled Plantain	100g	117
Oil-less' Efo Riro	100g	100
Grilled Croaker Fish	100g	104



As always, it's recommended that you drink 8 glasses of water in a day. FACT: Water helps you lose weight and easy ways to maximize drinking water daily are:

\*When you wake up - 1 Glass

\*After Breakfast- 1 Glass

\*Midday- 1 Glass

\*Before Lunch- 1 Glass

\*Lunch- 1 Glass

\*After lunch- 1 Glass

\*Before Dinner- 1 Glass

\*Dinner- 1 Glass

I can't wait for your overall progress and I look forward to meeting YOUR ABS SOON!!!

Good luck!

April.



Chapter 2

# Healthy Recipes





## Quinoa

### Ingredients

1 (1-pound) salmon fillet

1 teaspoon kosher salt

2 teaspoons sugar, divided

1 1/2 cups sake, divided

1/2 teaspoon chili paste

2 garlic cloves, minced

1 cup quinoa

1 teaspoon butter

1 1/2 teaspoons olive oil, divided

1/2 cup finely chopped red bell pepper

1/2 cup finely chopped carrot

1/4 cup finely chopped onion

1 cup water

1/2 cup orange juice

1/4 teaspoon salt

1 tablespoon chopped fresh parsley

### Preparation

Place salmon, skin side down, on a plate. Combine 1 teaspoon kosher salt and 1 teaspoon sugar; rub salt mixture evenly over skinned sides of salmon. Cover with plastic wrap; chill 2 hours.

Remove plastic wrap from salmon. Rinse salmon under cold water; pat dry with paper towel. Combine 1 cup sake, remaining 1 teaspoon sugar, chili paste, and garlic in a zip-top plastic bag. Add salmon; seal and marinate in refrigerator 1 hour, turning occasionally.

Place quinoa in a fine sieve; place sieve in a large bowl. Cover quinoa with water. Using your hands, rub grains together for 30 seconds; rinse and drain. Repeat procedure twice. Drain well.

Heat butter and 1 teaspoon olive oil in a medium saucepan over medium-high heat until butter melts. Add pepper, carrot, and onion to pan; sauté 2 minutes or until onion is tender. Add quinoa; cook 1 minute, stirring constantly. Stir in 1 cup water, remaining 1/2 cup sake, juice, and 1/4 teaspoon salt; bring to a boil. Cover, reduce heat, and simmer 20 minutes or

until liquid is absorbed and quinoa is tender. Remove from heat; fluff with a fork. Stir in parsley. Keep warm.

Preheat oven to 450°.

Remove salmon from bag, reserving marinade. Place marinade in a small saucepan over medium-high heat, and cook until reduced to 2 tablespoons (about 7 minutes).

Brush skinned sides of salmon with remaining 1/2 teaspoon oil. Heat an oven-proof skillet over medium-high heat. Add salmon to pan, skin side up; cook 3 minutes or until golden brown. Turn salmon over, and baste with reduced marinade. Place pan in oven, and bake at 450° for 5 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Serve immediately with quinoa

## Grilled Fish Fillets

### Ingredients:

1kg Croaker Fish

1 Tbsp Fish Seasoning of your choice

1 Tsp Fresh garlic, crushed

2 Tsp fresh ginger, grated

1 Tsp Parsley/Thyme

Chopped Freshly ground black pepper to taste

2 Lemons, cut into thick slices

1 Tbsp Olive Oil

Place the fish steaks in a single layer onto a lightly oiled baking tray. Mix the ingredients, except the lime slices, together. Brush each fish fillet with the sauce mixture. And top each fillet with lemon slices. Place under a preheated grill and grill until the fillets are firm and the lemon slices caramelized.

## Grilling Peppered Turkey/Chicken to Perfection: 2.5kg

My Directions: Wash chicken and pat dry with kitchen paper towels and set aside.

In a big bowl, (depending on the amount of chicken you're grilling) add 2 tbsp of salt, 2 tbsp of thyme, 2 tbsp of curry, 2 tbsp of rosemary, 2 Maggi cubes, add 4 garlic cloves and 1 chopped large onion, and finally some grounded dry pepper (as much as you love your chicken spicy.

Add chicken, cover with a plastic cover and leave in the fridge overnight. If you're in a hurry, let it marinate for 2-3 hours.

Pre-heat oven for 20 mins and grill chicken for 15mins, toss and grill the other side.

## Oil-less Efo Riro

3 cups Nigerian Pepper Sauce

2 whole mackerel fish (400g) (cleaned and cut into steaks)

2 tablespoons whole locust beans (iru)

Salt - to taste

10 cups chopped fresh spinach (tete - greens, kale, spinach or ugu)

1 red bell pepper (tatashe) – minced

## DIRECTIONS

1 Place a large pot over medium heat. Add in ingredients except vegetable and minced tatashe.

2 Cover and simmer for 15 minutes. Remove fish from sauce and set aside

3 Add in chopped vegetable and tatashe. cover and simmer for another 3-4 minutes. Stir to combine. Remove from heat and uncover the pot so as not to overcook the vegetables. Return fish pieces to the pot.

## THAI BEEF STIR FRY

Ingredients (One serving, increase quantity to fit into your servings)

220g beef fillet, trimmed and cut into thin strips

7g coconut oil

75g mushrooms, trimmed and quartered

60g pepper

75g Green Beans

70g chosen veg

50g spring onions

1/2 thumb sized grated fresh ginger

1 red chilli seeds out diced

1 garlic clove minced

15ml light soy sauce

10ml rice vinegar

Method



For stir fry: Have everything ready as this cooks quick. Slice your mushrooms, thinly slice peppers, green beans can stay whole, diced chosen veg and dice spring onions.

In a large hot frying pan add the and coconut oil and go straight in with the beef, after about 3-4 mins it should be crispy and brown. Now add all your vegetables along with the ginger, chilli and garlic. Add a splash of water and cook for a maximum of 2 minutes.

To serve: In the final 30 seconds of cooking add soy sauce, and vinegar.

Sweet Potato & Coconut Soup: A refreshing blend of sweet potato and soothing coconut with a twist of lemon.

## **Veggie Omelette Recipe**

2 Tablespoon of Sunflower Oil

1 small onion, chopped

½ green pepper, chopped

3 eggs

Salt to Taste

25g of any fish

50g of Mushroom, 1 Tomato

## **Method**

Heat 1 tablespoon oil in a medium frying pan over medium heat. Cook the onion, tomato, mushroom, fish, pepper in the oil for few minutes, stirring occasionally until vegetables are just tender. While the vegetables are cooking beat the eggs, salt and pepper. Remove the vegetables from heat, transfer them to a clean bowl.

Heat the remaining 1tbsp of oil (in the frying pan just used to cook the vegetables) over medium heat. When the oil is hot add the egg mixture and cook the egg for 2 minutes or until the eggs begin to set on the bottom of the pan. Gently lift the edges of the omelette with an egg slice to let the uncooked part of the eggs flow toward the edges and cook. Continue cooking for 2 to 3 minutes or until the center of the omelette starts to look dry. Toss and serve.

## **Multigrain Banana Pancakes 280 Calories per serving**

Make your weekend breakfast something special! These hearty pancakes are made with wholesome ingredients and are naturally sweetened with bananas and a touch of honey. They're a good source of dietary fiber and have 10 grams of protein per serving. And, they freeze well. Layer leftover pancakes with wax paper and freeze. Reheat in a toaster or oven.

Total Time: 20 min.

Prep Time: 10 min.

Cooking Time: 10 min.

Yield: 4 servings, 2 pancakes each

### **Ingredients:**

1 large egg, lightly beaten

1 Tbsp. coconut oil, melted

1 cup low-fat milk

¼ cup nonfat plain yogurt

1 very ripe medium banana, mashed

1 Tbsp. raw honey

½ cup whole wheat flour

½ cup all-purpose flour

¼ cup old-fashioned rolled oats

3 Tbsp. wheat bran

2 Tbsp. chopped raw almonds

1½ tsp. baking soda

½ tsp. sea salt

Nonstick cooking spray

4 tsp. pure maple syrup

### **Preparation:**

1. Combine egg, oil, milk, yogurt, banana, and honey in a medium bowl; whisk to blend. Set aside.
2. Combine flours, oats, bran, almonds, baking soda, and salt in a medium bowl; mix well.
3. Add flour mixture to egg mixture; mix until just blended.
4. Heat large nonstick skillet, lightly coated with spray, on medium-high heat.
5. Spoon about ¼ cup batter into skillet for each pancake; cook for 1 to 2 minutes or until bubbles form on top.
6. Flip with spatula and cook for 30 seconds.
7. Repeat with remaining batter.
8. Serve pancakes topped evenly with maple syrup.



# Zucchini, Red Pepper, and Sweet Potato Frittata 131 Calories

Frittatas are healthy, easy, and packed with protein. Our zucchini, red pepper, sweet potato frittata recipe is loaded with fresh veggies and tastes delicious.

Total Time: 41 min.

Prep Time: 15 min.

Cooking Time: 26 min.

Yield: 4 servings

Ingredients:

2 tsp. olive oil

3 medium zucchini, thinly sliced

1 medium red bell pepper, chopped

½ medium onion, chopped

1 cooked medium sweet potato, cut into 1-inch cubes

¼ cup chopped fresh basil

¼ tsp. sea salt

6 large eggs, lightly beaten

Preparation:

1. Heat oil in a 10-inch nonstick skillet over medium heat.
2. Add zucchini, bell pepper, and onion; cook, stirring frequently, for 2 minutes, or until zucchini is tender.
3. Add sweet potato, basil, and salt. Increase heat to medium-high; cook, stirring frequently, for about 30 to 60 seconds, or until the moisture has evaporated. Reduce heat to medium-low.

4. Add eggs to vegetable mixture. Mix until combined; cook, without stirring, for about 2 to 3 minutes, or until the bottom is light golden. As it cooks, lift the edges and tilt skillet so uncooked eggs flow to the edges.
5. Reduce heat to low; continue cooking, covered, for 15 to 18 minutes, or until knife inserted in center comes out clean.
6. Garnish with reserved basil; serve immediately.