



SHIFT MEAL PLAN WEEK –

1. Follow the yes no list and populate the planner x2 = 2 weeks.
2. Print the blank planner and write down and diarise what you actually eat daily. Do this until our next consultation.

	Breakfast	Grams of Protein	Lunch	Grams of Protein	Dinner	Grams of Protein	Total	Exercise
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
	Choices							
	2 scoops protein shake 1 cup natural yoghurt (150g), 1/2 cup of blue berries, 2 tbs chia seeds (soaked)	Shake 20g Yoghurt 10g	Tuna tin (195g) salad with romain, spinach, celery, cucumber, capsicum, onion, - 1/4 avocado, 2 eggs, nuts (10 almonds, 10 cashew, 2 Brazil or walnuts) dressing - balsamic vinegar	Tuna 40g Nuts 10g Eggs 10g	150g Grilled salmon with herbs and spices - steamed broccoli and sprouts (2 cups total)	Salmon 30g		Kettle bell. 10minutes Zumba videos 30mins
	2 scoops protein shake 1 cup natural yoghurt (150g), 1 cup of strawberries, 2 tbs chia seeds (soaked)	Shake 20g Yoghurt 10g	150g Grilled salmon with herbs and spices broccoli and sprouts (2 cups total), nuts (10 almonds, 10 cashew, 2 Brazil or walnuts)	Salmon 30g. Nuts 10g	Chicken breast steamed with spices 180g Cauliflower rice (1tsp olive oil)	Chicken 40g		Interval training HR MONITOR
	4 eggs scrambled, spinach, mushrooms 1/2 avocado 60g goats cheese	Eggs 20g Goats cheese 10g	Tuna tin (195g) salad with romain, spinach, celery, cucumber, capsicum, onion, 50g almonds - 1/4 avocado, 50g, goats cheese, nuts (10 almonds, 10 cashew, 2 Brazil dressing - balsamic vinegar	Tuna 40g Nuts 10g Goats cheese 10g	Tuna tin (195g) salad with romain, spinach, celery, cucumber, capsicum, onion, - 1/4 avocado, nuts (10 almonds, 10 cashew, 2 Brazil or walnuts) dressing - balsamic vinegar	Tuna 40g Nuts 10g		Kettle bell. 10minutes Zumba videos 30mins
	4 eggs boiled	20g			Chicken breast steamed with spices 180g Steamed broccoli (1 cup)	Chicken 40g		Zumba 30mins. Walking 45 mins
	2 scoops protein shake 1 cup natural yoghurt, 1/2 cup of strawberries, chia seeds (soaked) 1tbs, nuts (10 cashew, 2 Brazil or walnuts)	Shake 20g Yoghurt 10g. Nuts 10g	Chicken breast steamed with spices 180g salad with romain, spinach, celery, cucumber, capsicum - dressing balsamic vinegar	Chicken 40g	Tofu 150g. - broccoli (2 cups)	Tofu - 30g		Rest apart from daily steps
			4 chicken legs	40g	Snapper 200g	40g		
	Cheese (45g)	10g	Chicken breast (180g) stir fry (bean sprouts, cabbage, carrot, water chestnut)	40g				



	Shopping List							
Meats	Chicken breast							
Fish	Salmon fillets		Tuna tins large		Tuna tins small			
Dairy	Greek Natural low fat yoghurt		Eggs		Greek goats cheese			
Vegetables	Sprouts		Broccoli		Capsicum			
	Spinach		Celery		Cucumber			
	Onions		Romaine lettuce		Cauliflower			
Fruit	Strawberries		Blueberries		Avocado			
Other	Nuts - cashew/Brazil/walnuts/almonds		Balsamic vinegar		Protein shake			



SHIFT MEAL PLAN WEEK 1

	Breakfast	Grams of Protein	Lunch	Grams of Protein	Dinner	Grams of Protein	Total	Exercise	
Monday (26th)	Chicken breast steamed with spices 180g Steamed broccoli and sprouts (2 cups)	Chicken 40g	150g Grilled salmon with herbs and spices Spinach and sprouts (2 cups total) nuts (10 almonds, 10 cashew, 2 Brazil or walnuts)	Salmon 30g. Nuts 10g	2 scoops protein shake 1 cup natural yoghurt (150g), 1 cup of strawberries, 2 tbs chia seeds (soaked)	Shake 20g Yoghurt 10g	110g	Kettle bell. 10minutes Zumba videos 30mins Daily steps	
Tuesday (27th)	Chicken breast steamed with spices 180g Spinach and broccoli (2 cups)	Chicken 40g	Tofu 150g & spinach (1 cup) 2 eggs	Tofu - 30g. Eggs 10g	2 scoops protein shake 1 cup natural yoghurt (150g), 1/2 cup of blue berries, 2 tbs chia seeds (soaked)	Shake 20g Yoghurt 10g	110g	Interval training HR Monitor. Daily steps	
Wednesday (28th)	Tuna tin (185g) salad with romaine , spinach, celery, cucumber, capsicum, onion, - 1/4 avocado, dressing - balsamic vinegar	Tuna 40g	Chicken breast steamed with spices 180g, 2 cups of broccoli	Chicken 40g	2 scoops protein shake 1 cup natural yoghurt (150g), 1/2 cup of blue berries, 2 tbs chia seeds (soaked)	Shake 20g Yoghurt 10g	110g	Interval training HR Monitor. Daily steps	
Thursday (29th)	150g Grilled salmon with herbs and spices - steamed broccoli and sprouts (2 cups total)	Salmon 30g	Tuna tin (185g) salad with romaine, spinach, celery, cucumber, capsicum, onion, 1/4 avocado, 60g goats cheese, dressing - balsamic vinegar	Tuna 40g Goats cheese 10g	2 scoops protein shake 1 cup natural yoghurt, 1 cup of strawberries, 2 tbs chia seeds (soaked)	Shake 20g Yoghurt 10g	110g	Interval training HR Monitor. Daily steps	
Friday (23rd)	Chicken breast steamed with spices 180g Steamed broccoli (1 cup)	Chicken 40g	150g Grilled salmon with herbs and spices - steamed sprouts (2 cups total) nuts (10 almonds, 10 cashew, 2 Brazil or walnuts)	Salmon 30g. Nuts 10g	2 scoops protein shake 1 cup natural yoghurt, 1/2 cup of blue berries, 2 tbs chia seeds (soaked)	Shake 20g Yoghurt 10g	110g	Daily steps	
Saturday (24th)	Chicken breast steamed with spices 180g Steamed broccoli and sprouts (2 cups)	Chicken 40g	3 scoops protein shake 1 cup natural yoghurt, 1/2 cup of strawberries, 2 tbs chia seeds (soaked)	Shake 20g Yoghurt 10g.	4 eggs scrambled, 1/4 avocado 60g goats cheese	Eggs 20g Goats cheese 10g	110g	Daily steps	
Sunday (25th)	Health Freak Cafe KETO BREAKFAST SAUSAGE GUAC STACK (DF, P, FOG) Beef patty topped with smashed avocado, a 1 fried egg and coriander (breakfast out). 1 cup natural yoghurt, 1 cup of strawberries (puréed), 2 tbs chia seeds (soaked).	1 Egg 5g Minced beef - 20g. Yoghurt 10g	2 scoops protein shake Tin of tuna (95g)	Shake 20g Tin of tuna 10g	150g Grilled salmon with herbs and spices - steamed sprouts and spinach (2 cups total) nuts (10 almonds, 10 cashew, 2 Brazil or	Salmon 30g. Nuts 10g.	105g	Daily steps	
	Shopping List								
Meats	Chicken breast	900g							
Fish	Salmon fillets	600g	Tuna tins large (185g)	2	Tuna tins small (95g)	1			
Dairy	Greek Natural low fat yoghurt	1050g	Eggs	6	Greek goats cheese	120g			



NATMED

NATURAL MEDICINE CLINIC

Vegetables	Sprouts		Broccoli		Capsicum				
	Spinach		Celery		Cucumber				
Fruit	Onion		Romaine lettuce						
	Strawberries	3	Blueberries	2	Avocado	1			
Other	Nuts - cashew/brazil/ walnuts/almonds		Balsamic vinegar		Protein shake	15 scoops			
	Tofu	150g	Chia seeds						



SHIFT MEAL PLAN WEEK 2

	Breakfast	Grams of Protein	Lunch	Grams of Protein	Dinner	Grams of Protein	Total	Exercise	
Monday (2nd)	Chicken breast (180g) stir fry (bean sprouts, cabbage, carrot, water chestnut, mushrooms, onions)	Chicken 40g	Chicken breast steamed with spices 180g salad with romain, spinach, celery, cucumber, capsicum, 1/4 avocado, sauerkraut dressing, balsamic vinegar	Chicken 40g	2 scoops protein shake 1 cup natural yoghurt, 1/2 cup of blue berries, 2tbs chia seeds (soaked), nuts (10 almonds, 10 cashew)	Shake 20g Yoghurt 10g. Nuts 10g	110g	Interval training HR Monitor. Daily steps	
Tuesday (3rd)	4 eggs scrambled, spinach, 1/2 avocado 45g hard cheese	Eggs 20g cheese 10g	Chicken breast (180g) stir fry (bean sprouts, cabbage, carrot, water chestnut, mushrooms, onions),	Chicken 40g	3 scoops protein shake 1 cup natural yoghurt, 1 cup of strawberries, 2 tbs chia seeds (soaked)	Shake 30g Yoghurt 10g	110g	Kettle bell. 15 minutes Zumba videos 30mins	
Wednesday (4th)	Chicken breast steamed with spices 180g salad with romain, spinach, celery, cucumber, capsicum, 1/4 avocado, sauerkraut, dressing balsamic vinegar	Chicken 40g	Tuna tin (185g) salad with romain, spinach, celery, cucumber, capsicum, onion, 1/4 avocado, balsamic vinegar	Tuna 40g	2 scoops protein shake 1 cup natural yoghurt, 1/2 cup of blue berries, 2 tbs chia seeds (soaked), nuts (10 almonds, 10 cashew)	Shake 20g Yoghurt 10g. Nuts 10g	120g	Interval training HR Monitor.	
Thursday (5th)	4 eggs scrambled, spinach, 1/2 avocado 45g hard cheese	Eggs 20g Cheese 10g	Grilled chicken breast (180g) 2 cups of broccoli	Chicken 40g	2 scoops protein shake 1 cup natural yoghurt, 1 cup of strawberries, 2 tbs chia seeds (soaked)	Shake 20g Yoghurt 10g	100g	Daily steps	
Friday (30th)	Chicken breast (180g) stir fry (bean sprouts, cabbage, carrot, water chestnut, mushrooms, onions)	Chicken 40g	Tuna tin (185g) salad with romain, spinach, celery, cucumber, capsicum, onion, - 1/4 avocado, sauerkraut, balsamic vinegar	Tuna 40g	2 scoops protein shake 1 cup natural yoghurt, 1/2 cup of blue berries, 2tbs chia seeds (soaked), nuts (10 almonds, 10 cashew)	Shake 20g Yoghurt 10g. Nuts 10g	120g	Interval training HR Monitor.	
Saturday (31st)	2 scoops protein shake 1 cup natural yoghurt, 1 cup of strawberries, 2 tbs chia seeds (soaked)	Shake 20g Yoghurt 10g	Chicken breast (180g) stir fry (bean sprouts, cabbage, carrot, water chestnut, mushrooms, onions), sauerkraut	Chicken 40g	4 boiled eggs, spinach, 1/2 avocado 45g hard cheese	Eggs 20g Cheese 10g	100g	Daily steps	
Sunday (1st)	4 eggs (scrambled), spinach, 1/2 avocado 45g hard cheese	Eggs 20g Cheese 10g	2 scoops protein shake 1 cup natural yoghurt, 1/2 cup of blue berries, 2tbs chia seeds (soaked), nuts (10 almonds, 10 cashew)	Shake 20g Yoghurt 10g. Nuts 10g	Chicken breast (180g) stir fry (bean sprouts, cabbage, carrot, water chestnut, mushrooms, onions), sauerkraut	Chicken 40g	110g	Daily steps	
	Shopping List								
Meats	Chicken breast	1440g							
Fish	Tuna tins large	2							
Dairy	Greek Natural low fat yoghurt	1050g	Eggs	16	Hard cheese	180g			
Vegetables	Spinach		Broccoli		Capsicum				



NATMED

NATURAL MEDICINE CLINIC

	Cucumber		Celery		Mushrooms				
	Onions		Romaine lettuce		Bean sprouts				
	Water chestnuts		Carrots		Cabbage				
	Sauerkraut								
Fruit	Strawberries	2	Blueberries	2	Avocado	3			
Other	Nuts - cashew/brazil/ walnuts/almonds		Balsamic vinegar		Protein shake	15 scoops			
	Soy sauce		Chia seeds						



SHIFT MEAL PLAN WEEK 3

	Breakfast	Grams of Protein	Lunch	Grams of Protein	Dinner	Grams of Protein	Total	Exercise
Monday (9th)	Tuna tin (185g) salad with romaine, spinach, celery, cucumber, capsicum, onion, sauerkraut, nuts (10 almonds, 10 cashew, 2 Brazil or walnuts) dressing - balsamic vinegar	Tuna 40g Nuts 10g	Chicken breast steamed with spices 180g 1 cup cauliflower rice (1tsp olive oil)	Chicken 40g	4 eggs scrambled, spinach, mushrooms 1/2 avocado	Eggs 20g	110g	Interval training HR Monitor. Daily steps
Tuesday (10th)	Chicken breast steamed with spices 180g, 1 cup cauliflower rice (1tsp olive oil)	Chicken 40g	2 scoops protein shake 1 cup natural yoghurt (150g), 1 cup of strawberries, 2 tbs chia seeds (soaked)	Shake 20g Yoghurt 10g	Snapper 200g & 2 cups of broccoli	Snapper 40g	110g	Kettle bell. 15 minutes Zumba videos 30mins
Wednesday (11th)	Snapper 200g & 2 cups of broccoli	Snapper 40g	Tuna tin (185g) salad with romaine, spinach, celery, cucumber, capsicum, onion, - 1/4 avocado, sauerkraut, nuts (10 almonds, 10 cashew, 2 Brazil or walnuts) dressing - balsamic vinegar	Tuna 40g Nuts 10g	2 scoops protein shake 1 cup natural yoghurt (150g), 1/2 cup of blue berries, 2 tbs chia seeds (soaked)	Shake 20g Yoghurt 10g	120g	Interval training HR Monitor.
Thursday (12th)	Tuna tin (185g) salad with romaine, spinach, celery, cucumber, capsicum, onion, - 1/2 avocado, sauerkraut, nuts (10 almonds, 10 cashew, 2 Brazil or walnuts) dressing - balsamic vinegar	Tuna 40g Nuts 10g	Snapper 200g & 1 cup of broccoli	Snapper 40g	4 eggs scrambled, spinach, mushrooms	Eggs 20g	110g	Daily steps
Friday (6th)	Snapper 200g & 2 cups of broccoli	Snapper 40g	4 Chicken legs salad with romaine, spinach, celery, cucumber, capsicum, sauerkraut, dressing balsamic vinegar	Chicken 40g	2 scoops protein shake 1 cup natural yoghurt (150g), 1 cup of strawberries, 2 tbs chia seeds (soaked)	Shake 20g Yoghurt 10g	110g	Interval training HR Monitor.
Saturday (7th)	2 boiled eggs, 1 cup natural yoghurt (150g), 1 cup of strawberries, 2 tbs chia seeds (soaked)	Eggs 10g. Yoghurt 10g	1 scoop protein shake, Tuna tin (185g) salad with romaine, spinach, celery, cucumber, capsicum, onion, - 1/4 avocado, sauerkraut, nuts (10 almonds, 10 cashew, 2 Brazil or walnuts) dressing - balsamic vinegar	Shake 10g Tuna 40g	4 chicken legs and 1 cup broccoli	Chicken 40g	110g	Daily steps
Sunday (8th)	4 eggs (scrambled), small tin of tuna (95g)	Eggs 20g Tuna 10g	2 scoops protein shake, 1 cup natural yoghurt (150g), 1 cup of strawberries, 2 tbs chia seeds (soaked)	Shake 20g Yoghurt 10g	Tuna tin (185g) salad with romaine, spinach, celery, cucumber, capsicum, onion, - 1/2 avocado, sauerkraut, dressing - balsamic vinegar	Tuna 40g	100g	Daily steps
	Shopping List							
Meats	Chicken breast	360g	Chicken legs	8				
Fish	Snapper/white fish	800g	Tuna tins large (185g)	5	Tuna tins small (95g)	1		
Dairy	Greek Natural low fat yoghurt	750g	Eggs	14				
Vegetables	Cauliflower		Broccoli		Capsicum			



	Spinach		Celery		Cucumber			
	Onions		Romaine lettuce		Sauerkraut			
	Brown mushrooms							
Fruit	Strawberries	2	Blueberries	1	Avocado	2		
Other	Nuts - cashew/Brazil/ walnuts/almonds		Balsamic vinegar		Protein shake	9 scoops		
	Chia seeds							