

lean body
PROJECT

7 DAY SHRED RECIPE PACK

Discover 15 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.

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RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts

WEEKLY MEAL PLANNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Matcha Overnight Oats	BREAKFAST Matcha Overnight Oats	BREAKFAST Egg & Avocado Breakfast Bowl	BREAKFAST Egg & Avocado Breakfast Bowl	BREAKFAST Goat's Cheese Scrambled Eggs with Spinach Pesto Salad	BREAKFAST Goat's Cheese Scrambled Eggs with Spinach Pesto Salad	BREAKFAST Roasted Veg Breakfast Bowl
LUNCH Chicken & Mango Salsa Lettuce Wraps	LUNCH Chicken & Mango Salsa Lettuce Wraps	LUNCH Leftover Chicken, Ginger & Turmeric Soup with Rice	LUNCH Grilled Shrimp Salad	LUNCH Grilled Shrimp Salad	LUNCH Roasted Veg Breakfast Bowl	LUNCH Summer Couscous Salad
SNACK E.g. Protein Carrot Cake, Carrot Protein Smoothie, Matcha Overnight Oats	SNACK E.g. Protein Carrot Cake, Carrot Protein Smoothie, Matcha Overnight Oats	SNACK E.g. Protein Carrot Cake, Carrot Protein Smoothie, Matcha Overnight Oats	SNACK E.g. Protein Carrot Cake, Carrot Protein Smoothie, Matcha Overnight Oats	SNACK E.g. Protein Carrot Cake, Carrot Protein Smoothie, Matcha Overnight Oats	SNACK E.g. Protein Carrot Cake, Carrot Protein Smoothie, Matcha Overnight Oats	SNACK E.g. Protein Carrot Cake, Carrot Protein Smoothie, Matcha Overnight Oats
DINNER Quick Thai Basil Chicken	DINNER Chicken, Ginger & Turmeric Soup with Rice	DINNER Sesame ginger Salmon with Egg Fried Cauliflower Rice	DINNER Sesame ginger Salmon with Egg Fried Cauliflower Rice	DINNER Garlic Chicken Bites with Millet & Veg	DINNER Take Out - Enjoy!	DINNER Garlic Chicken Bites with Millet & Veg

A close-up photograph of a glass bowl filled with matcha overnight oats. The oats are a light green color and are topped with several slices of kiwi, a single strawberry half, and a cluster of dried goji berries. The bowl is placed on a light-colored, textured cloth. In the background, a wooden spoon is visible on a bamboo mat. The overall scene is set on a light wooden surface.

**MATCHA
OVERNIGHT OATS**

MATCHA OVERNIGHT OATS



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
320 kcal
11g Fats
38g Carbs
21g Protein



WHAT YOU NEED

- ½ tsp. matcha powder
- 2 tbsp. hot water
- ½ cup (50g) rolled oats
- 1 tbsp. chia seeds
- ½ cup (120ml) almond milk, unsweetened
- ½ cup (125g) Greek yogurt
- 1 tbsp. honey
- 1 kiwi, peeled, sliced
- 1 tsp. desiccated coconut, unsweetened

WHAT YOU NEED TO DO

In a small bowl, combine matcha and 2 tbsp. of boiled water, whisk until smooth.

In a jar or container, combine the oats and chia seeds. Add the milk, yogurt, honey, and matcha paste. Stir well to combine, cover, and refrigerate overnight or up to 5 days.

To serve, stir and top with the kiwi and a sprinkle of coconut.



**EGG & AVOCADO
BREAKFAST SALAD**

EGG & AVOCADO BREAKFAST SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
311 kcal
26g Fats
8g Carbs
15g Protein



WHAT YOU NEED

- 3 eggs
- 2 oz. (60g) rocket
- ½ lemon, juiced
- 1 tsp. olive oil
- 1 avocado
- 1/8 cup (20g) feta cheese, crumbled
- 1 tbsp. sunflower seeds (or pumpkin)

WHAT YOU NEED TO DO

Firstly, boil the eggs to your liking, for hard-boiled cook them for around 5-8 minutes.

Place the rocket in a bowl, drizzle with lemon juice and olive oil, season with salt and pepper and rub everything into the rocket with your hands.

Half the avocado remove the stone and flesh and cut into cubes, then add into the bowl alongside the crumbled feta cheese and sunflower seeds. Give everything a good mix and divide between two plates.

Once eggs are cooked, peel them and cut in quarters, and divide between the two plates. Season to taste with freshly ground black pepper and more lemon juice if required.



**GOATS CHEESE
SCRAMBLED EGGS WITH
SPINACH PESTO SALAD**

GOATS CHEESE SCRAMBLED EGGS WITH SPINACH PESTO SALAD



Serves: 2
Prep: 5 mins
Cook: 5 mins



Nutrition per serving:
334 kcal
24g Fats
8g Carbs
22g Protein



WHAT YOU NEED

- 2 cups (60g) chopped spinach
- 1/4 cup (30g) sun-dried tomatoes, drained
- 2 tbsp. pesto
- 1 tbsp. sunflower seeds (or pumpkin)
- 4 eggs
- 2 egg white
- 1 oz. (30g) goat's cheese

WHAT YOU NEED TO DO

Chop the spinach into small pieces. Drain and finely chop the tomatoes. Mix the spinach, tomatoes, seeds, and pesto in a large bowl. Set aside.

Preheat a non-stick pan on medium-low heat. Whisk the eggs in a small bowl, season with salt and pepper, and gently pour onto the pan. Let them cook for 1-2 minutes and gently drag a wooden spoon across the eggs picking up the cooked bits. Repeat this until the eggs are almost done (they should still be slightly wet).

Now add in the cheese and stir until the cheese has melted. Serve with the spinach pesto salad.



**ROASTED VEG
BREAKFAST BOWL**

ROASTED VEG BREAKFAST BOWL



Serves: 4
Prep: 10 mins
Cook: 30 mins



Nutrition per serving:
399 kcal
23g Fats
33g Carbs
19g Protein



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WHAT YOU NEED

- 2 carrots, peeled, chopped
- 1 sweet potato, peeled, chopped
- 1 broccoli, cut into florets
- 1 cauliflower, cut into florets
- 1 tbsp. olive oil
- 4 hard-boiled eggs
- 1 avocado

For the dressing:

- 2 tbsp. olive oil
- ¼ cup (60ml) tahini
- 1 cup (25g) parsley & coriander, chopped
- 1 clove garlic
- ½ lemon, juice only
- ½ tsp. saltwater

WHAT YOU NEED TO DO

Preheat the oven to 425F (220C). Boil eggs to your liking.

Arrange the chopped vegetables on a tray lined with baking paper. Drizzle with olive oil, season with salt and pepper, and roast for 25-30 minutes.

In the meantime, prepare the dressing. Place all dressing ingredients into a food processor or high-speed blender and blitz until smooth. Add water as necessary to achieve desired consistency.

To serve, divide the roasted vegetables between plates, drizzle with the tahini dressing and serve with 1 boiled egg and ¼ avocado.



**CHICKEN & MANGO
SALSA LETTUCE WRAPS**

CHICKEN & MANGO SALSA LETTUCE WRAPS



Serves: 4
Prep: 15 mins
Cook: 8 mins



Nutrition per
serving:
362 kcal
21g Fats
21g Carbs
25g Protein



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WHAT YOU NEED

- 4 skinless chicken thighs
- 1 tbsp. olive oil

For the salsa:

- 1 avocado, cubed
- 1 mango, cubed
- ½ onion, diced
- 1 red chili, finely chopped
- 1 tomato, diced
- ¼ cucumber, finely chopped
- 1 lime, juice only
- 1 butter lettuce, or 2-3 baby gem lettuce

WHAT YOU NEED TO DO

Season the chicken thighs with salt and pepper and rub with olive oil. Heat a grill pan on medium-high heat and cook the chicken 3-4 mins each side until cooked through and browned. Set aside and allow to cool.

Combine all the salsa ingredients in a bowl. Once the chicken has cooled down, chop it into pieces.

Assemble the wraps by spreading the salsa over the lettuce leaves and topping with pieces of chicken.



GRILLED SHRIMP SALAD

GRILLED SHRIMP SALAD



Serves: 4
Prep: 15 mins
Cook: 25 mins



Nutrition per
serving:
325 kcal
14g Fats
23g Carbs
29g Protein



GF

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WHAT YOU NEED

- 2 corn cobs
- 4 baby Romaine lettuce, halved
- 2 tsp. olive oil
- 1 lb. (450g) jumbo shrimps
- 2 tomatoes, chopped
- 1 cucumber, chopped
- avocado & lime dressing

WHAT YOU NEED TO DO

Prepare the dressing according to the [Avocado, Lime & Coriander Dressing](#).

Heat the grill (outdoor or oven) to medium-high heat. Brush the corn with 1 tsp. olive oil and season with salt. Wrap in foil. Brush the romaine lettuce with the remaining 1 tsp of oil and also season with some salt.

Thread the shrimp onto skewers and brush them with 1/3 of the earlier prepared dressing.

Grill the corn 20-25 mins, turning a few times. Grill lettuce and shrimps for about 5 mins.

To assemble the salad, loosely chop the grilled lettuce, cut corn off the cobs and mix everything with the chopped vegetables and grilled shrimps. Drizzle with the remaining dressing and serve.



**AVOCADO, LIME &
CORIANDER DRESSING**

AVOCADO, LIME & CORIANDER DRESSING



Serves: 4
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
90 kcal
7g Fats
4g Carbs
4g Protein



WHAT YOU NEED

- ½ avocado
- ¼ cup (125g) Greek yogurt
- ½ cup (120ml) of water
- 1 cup (25g) coriander
- 1 clove garlic
- 1 lime, juiced

WHAT YOU NEED TO DO

Place all ingredients in a food processor or high-speed blender, season with salt and pepper and blitz until smooth. Add additional water if necessary to achieve the desired texture.



**SUMMER
COUSCOUS SALAD**

SUMMER COUSCOUS SALAD



Serves: 6
Prep: 20 mins
Cook: 0 mins



Nutrition per
serving:
265 kcal
4g Fats
49g Carbs
8g Protein



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WHAT YOU NEED

- 1 cup (170g) couscous, uncooked
- ½ cup (65g) cranberries, dried
- 1 tsp. cumin, ground
- 1 tsp. coriander, ground
- 1 ¼ cup (300ml) vegetable stock, hot
- 1 cup (160g) chickpeas, drained
- 1 cup (160g) sweetcorn, drained
- 1 peach, diced
- ½ cucumber, diced
- 1 small red onion, diced
- 6 handfuls rocket, to serve
- ½ cup (12g) parsley, chopped
- ½ cup (12g) mint leaves, chopped
- 1 lemon, juiced
- 1 tbsp. honey
- 1 tbsp. olive oil

WHAT YOU NEED TO DO

Place couscous, cranberries, cumin, and coriander in a large bowl, season with salt and pepper, and cover with hot stock. Set aside to stand until the couscous is cooked, about 5-6 minutes, then let it cool.

Add in all the chopped vegetables and herbs, as well as lemon juice, honey, and oil. Mix well and season with additional salt and pepper, to taste.

**GARLIC CHICKEN BITES
WITH MILLET & VEG**



GARLIC CHICKEN BITES WITH MILLET AND VEG



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per serving:
467 kcal
13g Fats
44g Carbs
42g Protein



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WHAT YOU NEED

- 1 cup (200g) millet, raw
- 1 lb. (450g) chicken breast, cut into pieces
- 2 tbsp. flour, all-purpose or GF
- 1 tbsp. mixed herbs
- 2 tbsp. olive oil
- 3 cloves garlic, minced
- 2 tbsp. parsley, chopped
- 1 zucchini, sliced
- 1 onion, sliced
- 1 red bell pepper, sliced

WHAT YOU NEED TO DO

Cook the millet according to instructions on the packaging.

Place the chicken pieces in a bowl, season with salt and pepper, sprinkle with the flour, and mixed herbs. Toss well until evenly coated.

Heat 1 tbsp. of oil in a non-stick pan. Add the chicken and cook for about 5-6 minutes, until cooked through and browned. Next add in the garlic and parsley and cook for another 1-2 mins. Set aside.

In a separate pan, heat the remaining 1 tbsp. of oil and add in the chopped vegetables. Season with salt and pepper. Cook for 4-5 mins until veggies are tender.

Divide millet, chicken, and vegetables between 4 plates and serve.

A top-down view of a light grey ceramic bowl filled with a Thai-style chicken dish. The dish consists of white rice at the bottom, topped with sautéed chicken pieces, sliced red bell peppers, green beans, and fresh basil leaves. The bowl is placed on a wooden cutting board, and a pair of dark chopsticks is visible on the right side.

**QUICK THAI
BASIL CHICKEN**

QUICK THAI BASIL CHICKEN



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
584 kcal
24g Fats
55g Carbs
37g Protein



WHAT YOU NEED

- 1 cup (185g) Jasmine rice, uncooked
- 2 tbsp. olive oil
- 3 tbsp. oyster sauce
- 2 tbsp. soy sauce
- 2 tbsp. fish sauce
- 2 tbsp. sugar
- 1 red bell pepper, sliced
- 1 ½ cup (225g) green beans
- 1 ½ lb. (680g) chicken breast, finely chopped
- 4 shallots, chopped
- 4 cloves garlic, sliced
- 4 chilies, finely chopped
- 1 cup. (25g) Thai basil leaves, torn (or normal basil)

WHAT YOU NEED TO DO

Cook rice according to instructions on the packaging.

Heat the oil in a wok or heavy, high-walled skillet over high heat.

Whisk together the oyster sauce, soy sauce, fish sauce, and sugar until well-combined. Set aside.

Add the bell pepper and green beans to the hot wok and stir-fry for one minute. Next add in the chicken and cook, until beginning to brown, about 2-3 minutes.

Stir in the shallots, garlic, and chilies. Cook for about 1 min until fragrant. Then, pour in the earlier prepared sauce. Continue to cook for 1-2 more mins until the sauce begins to glaze.

Stir in the Thai basil leaves (or regular basil) and cook until the chicken is completely cooked through, the basil is wilted, and the liquid has mostly reduced. Serve with rice.

A top-down view of a light blue ceramic bowl filled with a vibrant yellow soup. The soup contains shredded chicken, yellow rice, and various vegetables including a whole carrot and a lime wedge. Fresh green herbs like cilantro, basil, and mint are scattered on top. The bowl is set on a dark grey textured surface, with a wooden spoon visible on the right and a lime wedge on the left.

**CHICKEN, GINGER &
TURMERIC SOUP WITH RICE**

CHICKEN, GINGER & TURMERIC SOUP WITH RICE



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per serving:
521 kcal
21g Fats
45g Carbs
38g Protein



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WHAT YOU NEED

- 1 tbsp. olive oil
- 3 cloves garlic, sliced
- 2 inch (5cm) ginger, peeled and sliced
- 1 shallot, sliced
- 1 ½ lb. (680g) boneless skinless chicken thighs
- 1 tsp. salt
- 1 tsp. turmeric
- 7 oz. (200g) fresh spinach
- 1 cup (185g) Jasmine rice, uncooked
- 8 cups (1.9l) chicken stock
- 4 limes, juiced
- 1 tbsp. soy sauce
- 1 tbsp. fish sauce (optional)
- fresh herbs for topping (mint, basil, coriander)

WHAT YOU NEED TO DO

Heat the olive oil in a large pot over medium heat. Add in the garlic, ginger, and shallots and sauté for 4-5 minutes.

Next add in the chicken thighs. Season with 1 tsp. of salt and the turmeric. Add 1/4 cup water to the pot and leave to cook for 2-3 mins. Flip the chicken and repeat until cooked through. Remove from the pot and set aside.

Add in the rice and cook for 1-2 minutes then add in the stock and bring to a boil. Reduce heat and simmer until rice is tender. While the rice is cooking, shred the chicken.

When the rice is cooked, add the shredded chicken back to the pot. Then add the spinach, cooking another 1-2 minutes until wilted.

Squeeze in the lime juice, add soy sauce/fish sauce, and fresh herbs. Season to taste with more salt and pepper if necessary.

**EGG FRIED
CAULIFLOWER RICE**



EGG FRIED CAULIFLOWER RICE



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
120 kcal
6g Fats
17g Carbs
9g Protein



WHAT YOU NEED

- 1 medium cauliflower
- 2 tbsp. sesame oil
- 1 carrot, diced
- 2 garlic cloves, minced
- 2 celery sticks, chopped
- 2 eggs, beaten
- 3 tbsp. soy sauce
- 4 green onions, minced

WHAT YOU NEED TO DO

Grate cauliflower using the largest side of a grater or just by pulsing it in a food processor, until it looks like rice grains.

Heat 1 tbsp. of sesame oil in a large skillet over medium-low heat. Add the carrot and garlic and stir fry for about 5 minutes. Now add in the cauliflower, celery, and remaining sesame oil to the pan. Stir fry for 2-3 mins until the cauliflower is tender but not too mushy.

Make a well in the middle of the pan, and add the eggs. Stir gently the eggs are fully cooked. Finally add in the soy sauce and green onions and mix well.

Serve on its own or with [Sesame Ginger Salmon](#).



SESAME GINGER SALMON

SESAME GINGER SALMON



Serves: 4
Prep: 5 mins
Cook: 20 mins



Nutrition per
serving:
424 kcal
25g Fats
17g Carbs
39g Protein



WHAT YOU NEED

- 4 (5oz./140g each) salmon fillets

For the marinade:

- 2 tbsp. soy sauce
- 2 tbsp. rice vinegar
- 2 tbsp. sesame oil
- 2 tbsp. honey
- 2 cloves garlic, minced
- 1 tbsp. ginger, grated
- 1 tbsp. sesame seeds
- 4 green onions, minced (or finely sliced)

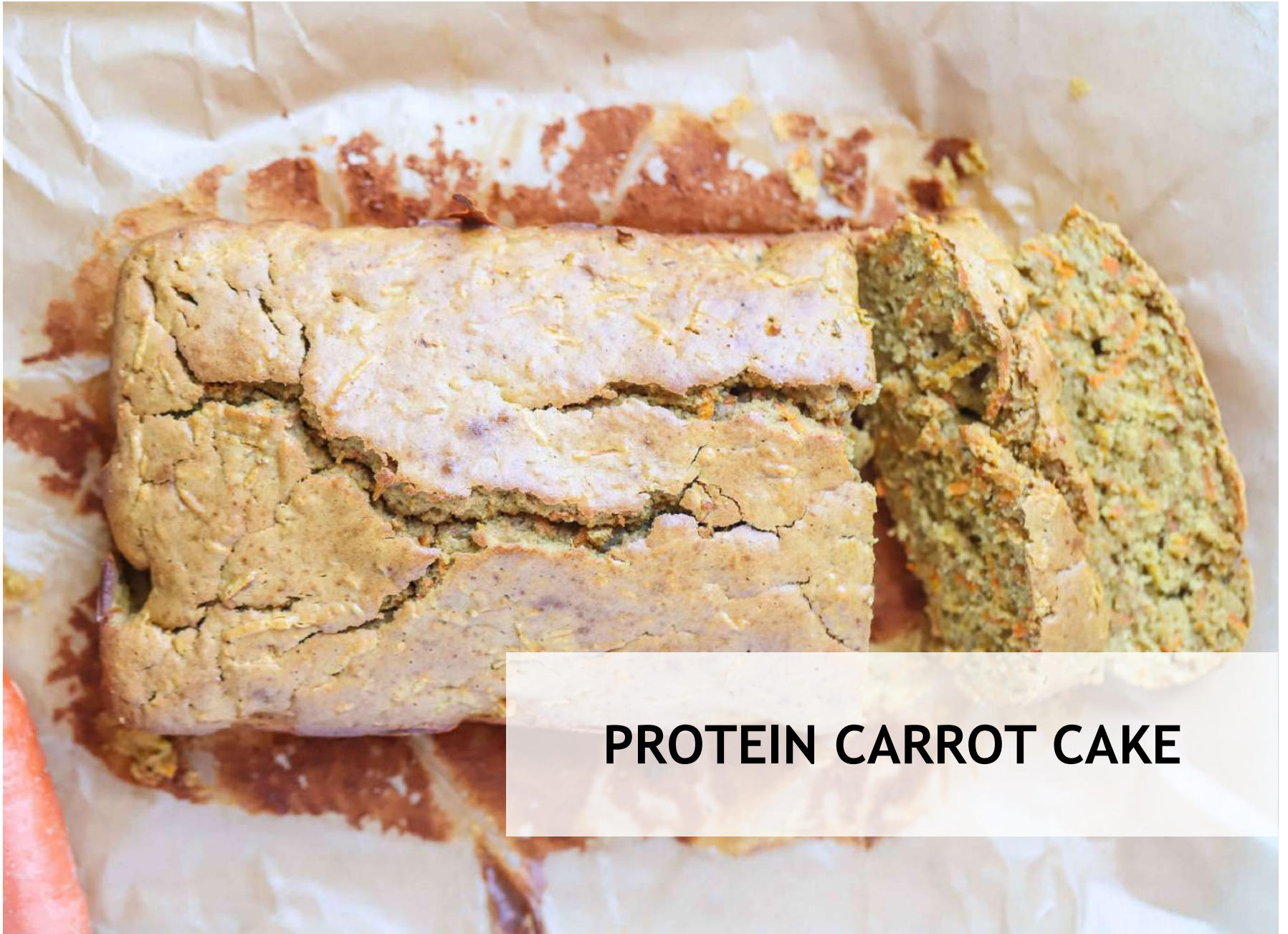
WHAT YOU NEED TO DO

In a medium bowl, whisk together all the marinade ingredients.

Place the salmon in a large bowl, and cover with the marinade. Leave to rest for at least 30 minutes to overnight.

Preheat oven to 400F (200C). Place the salmon fillets with the marinade onto a prepared baking dish and bake for about 20 minutes, until salmon is cooked through.

Serve salmon immediately with [Egg Fried Cauliflower Rice](#).



PROTEIN CARROT CAKE

PROTEIN CARROT CAKE



Serves: 16
Prep: 10 mins
Cook: 55 mins



Nutrition per
serving:
142 kcal
8g Fats
13g Carbs
5g Protein



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WHAT YOU NEED

Wet ingredients:

- 4 medium carrots, grated
- 4 eggs
- 4 tbsp. olive oil
- 4 tbsp. honey

Dry Ingredients:

- 2 scoops (50g) vanilla protein powder
- 1 heaping cup (100g) oat flour
- 2/3 cup (80g) corn starch
- 1 tsp. baking powder

WHAT YOU NEED TO DO

Preheat oven to 320F (160C) and line a loaf tin with baking paper.

In a bowl, mix together all the dry ingredients. In a separate bowl mix together all the wet ingredients. Fold in the wet into the dry and combine well.

Transfer the batter to the earlier paper lined tin and bake for 55 mins, or until a toothpick comes out clean.



**CARROT PROTEIN
SMOOTHIE**

CARROT PROTEIN SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
299 kcal
4g Fats
44g Carbs
24g Protein



WHAT YOU NEED

- 1/2 cup (120ml) carrot juice
- 1 banana, frozen, chunks
- 3/4 cup (180ml) almond milk
- 1 scoop (25g) vanilla protein powder
- 1/4 teaspoon cinnamon

WHAT YOU NEED TO DO

Place all ingredients into a high-speed blender and blend until smooth.