



5-Day Energy Boosting Meal Plan



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Welcome to your meal plan! Here you will find the customised plan I have created for you, along with an itemised grocery list and delicious recipes.

Grocery List Tips

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. You can find it by clicking the "List" tab from your planner. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers

If meals on the plan appear to be grey or shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

Cooking For Family or Friends

Doubling recipes for a larger group is a breeze with a few simple adjustments. When scaling up, consider ingredient proportions, ensure you have the right cookware, and keep an eye on cooking times for any necessary adjustments. Maintaining consistency is key, so be ready to tweak thickness or seasoning as needed. And don't forget about storage for any delicious leftovers - they'll save you time and effort later on. With these tips, you'll be well-equipped to tackle cooking for any crowd with ease.



	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	 Zucchini Banana Smoothie Bowl	 Zucchini Banana Smoothie Bowl	 Cinnamon & Banana Protein Oatmeal	 Cinnamon & Banana Protein Oatmeal	 Cinnamon & Banana Protein Oatmeal
Snack 1	 Smoked Salmon & Crackers Snack Box	 Smoked Salmon & Crackers Snack Box	 Greek Yogurt, Blueberries & Ground Flax Seeds	 Greek Yogurt, Blueberries & Ground Flax Seeds	 Greek Yogurt, Blueberries & Ground Flax Seeds
Lunch	 Lentil & Chickpea Pasta Salad	 Beef & Tomato Stuffed Sweet Potato	 Roasted Chicken, Veggies & Quinoa with Tahini Sauce	 Edamame, Chicken & Quinoa Bowl	 Tuna & White Bean Grain Bowl
Snack 2	 Salty Edamame	 Salty Edamame	 Eggs & Sauerkraut	 Eggs & Sauerkraut	 Eggs & Sauerkraut
Dinner	 Beef & Tomato Stuffed Sweet Potato	 Roasted Chicken, Veggies & Quinoa with Tahini Sauce	 Edamame, Chicken & Quinoa Bowl	 Tuna & White Bean Grain Bowl	 Edamame, Chicken & Quinoa Bowl
Snack 3	 Dark Chocolate & Pistachios	 Dark Chocolate & Pistachios	 Sunflower Seed Butter Banana Sushi	 Sunflower Seed Butter Banana Sushi	 Sunflower Seed Butter Banana Sushi

Day 1

Fat 39%
Carbs 37%
Protein 24%

Protein 158g

Day 2

Fat 41%
Carbs 31%
Protein 28%

Protein 172g

Day 3

Fat 36%
Carbs 36%
Protein 28%

Protein 178g

Day 4

Fat 36%
Carbs 37%
Protein 27%

Protein 170g

Day 5

Fat 36%
Carbs 37%
Protein 27%

Protein 170g





Fruits

- 1 1/2 Avocado
- 8 Banana
- 300 grams Blueberries
- 1 1/2 Lemon
- 1 tbsp Lemon Juice
- 1 1/2 tbsps Lime Juice

Seeds, Nuts & Spices

- 1/3 tsp Cinnamon
- 45 grams Ground Flax Seed
- 60 grams Hemp Seeds
- 1 tbsp Italian Seasoning
- 1 1/2 tsps Paprika
- 110 grams Pistachios, In Shell
- 2 tbsps Pumpkin Seeds
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sesame Seeds
- 1 1/2 tsps Smoked Paprika
- 2 tbsps Sunflower Seeds
- 45 grams Walnuts

Frozen

- 470 grams Edamame Pods
- 175 grams Frozen Edamame

Vegetables

- 45 grams Baby Kale
- 150 grams Cherry Tomatoes
- 3/4 Cucumber
- 5 stalks Green Onion
- 55 grams Mixed Greens
- 1 Orange Bell Pepper
- 2 tbsps Parsley
- 1 Red Bell Pepper
- 1 tbsp Red Onion
- 1 Sweet Potato
- 1/2 Tomato
- 1/2 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 55 grams Chickpea Pasta
- 200 grams Lentils
- 215 grams Quinoa
- 90 grams Rice Crackers
- 65 grams Salsa
- 180 grams White Navy Beans
- 40 grams Wild Rice

Baking

- 50 grams Dark Chocolate
- 120 grams Oats
- 85 grams Raisins

Bread, Fish, Meat & Cheese

- 850 grams Chicken Breast
- 225 grams Lean Ground Beef
- 330 grams Smoked Salmon
- 225 grams Tuna Steak

Condiments & Oils

- 1 tbsp Balsamic Vinaigrette
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Pitted Kalamata Olives
- 135 grams Sauerkraut
- 1 tbsp Sesame Oil
- 1 tsp Sriracha
- 90 grams Sunflower Seed Butter
- 2 tbsps Tahini
- 2 tsps Tamari

Cold

- 6 Egg
- 345 grams Plain Greek Yogurt
- 720 milliliters Soy Milk
- 150 grams Unsweetened Coconut Yogurt

Other

- 125 grams Vanilla Protein Powder
- 3.2 liters Water



Zucchini Banana Smoothie Bowl

1 serving

5 minutes

Ingredients

75 grams Unsweetened Coconut Yogurt
180 milliliters Water
1 Banana (divided)
1/2 Zucchini (large, frozen)
25 grams Vanilla Protein Powder
1 tbsp Pumpkin Seeds
1 tbsp Sunflower Seeds

Nutrition

Amount per serving	
Protein	26g

Directions

- 1 Add the yogurt, water, half of the banana, zucchini, and protein powder to a blender and blend on high until smooth.
- 2 Pour the smoothie into a large bowl and top with the remaining banana, pumpkin seeds, and sunflower seeds. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add frozen berries.

Additional Toppings: Berries, hemp hearts, and/or cacao nibs.



Cinnamon & Banana Protein Oatmeal

1 serving
15 minutes

Ingredients

240 milliliters Soy Milk
40 grams Oats (rolled)
25 grams Vanilla Protein Powder
1 tbsp Hemp Seeds
1/8 tsp Cinnamon
1 Banana (sliced)

Nutrition

Amount per serving	
Protein	35g

Directions

- 1 In a small saucepan, bring the soy milk to a boil. Add the oats and reduce the heat to a steady simmer. Cook, stirring occasionally for about six to eight minutes or until the oats are tender and most of the soy milk is absorbed.
- 2 Stir in the protein powder, hemp seeds, and cinnamon. Add a splash of water or more milk if needed for desired consistency.
- 3 Transfer the cooked oats to a bowl and top with sliced banana. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately 1 1/4 cups.

No Soy Milk: Use other milk alternative.



Smoked Salmon & Crackers Snack Box

1 serving

5 minutes

Ingredients

165 grams Smoked Salmon
45 grams Rice Crackers
1/4 Cucumber (small, sliced)
75 grams Blueberries

Nutrition

Amount per serving	
Protein	35g

Directions

- 1 Arrange the salmon, crackers, cucumber, and blueberries into a container. Enjoy!

Notes

Leftovers: Refrigerate the salmon, cucumber and blueberries in an airtight container for up to three days. When ready to eat, add the crackers.



Greek Yogurt, Blueberries & Ground Flax Seeds

1 serving

5 minutes

Ingredients

2 tbsps Ground Flax Seed
115 grams Plain Greek Yogurt
50 grams Blueberries

Nutrition

Amount per serving	
Protein	14g

Directions

- 1 Mix the ground flax seeds into the yogurt and add the blueberries on top. Serve and enjoy!

Notes

Leftovers: Best enjoyed fresh. The flax and yogurt mixture thickens over time.

Make it Vegan: Use dairy-free yogurt.



Lentil & Chickpea Pasta Salad

1 serving
15 minutes

Ingredients

55 grams Chickpea Pasta
200 grams Lentils (from the can, drained and rinsed)
1 tbsp Red Onion (finely chopped)
1/2 Red Bell Pepper (diced)
1/4 Cucumber (diced)
2 tbsps Pitted Kalamata Olives (finely chopped)
45 grams Baby Kale
1 tbsp Balsamic Vinaigrette
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Protein	35g

Directions

- 1 Cook the pasta according to the directions on the package and set aside. Drain, rinse well, and set aside to cool.
- 2 In a large bowl, mix the pasta, lentils, red onion, bell pepper, cucumber, olives, and baby kale. Add the dressing and mix well. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is equal to approximately three cups.
More Flavor: Serve with parmesan cheese and basil leaves.



Salty Edamame

1 serving
15 minutes

Ingredients

1.4 liters Water
1/2 tsp Sea Salt
235 grams Edamame Pods

Nutrition

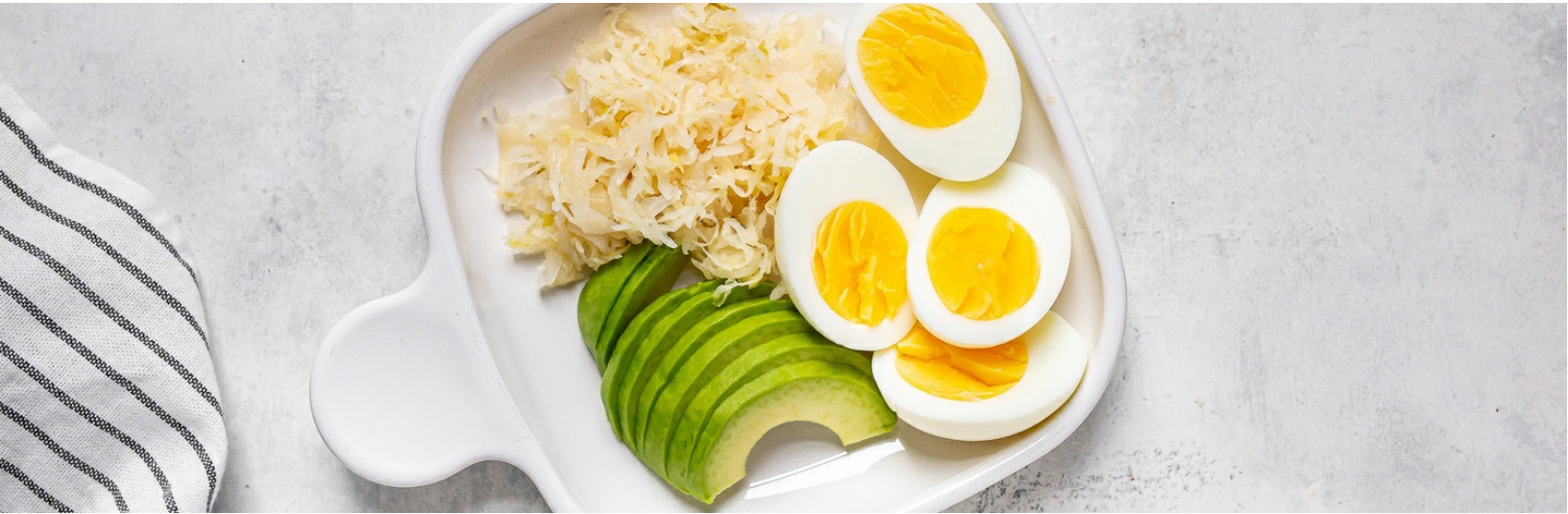
Amount per serving	
Protein	26g

Directions

- 1 Add water and salt to a pot and bring to a boil. Add the edamame and return to a boil. Cook for three to five minutes.
- 2 Drain, rinse with cold water and transfer to a bowl. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.
More Flavor: Add finishing coarse salt or toss in tamari.



Eggs & Sauerkraut

1 serving
15 minutes

Ingredients

2 Egg
1/2 Avocado (small)
45 grams Sauerkraut

Nutrition

Amount per serving	
Protein	15g

Directions

- 1 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 10 minutes, or to your preference. Once the eggs are done, add them to a bowl of ice water. Once they're cool enough to handle, peel and slice.
- 2 Serve the eggs with avocado and sauerkraut. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serve it With: Toast, tomatoes, olives, or fresh fruit.



Beef & Tomato Stuffed Sweet Potato

2 servings

50 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 Sweet Potato (medium, cut in half lengthwise)
- 1/2 Yellow Onion (small, diced)
- 225 grams Lean Ground Beef
- 1 tbsp Italian Seasoning
- 1/2 Tomato (medium, diced)
- 1/2 Red Bell Pepper (medium, diced)
- 65 grams Salsa
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Protein	22g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Rub half of the oil all over the potato halves and place them face down on the baking sheet. Cook for 35 to 40 minutes or until they are fork tender. Flip them halfway through.
- 3 While the sweet potatoes are cooking, heat the remaining oil in a pan over medium heat. Add the onions and sauté for two to three minutes. Add the ground beef, breaking it up as it cooks. Mix in the Italian seasoning. Cook the beef for seven to eight minutes or until cooked through.
- 4 Remove the potatoes from the oven and use a fork to mash the inside to make room for the toppings.
- 5 Top each potato evenly with the beef mixture, tomato, bell peppers, salsa, and parsley. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is one stuffed sweet potato half.

Additional Toppings: Cheese, avocado, and/or hot sauce.



Roasted Chicken, Veggies & Quinoa with Tahini Sauce

2 servings

30 minutes

Ingredients

- 85 grams Quinoa (dry)
- 340 grams Chicken Breast (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Paprika
- 1 Orange Bell Pepper (medium, chopped)
- 150 grams Cherry Tomatoes
- 2 tbsps Tahini
- 2 tbsps Water
- 1 tbsp Lemon Juice

Nutrition

Amount per serving	
Protein	49g

Directions

- 1 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
- 2 Cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool.
- 3 Meanwhile, season the chicken with salt, pepper, and paprika. Place the chicken, bell pepper, and cherry tomatoes on the baking sheet. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
- 4 Make the dressing by whisking the tahini, water, lemon juice, salt, and pepper together.
- 5 Chop the cooked chicken. Divide the quinoa, chicken, cherry tomatoes, and bell peppers evenly between plates. Serve with the dressing and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Drizzle with tahini dressing before serving.

Serving Size: One serving is equal to approximately two cups.

Make it Vegan: Use tofu instead of chicken.

More Flavor: Add broccoli and red onion to the roasted vegetables.

Additional Toppings: Top with fresh herbs such as dill or parsley.



Edamame, Chicken & Quinoa Bowl

3 servings

30 minutes

Ingredients

- 1 1/2 Lemon (juiced, plus extra for serving)
- 1 1/2 tsps Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 510 grams Chicken Breast
- 130 grams Quinoa (dry)
- 175 grams Frozen Edamame (defrosted)
- 45 grams Walnuts (chopped)
- 3 stalks Green Onion (thinly sliced)
- 85 grams Raisins

Nutrition

Amount per serving	
Protein	55g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix together the lemon juice, paprika, salt, and pepper. Brush the chicken all over with the mixture. Place on the baking sheet and bake in the oven for 20 to 25 minutes or until completely cooked through.
- 3 Meanwhile, cook the quinoa according to the package directions. Once cooked, fluff with a fork.
- 4 Divide the quinoa, chicken, edamame, walnuts, green onion, and raisins evenly between bowls. Squeeze some lemon juice on top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 2 1/2 cups.

More Flavor: Add tomato and cucumber. Serve with your choice of dressing.



Tuna & White Bean Grain Bowl

2 servings

45 minutes

Ingredients

40 grams Wild Rice (dry)
 1 1/2 tbsps Lime Juice
 2 tsps Tamari
 1 tsp Sriracha
 1 tsp Sesame Oil (divided)
 225 grams Tuna Steak
 2 tbsps Sesame Seeds
 55 grams Mixed Greens
 180 grams White Navy Beans (cooked)
 2 stalks Green Onion (chopped)

Nutrition

Amount per serving	
Protein	41g

Directions

- 1 Cook the rice according to the package directions.
- 2 In a bowl, combine the lime juice, tamari, sriracha, and half of the oil. Set aside.
- 3 Pat the tuna steak dry. Brush with the remaining oil and place the sesame seeds on a large plate. Gently press both sides of the tuna steak in sesame seeds to coat.
- 4 Heat a skillet over high heat until very hot. Once hot, sear the steaks for one to three minutes on each side. This timing will depend on the thickness of the tuna and desired doneness. Transfer to a cutting board, slice into cubes, and add to the sauce. Refrigerate for five minutes.
- 5 To assemble, divide the mixed greens, cooked rice, beans, tuna and its juices, and green onions evenly between bowls. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately three cups.

More Flavor: Add fresh garlic and/or ginger to the sauce.

Additional Toppings: Fresh herbs like cilantro and chives.



Dark Chocolate & Pistachios

1 serving

5 minutes

Ingredients

25 grams Dark Chocolate (at least 70% cacao)

55 grams Pistachios, In Shell

Directions

- 1 Divide into bowls and enjoy!

Nutrition

Amount per serving

Protein 14g



Sunflower Seed Butter Banana Sushi

1 serving

5 minutes

Ingredients

- 2 tbsps Sunflower Seed Butter
- 1 Banana (peeled)
- 1 tbsp Hemp Seeds

Nutrition

Amount per serving	
Protein	10g

Directions

- 1 Spread sunflower seed butter onto a banana.
;
- 2 Sprinkle hemp seeds over top.
;
- 3 Slice and enjoy!

Notes

Leftovers: Best enjoyed immediately.

More Flavor: Add a dash of cinnamon and/or sea salt.