

# Meal Plan - Higher Protein for Resistance Sports

(high protein, adequate carbohydrate and kilojoules, low in fat)

Prepared for Australian Eggs by Food & Nutrition Australia, September 2019

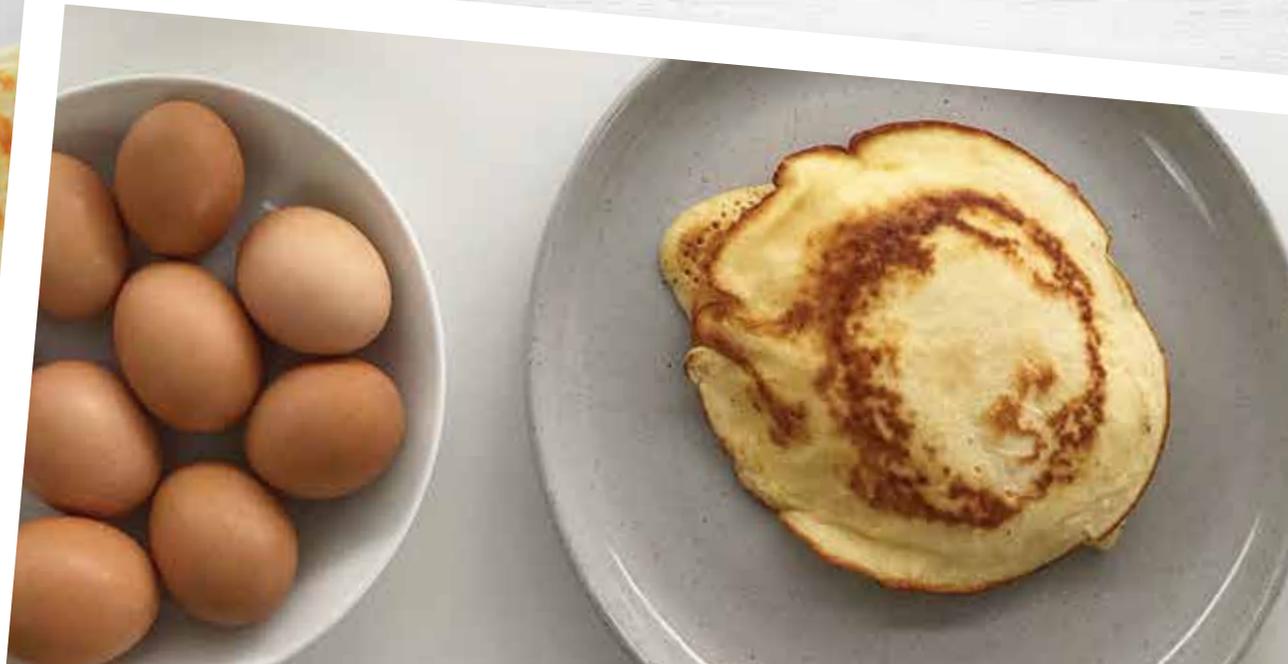


## INTRODUCTION

Protein plays an important role in repairing and strengthening muscles. In resistance sports, a higher protein diet helps build muscle while also contributing to recovery. Overleaf is an example of a higher protein, lower fat weekly meal plan that will also help meet daily nutrient requirements.

The meal plan provides an average of 11,000 kilojoules per day and is based on the average energy requirements of active 18-65 year old males aiming to gain muscle. Your energy requirements vary depending on age, activity, health status, height and weight. For personalised advice, seek the services of an Accredited Practising Dietitian.

The meal plan aims to promote muscle gain by incorporating sufficient kilojoules and carbohydrate and spreading protein rich foods over the day.



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## NOTES ABOUT THIS MEAL PLAN

- This meal plan provides the minimum number of serves from each of the core food groups as recommended in the Australian Guide to Healthy Eating\* for adults (other than women over 51 years and men over 70 years who may require additional milk, cheese or yoghurt).
- Those with a medical issue should seek advice from a medical practitioner before changing their diet.

\*Australian Guide to Health Eating, NHMRC, Commonwealth of Australia, 2013  
<http://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>



	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
<b>BREAKFAST</b>	<b>Berry Smoothie with Toast</b> Smoothie made with 2/3 cup wholegrain flaky cereal + 1 cup milk + ½ cup berries + 1 banana + 2 tbsp linseed meal. Serve with 1 slice wholegrain toast with nut/jam spread.	<b>Poached Egg on Potato Rosti with Smoked Salmon and Avocado (1 serve)</b> See recipe at <a href="https://bit.ly/34XTAYg">https://bit.ly/34XTAYg</a> Serve with 1 tub high protein yoghurt and handful of nuts.	<b>Chia Porridge with Fruit</b> 1 tbsp chia seeds + ½ cup rolled oats + 1 cup skim milk + 1 banana. Add honey & cinnamon to taste. Serve with 1 slice wholegrain toast + 1 glass fresh fruit juice.	<b>Wholegrain Cereal with Milk, Fruit &amp; Toast</b> 2/3 cup wholegrain flaky cereal + 1 cup milk + 2 tbsp linseed + 1 serve of fruit + 1 slice wholegrain toast with nut/jam spread.	<b>Traditional Pancakes</b> See recipe at <a href="https://bit.ly/2Qf40yy">https://bit.ly/2Qf40yy</a> Top pancakes with sliced fruit (eg. banana, berries) + maple syrup or honey to taste. Serve with 1 glass skim milk or cafe latte.	<b>Muesli with Fruit</b> 1 cup natural muesli + 1 cup skim milk + 1 sliced banana or other fruit. Served with 1 skim latte or hot chocolate.	<b>Homemade Big Breakfast</b> 1 poached egg + ½ cup baked beans + ½ cup cooked mushrooms + 2 slices sourdough bread. Serve with 1 skim latte + 1 sliced orange.
<b>LUNCH</b>	<b>Bean &amp; Quinoa Salad</b> 1 cup mixed beans + 2 cups salad vegetables (eg. leafy greens, tomato, cucumber, carrot, capsicum) + 1 cup cooked quinoa + 2 tbsp vinegar dressing. + 1 tub high protein yoghurt (200g).	<b>Chicken &amp; Noodle Lettuce Cups</b> 80g cooked sliced chicken stirred into 1 cup mung bean noodles + 1 cup mixed finely chopped vegetables (eg. beans, capsicum, spinach, carrot) dressed with 2 tbsps fish sauce & 2 tsp oil. Top with 1 tub chopped peanuts. Serve in lettuce leaves. + 1 serve of fruit.	<b>Huevos Rancheros (Mexican Baked Eggs) (1 serve)</b> See recipe at <a href="https://bit.ly/36WvzTf">https://bit.ly/36WvzTf</a> + 1 serve of fruit.	<b>Beef Burger</b> 130g pan-fried lean beef patty on 1 wholegrain flat bread roll + 1 sliced medium tomato + ½ sliced red onion + 2 lettuce leaves + 1 cheese slice + mustard/tomato/BBQ sauce to taste.	<b>Tuna &amp; Bean Salad</b> 200g tuna in spring water, drained & mixed with ½ cup bean mix + 1 cup chopped leafy greens + ½ cup grated carrot + ½ cup grated beetroot + 1 tbsp sweet chilli sauce + 1 tbsp yoghurt. Served with 2 slices wholegrain bread. + 1 serve of fruit.	<b>Chicken &amp; Pasta Salad</b> ½ skinless chicken breast, cooked, sliced & mixed with 1 cup cooked pasta + 1 cup leafy greens (eg. baby spinach, rocket) + 1 diced tomato + ¼ avocado + 2 tbsp vinegar/olive oil dressing. + 1 serve of fruit (eg. 1 medium pear or orange).	<b>Falafel &amp; Salad Wrap</b> Make wrap by spreading 1 tbsp hummus on 1 Lebanese flat bread & topping with 3 falafel balls + 2 cups salad (eg. chopped tomato, red onion, parsley). + 1 serve of fruit (eg. 1 medium apple or banana).
<b>DINNER</b>	<b>Lemon Chicken with Greens</b> ½ skinless chicken breast, pan fried with minced garlic & a squeeze of lemon juice + 2 cups green vegetables (eg. snow peas, bok choy) stir-fried in peanut oil, soy sauce, rice vinegar (2 tsp each) + 2 tbsp stock. Serve with 1 cup brown rice.	<b>Stir fry Beef &amp; Vegetables</b> 130g fat trimmed lean beef strips + 2 cups mixed veg stir fried with sesame oil, soy & oyster sauce. Serve with 1 cup cooked brown rice.	<b>Pork Roast &amp; Vegetables</b> 130g lean pork roast + 1 medium baked potato + 1.5 cups baked vegetables (eg. carrot, beetroot, onion) cooked in 1 tbsp olive oil.	<b>Baked Salmon, Cous Cous &amp; Vegetables</b> 150g oven baked salmon fillet served with 1 cup cooked wholemeal cous cous + 2 cups steamed vegetables (eg. asparagus, broccoli, beans). Stir 2 tsp olive oil into cous cous & sprinkle with 1 tbsp slivered almonds.	<b>Lamb &amp; Vegetable Curry</b> 130g lean lamb cubes & 1½ cups vegetables + curry paste + tomato based sauce. Serve with 1 cup cooked brown rice.	<b>Lentil and Feta Frittata (1 serve)</b> See recipe at <a href="https://bit.ly/32GGDQZ">https://bit.ly/32GGDQZ</a>	<b>Seafood Pasta</b> 150g mixed seafood cooked in ½ cup tomato puree with sliced capsicum, crushed garlic & herbs + 1 tbsp olive oil. Add pepper to taste. Serve with 1.5 cups cooked pasta. Top with grated parmesan cheese. Serve with a large mixed salad.
<b>DESSERT/ SUPPER</b>	<b>Fruit Crepe</b> Top one crepe with 1 cup sliced fresh fruit (eg. banana, strawberries, kiwi). Add 2 tbsp ricotta cheese & drizzle with honey to taste.	<b>Fruit Salad Dessert</b> 1 cup fresh fruit salad mixed through ½ cup reduced fat Greek yoghurt & drizzled with honey.	<b>Fruit Smoothie</b> 1 cup skim milk + ½ cup low fat yoghurt + 1 serve of fruit (eg. a small mango and 2 kiwis), blended.	<b>Fruit Pop</b> Homemade using mashed fruit (eg. bananas or mangos) mixed with Greek yoghurt and frozen on sticks.	<b>Berry &amp; Cheese Dessert</b> Stir 2 cup berries into ½ cup smooth ricotta cheese. Add honey to taste and top with 1 tbsp mixed nuts and/or seeds.	<b>Fruit Salad &amp; Yoghurt</b> 1 cup fresh fruit salad with 200g low fat vanilla yoghurt.	<b>Strawberry Protein Shake</b> Made with 1 cup unsweetened almond milk + ½ cup Greek yoghurt + 1 tbsp protein powder + 1 cup strawberry + 1 tsp honey.
<b>SNACKS</b>	Cheese + avocado slices on 3 wholegrain crispbreads. Handful of mixed nuts (30g).	1 tub high protein yoghurt (200g). 1 slice fruit toast with thin spread of butter and/or jam.	6 wholegrain crispbreads topped with ricotta cheese. Handful of mixed nuts (30g).	<b>Banana &amp; Peanut Butter Protein Shake</b> Made with 1 cup unsweetened almond milk + 1 tbsp peanut butter + 1 tbsp protein powder + 1 banana + 1/4 tsp cinnamon.	1 tub high protein yoghurt (200g). 1 slice wholegrain toast spread with nut butter.	1 slice fruit toast with thin spread of butter and/or jam.	1 tub high protein yoghurt. Handful of mixed nuts and/or seeds.