



## Muscle-Up Sunday

Breakfast

Serves: 2



### Shopping & Ingredients List:

- 2 skinless **Chicken Breasts**, cubed
- 100g **Broccoli**, in florets
- 1 small **Carrot**, in matchsticks
- 1 tbsp **Olive Oil**
- 100g cooked **Rice**
- 2 **Garlic Cloves**, chopped
- 1 tbsp **Lemon Zest**
- 1 whole **Egg**
- 1 **Egg White**
- 2 tbsp **Lemon Juice**

### Method

1. Steam broccoli & carrot sticks until tender but with some bite/crunch about 5 mins.
2. In a large non-stick wok, add lemon juice & chicken breast chunks. Cook on high heat until cooked through. Takes approx 8 mins.
3. Add the cooked rice, garlic, olive oil, eggs, zest. Mix & stir. Cook over high heat for 2-3 mins.
4. Add broccoli & carrots, mix & cook for a further min before serving.

### Macro info per serving

Protein  
**37.5g**

Carbs  
**19.5g**

Fat  
**10.5g**

Energy  
**323kcal**



## Sunday Eggs

Breakfast

Serves: 2



### Shopping & Ingredients List:

- 4 Portobello Mushrooms
- 2 vines of Cherry Tomatoes
- 4 Eggs
- 200g Baby Spinach
- 2 tsp Olive Oil
- pinch Nutmeg

### Method

1. Preheat oven to 200c (180 fan), 400f, gas mark 6. Lightly grease a non-stick baking tray.
2. Add tomatoes & mushrooms to the tray & bake for 5 mins. Remove from oven & pour away excess juices.
3. Turn on grill - medium to high
4. Crack an egg into each mushroom & place the tray under the grill for 3-5 mins.
5. Meanwhile wilt the spinach in boiling hot water, drain & add to serve plates with pinch of nutmeg.
6. Add a vine of tomatoes & two mushrooms with eggs to each plate.

### Macro info per serving

Protein  
**25.5g**

Carbs  
**23g**

Fat  
**13g**

Energy  
**311kcal**



# Goats Cheese Omelette

Breakfast

Serves: 1



## Shopping & Ingredients List:

2 whole **Eggs**, beaten together  
2 **Egg Whites**  
30g **Goats Cheese**, crumbled or sliced  
½ small **Onion**, finely diced  
1 medium **Tomato**, sliced  
½ tbsp **Olive Oil**

### *Garnish*

1-2 **Spring Onions**, sliced

## Method

1. Whisk egg whites until double in volume & fluffy. Fold into the whole eggs.
2. Heat oil in non-stick & oven-proof pan. Add onion & gently fry to 3 mins until soft. Pour eggs over.
3. While eggs are setting heat grill on high. Once the base of the eggs are set, add cheese & tomato slices before finishing omelette under the grill.
4. If required, garnish with spring onions & serve with green salad.

## Macro info per serving

Protein  
**27g**

Carbs  
**10g**

Fat  
**24g**

Energy  
**364kcal**



## Chicken with Lime & Coconut

Lunch

Serves: 2



### Shopping & Ingredients List:

2x150g skinless **Chicken Breasts**, bite-size chunks

1 **Lime**, juice & zest

150ml reduced-fat **Coconut Milk**

½ tbsp **Olive Oil**

1 **Green Chilli**, chopped

1 tbsp **Thai Fish Sauce**

4 tbsp **Coriander**, chopped

4 **Spring Onions**, shredded

### Method

1. Marinate chicken pieces in a bowl with lime juice & zest for an hour.
2. Heat wok on high, add oil, next add chicken & stir-fry for 3-4 mins. Next add chilli & fry for a further minute.
3. Then add the coconut milk, fish sauce, half the coriander & spring onions.
4. Cook for 2 mins & serve with remaining coriander & onions as garnish.

### Macro info per serving

Protein  
**32g**

Carbs  
**4g**

Fat  
**12.5g**

Energy  
**257kcal**