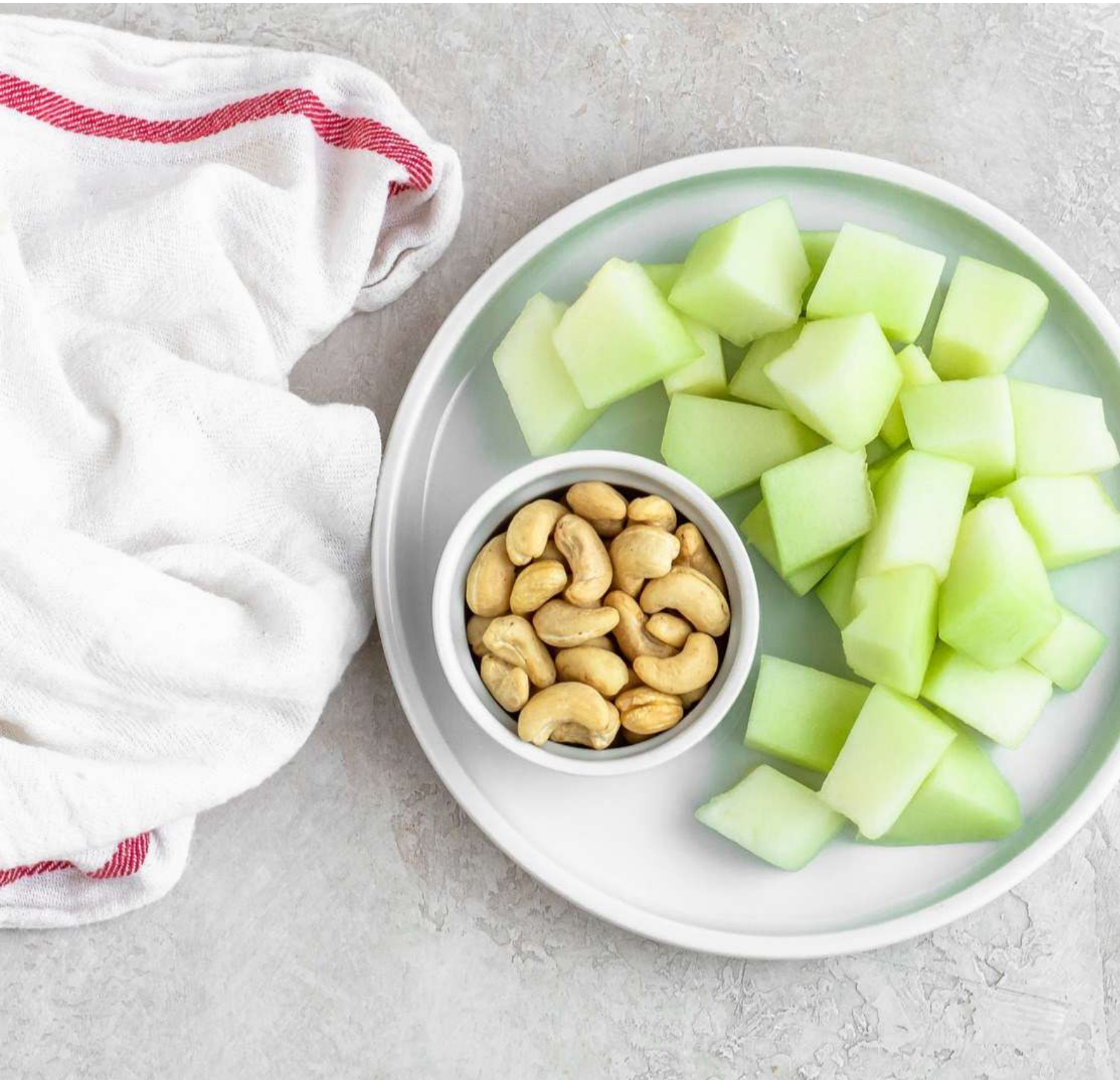




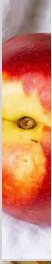
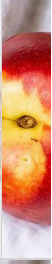
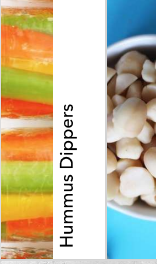
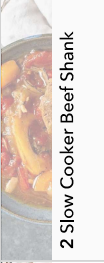
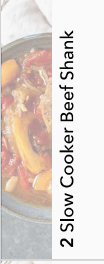
Guy McKinnon Meal Plan Week B (Dec 2024)

Eating in Mind
christine@eatinginmind.com.au

Hi Guy,
Switch up the ham in the omelette for turkey if you prefer.
Enjoy!
C



Christine Bardajian
<https://eatinginmind.com.au/>

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	 Ham & Swiss Omelette	 Ham & Swiss Omelette	 Lentil Salsa with Toast	 Lentil Salsa with Toast	 Yogurt with Granola & Banana	 Yogurt with Granola & Banana
Snack 1	 Sourdough Bread	 Sourdough Bread	 Nectarine	 Nectarine	 Hard Boiled Eggs	 Hard Boiled Eggs
	 Honeydew Melon & Cashews	 Honeydew Melon & Cashews	 Hummus Dippers	 Hummus Dippers	 Pear	 Pear
Lunch	 Turkey Club Sandwich	 Turkey Club Sandwich	 Eggs & Avocado Snack Box	 Eggs & Avocado Snack Box	 Christine's Roast Beef Sandwich	 Christine's Roast Beef Sandwich
Snack 2	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake	 Simple Chocolate Protein Shake	 Simple Chocolate Protein Shake	 Simple Chocolate Protein Shake
	 Hummus Dippers	 Hummus Dippers	 Banana	 Banana	 Peach	 Peach
Dinner	 2 Slow Cooker Beef Shank	 2 Slow Cooker Beef Shank	 2 Slow Cooker Beef Shank	 2 Christine's Roasted Chicken & Sweet Potato...	 2 Christine's Roasted Chicken & Sweet Potato...	 2 Christine's Roasted Chicken & Sweet Potato...

Mon	Tue	Wed	Thu	Fri	Sat
Fat 40% Carbs 29% Protein 31%	Fat 40% Carbs 29% Protein 31%	Fat 41% Carbs 33% Protein 26%	Fat 45% Carbs 32% Protein 23%	Fat 37% Carbs 35% Protein 28%	Fat 37% Carbs 35% Protein 28%
Calories 2517	Calories 2517	Calories 2410	Calories 2794	Calories 2495	Calories 2495
Fat 111g	Fat 111g	Fat 111g	Fat 143g	Fat 105g	Fat 105g
Carbs 180g	Carbs 180g	Carbs 205g	Carbs 235g	Carbs 223g	Carbs 223g
Fiber 30g	Fiber 30g	Fiber 50g	Fiber 56g	Fiber 40g	Fiber 40g
Sugar 44g	Sugar 44g	Sugar 56g	Sugar 61g	Sugar 83g	Sugar 83g
Protein 197g	Protein 197g	Protein 158g	Protein 164g	Protein 176g	Protein 176g
Cholesterol 835mg	Cholesterol 835mg	Cholesterol 549mg	Cholesterol 651mg	Cholesterol 699mg	Cholesterol 699mg
Sodium 3143mg	Sodium 3143mg	Sodium 3027mg	Sodium 3098mg	Sodium 1659mg	Sodium 1659mg
Vitamin A 13546IU	Vitamin A 13546IU	Vitamin A 14544IU	Vitamin A 44954IU	Vitamin A 44574IU	Vitamin A 44574IU
Vitamin C 280mg	Vitamin C 280mg	Vitamin C 265mg	Vitamin C 390mg	Vitamin C 344mg	Vitamin C 344mg
Calcium 1380mg	Calcium 1380mg	Calcium 1291mg	Calcium 1376mg	Calcium 1432mg	Calcium 1432mg
Iron 24mg	Iron 24mg	Iron 25mg	Iron 23mg	Iron 18mg	Iron 18mg
Vitamin D 204IU	Vitamin D 204IU	Vitamin D 162IU	Vitamin D 166IU	Vitamin D 256IU	Vitamin D 256IU
Folate 433µg	Folate 433µg	Folate 647µg	Folate 769µg	Folate 427µg	Folate 427µg
Magnesium 501mg	Magnesium 501mg	Magnesium 483mg	Magnesium 593mg	Magnesium 497mg	Magnesium 497mg

Fruits

- ☐ 1 Avocado
- ☐ 4 Banana
- ☐ 1/2 Honeydew Melon
- ☐ 3 Lime
- ☐ 2 Nectarine
- ☐ 2 Peach
- ☐ 2 Pear

Breakfast

- ☐ 2/3 cup Granola

Seeds, Nuts & Spices

- ☐ 1/2 cup Cashews
- ☐ 2 tbsps Dried Thyme
- ☐ 1 1/3 cups Macadamia Nuts
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 36 Ice Cubes

Vegetables

- ☐ 12 cups Broccoli
- ☐ 3 1/2 Carrot
- ☐ 6 stalks Celery
- ☐ 2 tbsps Cilantro
- ☐ 2 cups Coleslaw Mix
- ☐ 2/3 Cucumber
- ☐ 1 tbsps Garlic
- ☐ 3 Garlic
- ☐ 3 cups Mini Potatoes
- ☐ 2 cups Mixed Greens
- ☐ 6 Sweet Potato
- ☐ 1/2 Tomato
- ☐ 1/2 White Onion
- ☐ 1 1/2 Yellow Bell Pepper

Boxed & Canned

- ☐ 3 cups Diced Tomatoes
- ☐ 1 1/2 cups Green Lentils
- ☐ 1 1/2 cups Salsa

Bread, Fish, Meat & Cheese

- ☐ 4 slices Bacon, Cooked
- ☐ 907 grams Beef Shanks
- ☐ 169 grams Cheddar Cheese
- ☐ 900 grams Chicken Breast
- ☐ 170 grams Deli Roast Beef
- ☐ 2 slices Gluten-Free Bread
- ☐ 113 grams Sliced Ham
- ☐ 198 grams Sourdough Bread
- ☐ 56 grams Swiss Cheese
- ☐ 113 grams Turkey Breast, Cooked
- ☐ 10 slices Whole Grain Bread

Condiments & Oils

- ☐ 2 tsps Dijon Mustard
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 1/3 cup Mayonnaise
- ☐ 1/4 cup Pickle
- ☐ 1 1/2 tsps Yellow Mustard

Cold

- ☐ 14 Egg
- ☐ 1 1/2 cups Hummus
- ☐ 2 cups Plain Greek Yogurt
- ☐ 4 cups Unsweetened Almond Milk

Other

- ☐ 3/4 cup Chocolate Protein Powder
- ☐ 3/4 cup Vanilla Protein Powder



Ham & Swiss Omelette

1 serving

10 minutes

Ingredients

3 Egg (whisked)
1 tsp Extra Virgin Olive Oil
57 grams Sliced Ham (chopped)
28 grams Swiss Cheese (sliced)

Nutrition

Amount per serving	
Calories	440
Fat	31g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	38g
Cholesterol	622mg
Sodium	854mg
Vitamin A	1103IU
Vitamin C	0mg
Calcium	336mg
Iron	3mg
Vitamin D	124IU
Folate	77µg
Magnesium	39mg

Directions

- 1 In a non-stick skillet over medium heat, add the oil. Once hot, pour the eggs into the skillet and let it cook until almost set.
- 2 Place the ham and cheese evenly across one half of the omelette and then fold the other half over on top. Remove from the heat and transfer it onto a plate. Enjoy!



Sourdough Bread

1 serving

1 minute

Ingredients

50 grams Sourdough Bread

Nutrition

Amount per serving	
Calories	124
Fat	0g
Carbs	24g
Fiber	1g
Sugar	0g
Protein	5g
Cholesterol	0mg
Sodium	239mg
Vitamin A	0IU
Vitamin C	1mg
Calcium	0mg
Iron	1mg
Vitamin D	0IU
Folate	0µg
Magnesium	0mg

Directions

1

Top with your desired spread or filling, or serve as a side to soups, salads or entree. Enjoy!



Lentil Salsa with Toast

2 servings

10 minutes

Ingredients

1 1/2 cups Green Lentils (cooked,
drained and rinsed)
1 1/2 cups Salsa
2 tbsps Cilantro (chopped, optional)
2 slices Gluten-Free Bread (toasted)

Directions

- 1 In a saucepan over medium heat, stir together the lentils and salsa until warmed through, about five minutes.
- 2 Transfer to a bowl, garnish with cilantro if using, and serve with toast. Enjoy!

Nutrition

Amount per serving	
Calories	306
Fat	3g
Carbs	55g
Fiber	17g
Sugar	13g
Protein	18g
Cholesterol	0mg
Sodium	1517mg
Vitamin A	978IU
Vitamin C	6mg
Calcium	102mg
Iron	6mg
Vitamin D	0IU
Folate	277µg
Magnesium	91mg



Nectarine

1 serving
2 minutes

Ingredients

1 Nectarine

Directions

- 1 Wash and enjoy!

Nutrition

Amount per serving	
Calories	62
Fat	0g
Carbs	15g
Fiber	2g
Sugar	11g
Protein	2g
Cholesterol	0mg
Sodium	0mg
Vitamin A	471IU
Vitamin C	8mg
Calcium	9mg
Iron	0mg
Vitamin D	0IU
Folate	7µg
Magnesium	13mg



Yogurt with Granola & Banana

1 serving

5 minutes

Ingredients

1 cup Plain Greek Yogurt
1 Banana (sliced)
1/3 cup Granola

Directions

- 1 Add the yogurt, banana, and granola to a bowl, and enjoy!

Nutrition

Amount per serving	
Calories	485
Fat	15g
Carbs	61g
Fiber	7g
Sugar	28g
Protein	29g
Cholesterol	34mg
Sodium	152mg
Vitamin A	1333IU
Vitamin C	26mg
Calcium	536mg
Iron	3mg
Vitamin D	99IU
Folate	58µg
Magnesium	100mg



Honeydew Melon & Cashews

1 serving
5 minutes

Ingredients

1/4 Honeydew Melon (small, peeled,
seeds removed and chopped)
1/4 cup Cashews

Directions

- 1 Divide between plates or bowls and enjoy!

Nutrition

Amount per serving	
Calories	287
Fat	16g
Carbs	34g
Fiber	3g
Sugar	22g
Protein	7g
Cholesterol	0mg
Sodium	51mg
Vitamin A	125IU
Vitamin C	45mg
Calcium	30mg
Iron	3mg
Vitamin D	0IU
Folate	71µg
Magnesium	114mg



Hummus Dippers

2 servings

15 minutes

Ingredients

1/2 Yellow Bell Pepper
1/2 Carrot
2 stalks Celery
1/2 cup Hummus

Nutrition

Amount per serving	
Calories	170
Fat	11g
Carbs	15g
Fiber	5g
Sugar	2g
Protein	6g
Cholesterol	0mg
Sodium	305mg
Vitamin A	2834IU
Vitamin C	87mg
Calcium	55mg
Iron	2mg
Vitamin D	0IU
Folate	59µg
Magnesium	58mg

Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up one small mason jar per serving (we like to use size 250 ml). Fill the bottom of each with 1/4 cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat. Enjoy!



Macadamia Nuts

2 servings
2 minutes

Ingredients

2/3 cup Macadamia Nuts

Directions

- 1 Divide between bowls and enjoy!

Nutrition

Amount per serving	
Calories	321
Fat	34g
Carbs	6g
Fiber	4g
Sugar	2g
Protein	4g
Cholesterol	0mg
Sodium	2mg
Vitamin A	0IU
Vitamin C	1mg
Calcium	38mg
Iron	2mg
Vitamin D	0IU
Folate	5µg
Magnesium	58mg



Hard Boiled Eggs

1 serving
15 minutes

Ingredients

2 Egg

Nutrition

Amount per serving	
Calories	143
Fat	10g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	13g
Cholesterol	372mg
Sodium	142mg
Vitamin A	540IU
Vitamin C	0mg
Calcium	56mg
Iron	2mg
Vitamin D	82IU
Folate	47µg
Magnesium	12mg

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!



Pear

1 serving

5 minutes

Ingredients

1 Pear

Nutrition

Amount per serving	
Calories	101
Fat	0g
Carbs	27g
Fiber	6g
Sugar	17g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	45IU
Vitamin C	8mg
Calcium	16mg
Iron	0mg
Vitamin D	0IU
Folate	12µg
Magnesium	12mg

Directions

1

Cut pear in half lengthwise. Cut each half in half again and use a knife to remove the core. Place all pieces in a bowl and enjoy!



Turkey Club Sandwich

2 servings

15 minutes

Ingredients

2 tbsps Mayonnaise
2 tps Dijon Mustard
6 slices Whole Grain Bread (toasted)
2 cups Mixed Greens (divided)
57 grams Cheddar Cheese (sliced)
1/2 Tomato (medium, sliced)
113 grams Turkey Breast, Cooked (shredded)
4 slices Bacon, Cooked

Directions

- 1 Add the mayonnaise and mustard to one side of each slice of toast.
- 2 To assemble the sandwich: Place a slice of toast, mayonnaise side up. Add half of the greens, cheese, and tomato. Top with another slice of toast, mayonnaise side up. Then add the turkey, bacon, and remaining greens. Top with another slice of toast.
- 3 Slice into triangles and secure with toothpicks. Enjoy!

Nutrition

Amount per serving	
Calories	719
Fat	33g
Carbs	57g
Fiber	10g
Sugar	8g
Protein	47g
Cholesterol	91mg
Sodium	1248mg
Vitamin A	787IU
Vitamin C	8mg
Calcium	360mg
Iron	4mg
Vitamin D	13IU
Folate	102µg
Magnesium	128mg



Eggs & Avocado Snack Box

1 serving
15 minutes

Ingredients

2 Egg
1/2 Avocado (medium, peeled)
1/3 Cucumber (sliced)
56 grams Cheddar Cheese (cubed)

Nutrition

Amount per serving	
Calories	545
Fat	43g
Carbs	15g
Fiber	7g
Sugar	3g
Protein	28g
Cholesterol	427mg
Sodium	517mg
Vitamin A	1488IU
Vitamin C	13mg
Calcium	482mg
Iron	3mg
Vitamin D	95IU
Folate	151µg
Magnesium	69mg

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when cool enough to handle and slice into halves.
- 3 Arrange the boiled eggs, avocado, cucumber slices and cheese in a container. Enjoy!



Christine's Roast Beef Sandwich

1 serving

5 minutes

Ingredients

1 cup Coleslaw Mix
2 tbsps Mayonnaise
3/4 tsp Yellow Mustard
85 grams Deli Roast Beef
2 tbsps Pickle (sliced)
2 slices Whole Grain Bread

Directions

- 1 Spread mayonnaise and mustard on slices of bread.
- 2 Layer the coleslaw, roast beef and pickles between the slices of bread. Enjoy!

Nutrition

Amount per serving	
Calories	546
Fat	28g
Carbs	42g
Fiber	8g
Sugar	9g
Protein	32g
Cholesterol	69mg
Sodium	846mg
Vitamin A	3060IU
Vitamin C	36mg
Calcium	131mg
Iron	4mg
Vitamin D	4IU
Folate	58µg
Magnesium	87mg



Simple Vanilla Protein Shake

1 serving

5 minutes

Ingredients

2/3 cup Unsweetened Almond Milk
1/4 cup Vanilla Protein Powder
6 Ice Cubes (large)

Directions

1

Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Nutrition

Amount per serving	
Calories	105
Fat	2g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	20g
Cholesterol	4mg
Sodium	145mg
Vitamin A	333IU
Vitamin C	0mg
Calcium	414mg
Iron	1mg
Vitamin D	67IU
Folate	8µg
Magnesium	58mg



Banana

1 serving

1 minute

Ingredients

1 Banana

Directions

- 1 Peel and enjoy!

Nutrition

Amount per serving	
Calories	105
Fat	0g
Carbs	27g
Fiber	3g
Sugar	14g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	76IU
Vitamin C	10mg
Calcium	6mg
Iron	0mg
Vitamin D	0IU
Folate	24µg
Magnesium	32mg



Simple Chocolate Protein Shake

1 serving

5 minutes

Ingredients

2/3 cup Unsweetened Almond Milk
1/4 cup Chocolate Protein Powder
6 Ice Cubes (large)

Directions

1

Add all the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Nutrition

Amount per serving	
Calories	105
Fat	2g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	20g
Cholesterol	4mg
Sodium	145mg
Vitamin A	333IU
Vitamin C	0mg
Calcium	414mg
Iron	1mg
Vitamin D	67IU
Folate	8µg
Magnesium	58mg



Peach

1 serving

5 minutes

Ingredients

1 Peach

Nutrition

Amount per serving	
Calories	59
Fat	0g
Carbs	14g
Fiber	2g
Sugar	13g
Protein	1g
Cholesterol	0mg
Sodium	0mg
Vitamin A	489IU
Vitamin C	10mg
Calcium	9mg
Iron	0mg
Vitamin D	0IU
Folate	6µg
Magnesium	14mg

Directions

- 1 Wash and enjoy whole or sliced.



Slow Cooker Beef Shank

6 servings
4 hours

Ingredients

1 1/2 tbsps Extra Virgin Olive Oil
(divided)
907 grams Beef Shanks (cut into 3-inch
pieces)
3 Garlic (cloves, minced)
1/2 White Onion (large, sliced)
3 cups Diced Tomatoes
2 Carrot (medium, chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	263
Fat	9g
Carbs	7g
Fiber	2g
Sugar	4g
Protein	34g
Cholesterol	59mg
Sodium	131mg
Vitamin A	3897IU
Vitamin C	14mg
Calcium	62mg
Iron	4mg
Vitamin D	0IU
Folate	18µg
Magnesium	25mg

Directions

- 1 Heat half the oil in a large pan over medium-high heat. Fry the beef shanks until browned on all sides, about five minutes. Transfer to the slow cooker and set to high.
- 2 Meanwhile, heat the remaining oil in the same pan over medium heat. Add the garlic and onions. Cook until the onions are tender, about five to eight minutes. Add a bit of liquid from the diced tomatoes to deglaze the pan.
- 3 Transfer the onions, along with the carrots, diced tomatoes, salt, and pepper to the slow cooker. Cook for four hours on high, or six to eight hours on low, or until the beef shanks are tender and fall off the bone easily. Season with more salt and pepper if needed. Enjoy!



Steamed Broccoli & Potatoes

3 servings

20 minutes

Ingredients

- 3 cups Mini Potatoes (halved)
- 3 cups Broccoli (chopped into florets)

Nutrition

Amount per serving	
Calories	146
Fat	0g
Carbs	32g
Fiber	6g
Sugar	3g
Protein	6g
Cholesterol	0mg
Sodium	39mg
Vitamin A	570IU
Vitamin C	111mg
Calcium	61mg
Iron	2mg
Vitamin D	0IU
Folate	80µg
Magnesium	54mg

Directions

- 1 Set the halved potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer potatoes to a plate.
- 2 Add the broccoli florets to the steaming basket and cover. Steam for about 5 minutes, or until tender.
- 3 Divide potatoes and broccoli onto plates or into containers if on-the-go. Enjoy!



Christine's Roasted Chicken & Sweet Potato With Greens

6 servings
25 minutes

Ingredients

6 Sweet Potato (medium, cut into cubes)
900 grams Chicken Breast (skinless, boneless)
2 tbsps Dried Thyme (fresh)
1 tbsp Garlic
Sea Salt & Black Pepper (to taste)
9 cups Broccoli
1/2 cup Extra Virgin Olive Oil
3 Lime

Directions

- 1 Preheat the oven to 200°C and line your baking tray with baking paper.
- 2 Place the sweet potatoes and chicken breast on the baking sheet. Season with thyme, minced garlic, salt and pepper and drizzle with olive oil. Bake for 15 minutes then add the broccoli and bake for a further 5-10 minutes or until the chicken is cooked through and the sweet potatoes are golden.
- 3 Divide evenly between plates and squeeze lime over the chicken and vegetables. Enjoy!

Nutrition

Amount per serving	
Calories	528
Fat	25g
Carbs	38g
Fiber	8g
Sugar	8g
Protein	40g
Cholesterol	110mg
Sodium	186mg
Vitamin A	19387IU
Vitamin C	132mg
Calcium	135mg
Iron	4mg
Vitamin D	2IU
Folate	119µg
Magnesium	107mg