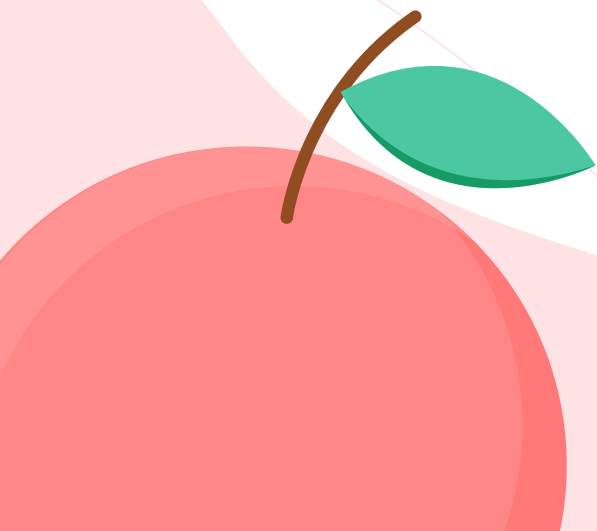




SECOND
NATURE

7-day meal plan

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Our nutrition guidelines

7-day meal plan



Our nutrition advice

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Eat three balanced meals a day

02

Base your meals on whole foods like meat, fish, vegetables, and whole grains

03

Aim for complex carbohydrates to be around 25% of your plate or a fist full

04

Drink 6–8 glasses of water a day

05

Space meals 3–5 hours apart. Snack on protein if hungry between meals.

06

Enjoy meals out and takeaways every now and then



Balanced plate model

A useful way to learn how to build a balanced meal is to use our balanced plate model.

- At least 1/2 your plate of vegetables
- 1/4 of your plate of proteins
- 1/4 of your plate of complex carbohydrates
- A source of fats



7-day meal plan

Monday

Breakfast • Monday

Bowl of yoghurt

Ingredients

- 200g plain, unsweetened Greek yoghurt
- Optional toppings: berries and sliced almonds



For video instructions
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Lunch • Monday

Courgette Frittata slice + salad

Ingredients (Frittata)

- 6 large eggs
- 4 tbsp wholemeal flour
- 1 cup (125g) cheddar cheese, grated
- 1 tub (300g) cottage cheese
- 2 courgettes, grated
- 3 spring onions, sliced
- 2 tbsp olive oil
- Salt and pepper

Ingredients (Salad)

- 2 handfuls of baby spinach
- 1 tomato
- ¼ slice off a length of cucumber
- ½ chopped red pepper
- Pre-prepped lemon salad dressing

Cooking directions

1. Preheat the oven to 180°C.
2. Whisk the eggs in a large bowl until combined.
3. Add the flour and whisk until smooth.
4. Add the cheeses, courgettes, spring onions, olive oil and a pinch of salt and pepper and stir to combine.
5. Pour the mixture into a baking pan (square or rectangular) lined with greaseproof paper.
6. Bake for 35-40 minutes, until cooked through and lightly browned on top.
7. Prep salad ingredients, add lemon salad dressing and toss ready for serving.



Dinner • Monday

Goulash soup

Ingredients

- 2 tbsp olive oil 1 onion, diced
- 2 garlic cloves, finely diced or minced
- 1 tsp ground paprika
- 400g diced beef
- 400g mushrooms, sliced
- 1 carrot, diced
- 1L beef stock
- 1 x 400g tin chopped tomatoes
- 200g potatoes, cut into 1cm cubes
- 100g plain natural or Greek yoghurt
- 50g fresh flat leaf parsley, roughly chopped

Cooking directions

1. Heat 2 tbsp of oil in a large saucepan, over medium heat. Fry the onion, garlic, and paprika, until softened.
2. Add the beef and stir until evenly browned. Add the mushrooms and carrots, and cook until softened.
3. Pour in the stock and tomatoes, and season with salt and pepper. Stir to combine and bring to a boil. Reduce to a simmer, cover and cook for up to 1hr.
4. Add the potatoes and cook uncovered for 20- 30mins, or until the potatoes are tender.
5. Ladle into bowls, and top with a spoonful of yoghurt and chopped parsley.

For video instructions
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Quick prep: Put one serving of leftover soup in the fridge for lunch tomorrow and the rest in the freezer

7-day meal plan

Tuesday

Breakfast • Tuesday

Eggs your way!

Ingredients

- Eggs
- Avocado (Slice or mash ¼ of an avocado)
- 1 slice of wholegrain toast



Lunch • Tuesday

Leftover goulash soup



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Dinner • Tuesday

Mediterranean quinoa

Ingredients

- 400ml vegetable stock
- 5–6 sprigs fresh thyme
- 120g quinoa
- 2 bay leaves (optional)
- 2 tbsp olive oil
- 1 red onion, roughly chopped
- 2 garlic cloves, roughly chopped
- 1 large aubergine, diced
- 2 courgettes, chopped
- 1 red pepper, deseeded & chopped
- 1 tsp dried oregano
- 400g tin chopped tomatoes
- Handful flat-leaf parsley or a small handful fresh basil, roughly chopped
- Optional: 2 tbsp Greek yoghurt as a topping

Cooking directions

1. Put the stock, thyme, quinoa and bay leaves in a saucepan and bring to a boil. Cover and turn the heat to low.
2. Gently simmer for 15–20 minutes until quinoa is cooked (i.e. tender and easily fluffed with a fork). Drain off any excess liquid, remove the herbs and set aside.
3. Meanwhile, heat the olive oil in a large frying pan. Add the onion, garlic and aubergine and fry until lightly browned.
4. Add the courgette and red pepper and dried oregano. Fry for a couple of minutes.
5. Add the tinned tomatoes and salt & pepper and bring up to a simmer. Cover and simmer gently for approx. 20 minutes until the aubergines are tender. Add 2–3 tbsp water if necessary to reduce the thickness of the sauce.
6. Serve the vegetables on the quinoa and garnish with the remaining herbs.



Quick prep: put leftover servings into containers for lunch on Thursday.

7-day meal plan

Wednesday

For video instructions
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Breakfast • Wednesday

Very berry smoothie

Ingredients

- 200g plain natural or Greek yoghurt
- 1 tbsp rolled oats
- 1 tbsp milled flaxseed (optional)
- 1 handful baby spinach leaves
- 1 small handful fresh or frozen fruit (e.g. stoned cherries, berries, kiwi, melon, pineapple)
- 100ml milk

Cooking directions

1. Place all ingredients in the order they are listed in a blender.
2. Screw the lid on tight and blend until smooth.



Quick prep: make a salad similar to Monday's and put it in a container with a serving of Frittata vegetable slices (leftover) for lunch.

Lunch • Wednesday

Leftover courgette frittata slice + salad



For video instructions
scan here!



Dinner • Wednesday

Coconut dahl

Ingredients

- 2 tbsp coconut or olive oil
- 1 large onion, finely diced
- 3 garlic cloves, finely diced or minced
- 2cm fresh ginger, grated
- 2 1/2 tsp ground garam masala
- 1 tsp ground turmeric
- 1/4 tsp dried chilli flakes
- 200g red lentils or split peas
- 400ml vegetable stock
- 1 x 400ml tin coconut milk
- 1 large handful baby spinach
- 1 handful fresh coriander leaves, roughly chopped

Cooking directions

1. Heat 2 tbsp of oil in a large saucepan, over medium heat. Fry the onion, garlic, and ginger, until softened.
2. Stir in the spices and fry until lightly browned.
3. Stir in the lentils or split peas, and a pinch of black pepper.
4. Add the coconut milk and vegetable stock, and bring it to a boil. Reduce the heat and simmer gently for 20-25mins. If using split peas, add an extra 125ml water and cook for a further 15-20mins.
5. The lentils or split peas should be soft and cooked through. Add in the spinach leaves and stir the dahl.
6. Serve with coriander.



Quick prep: put leftover dahl into a container in the fridge for dinner Friday.

7-day meal plan

Thursday

For video instructions
scan here!



Breakfast • Thursday

Mushroom omelette

Ingredients

- 2–3 medium or large eggs
- 2 tbsp plain natural or Greek yoghurt
- 1 small handful fresh or dried herbs (optional)
- 1–2 handfuls your choice of vegetables, diced
- 1 tbsp butter
- 30g Cheddar cheese, grated
- Optional: Slice of wholegrain bread

Cooking directions

1. Gently whisk the eggs in a small bowl with yoghurt and a pinch of salt and pepper (and any dried herbs).
2. Heat a non-stick frying pan, over medium heat. If you're adding any vegetables, cook these in a drizzle of olive oil for 2–3mins to soften. Transfer to a side dish.
3. Add the butter to the pan. When it's melted (but not browned), pour the egg mix in. Once the mixture starts to set, tilt the pan and use a spatula to lift the edges slightly to allow the raw egg to flow underneath.
4. Distribute the cooked vegetables, cheese, and/or fresh herbs over the top. If your pan has a lid, put it on, but this isn't essential.
5. When the omelette starts to firm up around the edges, tilt the pan and fold it over in half.



Lunch • Thursday

Leftover mediterranean quinoa (w/greek yoghurt)



For video instructions
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Dinner • Thursday

Warm Lamb salad

Ingredients

- 200g plain Greek yoghurt
- ½ lemon, zested and juiced
- 1 garlic clove, finely diced or minced
- 1 tbsp olive oil
- 400g lamb fillet or leg steaks
- 4 handfuls (100g) baby spinach and/or salad leaves
- ½ red onion, finely sliced
- 250g cherry tomatoes, halved
- 1 red pepper, deseeded and finely sliced

Cooking directions

1. Combine the Greek yoghurt, lemon zest, lemon juice, and garlic in a bowl.
2. Heat 1 tbsp of oil in a frying pan, over medium-high heat. Season the lamb with salt and pepper, and cook to your liking (or 3mins each side). Cover with foil and set aside.
3. Mix the spinach, red onion, tomatoes, and red pepper in a large bowl. Dress with half the yoghurt dressing.
4. Slice the lamb diagonally into pieces and add to the salad, along with any juice from the pan.
5. Serve with extra dressing on the side.



Quick prep: put leftover lamb salad into containers for lunch prep overnight oats (40g) for tomorrow's breakfast (check following page for recipe)

7-day meal plan

Friday

For video instructions
scan here!



Breakfast • Friday

Overnight oats

Ingredients

- 40g rolled oats
- 100g plain natural or Greek yoghurt
- 100ml milk

Optional topping choices:

- 1 small handful nuts
- 1 handful berries
- 1 tbsp milled flaxseed
- 1 tsp ground cinnamon

Cooking directions

1. Combine the rolled oats, yoghurt, milk, and a small pinch of salt in a bowl. Stir well to combine.
2. Cover and put in the fridge overnight.
3. Next morning, top with your favourite choice of toppings, such as nuts, milled flaxseed, berries, or ground cinnamon.



Lunch • Friday

Leftover warm lamb salad



Dinner • Friday

Leftover coconut dahl



7-day meal plan

Saturday

For video instructions
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Breakfast • Saturday

Blueberry oat pancakes

Ingredients

- 2 bananas
- 100g of oats
- 3 large eggs
- 100g of blueberries
- 1/2 tsp salt
- 1 tbsp butter

Halve the ingredients if you're after a single stack. You can also use a fork to mash the ingredients.

Cooking directions

1. Using a blender or food processor, blend the bananas and eggs, followed by the oats and salt, until well-combined.
2. Heat a frying pan over medium heat and add a bit of butter.
3. Pour batter into the pan to desired size, aiming for pancakes about 1cm thick.
4. Add blueberries straight away to the top side of the batter in the pan.
5. Once bubbles begin to form on the top, flip with a spatula.
6. Cook until both sides are golden brown.
7. Repeat until remaining batter is used up. Stack and serve with a dollop of greek yoghurt and any leftover berries.





Lunch • Saturday

Eating out or Leftover goulash soup



Note: opt for a meal with lots of non-starchy vegetables and a good source of protein

For video instructions
scan here!



Dinner • Saturday

Meatballs in chilli tomato sauce + salad

Ingredients (Meatballs)

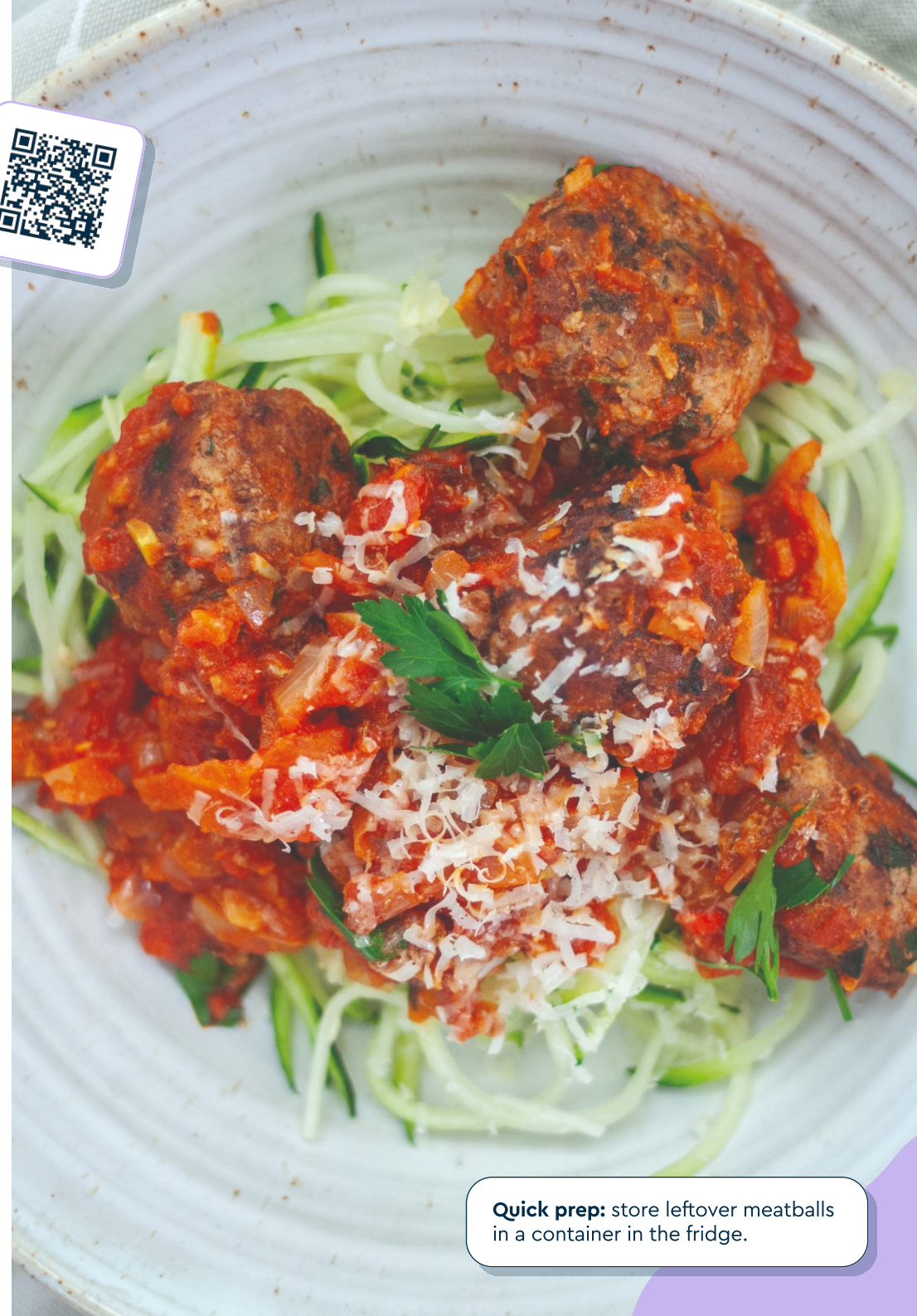
- 400g minced beef
- 1 egg, lightly beaten
- 2 tbsp fresh parsley, roughly chopped
- ½ tsp chilli powder (optional)
- 2 tbsp olive oil
- 1 small onion, diced
- 2 garlic cloves, finely diced or minced
- 2 small red chillies, finely sliced
- 1 × 400g tin chopped tomatoes

Ingredients (Salad)

- 2 handfuls of baby spinach
- 1 tomato
- ¼ slice off a length of cucumber
- ½ chopped red pepper
- Pre-prepped lemon salad dressing

Cooking directions

1. Mix together the mince, egg, parsley, chilli powder (if using), and a pinch of salt and pepper in a large bowl. Roll them into tight balls and place on a plate.
2. Heat 1 tbsp of the oil in a large frying pan, over medium heat. Cook the meatballs in batches, until evenly browned (but not burnt). Remove and place on a plate.
3. Fry the onion, garlic, and chilli in the remaining 1 tbsp of oil over medium heat for 5mins, or until softened.
4. Add the tinned tomatoes and simmer for 5mins.
5. Add the meatballs and cook for 9–10mins, or until cooked through.
6. Serve, garnished with extra parsley.



Quick prep: store leftover meatballs in a container in the fridge.

7-day meal plan

Sunday

Breakfast • Sunday

Scrambled eggs

Ingredients

- 2-3 Eggs

Optional topping choices:

- 1 grilled tomato
- 1 handful of baby spinach
- 2 rashers of back bacon



Lunch • Sunday

Peri Peri chicken and vegetables

Ingredients (Frittata)

- 1 tbsp olive oil
- 1 whole medium chicken
- 1 lemon
- 300g potatoes, cut into chips
- 125ml medium peri peri sauce
- 3 red peppers, cut into chunks
- 2 courgettes, cut into chunks
- 2 red onions, cut into chunks
- 1 large handful fresh coriander

Cooking directions

1. Preheat the oven to 200°C/180°C fan.
2. Lightly oil a large roasting tray with 1 tbsp of oil.
3. Place the chicken, breast side up, in the tray, and stuff with lemon. Arrange the potatoes around the chicken, and season with salt and pepper.
4. Brush the chicken with 2/3 of the peri peri sauce and roast for 30mins.
5. Meanwhile, mix together the rest of the vegetables with a little salt, pepper, and the remaining peri peri sauce.
6. Remove the chicken and glaze with the juice from the bottom of the roasting tray. Turn the potatoes and add in rest of the vegetables, cook for another 20-30mins.
7. Check the chicken is cooked by piercing the biggest part of the thigh with a skewer or knife. If the juices run clear, it's done. If it's cloudy or pink, return to the oven for another 10-15mins.
8. Sprinkle with coriander and serve.



Dinner • Sunday

Leftover meatballs in chilli tomato sauce

