



GLENORCHY
HEALTH & FITNESS

FREE MEAL PLAN



WHAT WE OFFER



- 24/7 access
- Over 55 classes per week
- Free Kids Club
- Food coaching
- Personal training
- Small group fitness
- Personalised programs
- Virtual classes
- Friendly & accessible trainers and instructors
- And more!

BENEFITS OF **EXERCISE**



- Lower rates of morbidity
- Reduce risk of chronic disease
- Avoid injuries from normal movement and sports
- Improve bone density and improve strength in muscles and joints
- Improved feelings of vitality and self esteem
- Prevent depression and anxiety

MAXIMISE YOUR **RESULTS**

On the pages that follow, you'll find a free 3 day meal plan & a workout planner. We recommend combining the meal plan with a FREE 3 day trial at GHF to really maximise your results! Use our online timetable to choose & plan your workouts.

Get your free trial now at:
www.glenorchyhealthandfitness.com.au



MEAL PLAN

DAY ONE



BREAKFAST: EGGS ON TOAST

INGREDIENTS

- 2 pieces Burgen bread
- 2 eggs
- 3 mushrooms
- 1 cup spinach

METHOD

1. Cook eggs as desired- e.g. scrambled, poached or omelette. Do not use oil.
2. Cook vegetables.
3. Toast bread.
4. Top bread with eggs and vegetables.

SERVES
1

MEAL PLAN

DAY ONE



LUNCH: PESTO ZOODLES WITH CHICKEN

INGREDIENTS

- 2 medium zucchini – spiralized
- 1 medium onion – thinly sliced
- ¼ cup pesto
- 2 chicken breasts
- 2 tbsp olive oil
- Juice from half a lemon
- Salt & pepper – to taste
- Optional garnishes: shredded parmesan and pine nuts

METHOD

1. Heat 1 tbsp olive oil in a pan over medium heat.
2. Place chicken breasts in pan. Season with salt and pepper, then add lemon juice to pan.
3. Cook chicken breasts for approximately 15 minutes, flipping halfway through cooking. Let chicken breasts rest for approximately 5 minutes before slicing.
4. Meanwhile, heat a second pan over medium heat with 1 tbsp olive oil.
5. Add sliced onion to skillet and sauté for a few minutes, until it starts to become transparent.
6. Add zoodles to onions and stir to combine. Sauté for about 3 minutes.
7. Stir pesto into zoodles and onions and cook for 2-3 more minutes, until incorporated.
8. To serve, dish up zoodles and top with sliced chicken. Garnish with parmesan and pine nuts if you want.

SERVES
3

MEAL PLAN

DAY ONE



DINNER: CHICKPEA & SPINACH CURRY

INGREDIENTS

- ½ can chickpeas
- ½ cup spinach
- 1 cup tomato
- ½ onion
- 1 garlic clove
- 1 tsp garam masala
- 1 tsp ginger
- ¼ tsp turmeric
- ½ cup water
- 1 cup vegetable stock
- 30 g Basmati rice

METHOD

1. In a medium saucepan, saute the onions with a splash of water until translucent.
2. Add chickpeas, spinach, tomatoes, garlic, garam masala, ginger, turmeric, stock cube and water. Bring to the boil then reduce heat and simmer gently, stirring occasionally, for approximately 10-12 minutes, until spinach has cooked and water has reduced.
3. Cook rice. Serve curry with rice and fresh coriander.

SERVES
1

MEAL PLAN

DAY TWO



BREAKFAST: BERRY SMOOTHIE

INGREDIENTS

- 1 Uncle Toby's Quick Oats Sachet
- 100g mixed berries or ½ banana
- 1 scoop protein powder
- 1 tbsp flaxseed
- Water – as needed

METHOD

1. Place all ingredients in a blender and blend until smooth.
2. Top with a few extra berries and enjoy!

SERVES
1

MEAL PLAN

DAY TWO



LUNCH: ZUCCHINI, CHILLI & RICOTTA FRITTATA

INGREDIENTS

- 1 teaspoon olive oil
- 2 zucchini - thinly sliced
- 1 garlic clove - crushed
- 1/2 teaspoon dried red chilli flakes
- 100g chopped trimmed kale
- 150g (1 cup) frozen peas
- 8 eggs
- 2 tablespoons milk
- 85g (1/3 cup) fresh ricotta
- 4 slices wholemeal grain toast
- Lemon wedges, to serve

METHOD

1. Heat half the oil in a large, ovenproof non-stick frying pan over medium-high heat. Add zucchini and cook, turning, for 2-3 minutes or until golden. Transfer to a plate.
2. Add the garlic, chilli and remaining oil and cook, stirring, for 1 minute or until aromatic. Add kale and peas and cook, stirring, for 2 minutes or until kale is wilted. Return zucchini to pan.
3. Whisk together the eggs and milk in a large jug. Season. Pour egg mixture evenly over the vegetables and dollop with ricotta. Reduce heat to low and cook, covered, for 15 minutes or until egg mixture is almost set.
4. Preheat grill on high. Place frittata under the grill and cook for 5 minutes or until golden, set and puffed. Set aside for 5 minutes before cutting into 4 wedges.
5. Serve with wholegrain toast and lemon wedges.

SERVES
4

MEAL PLAN

DAY TWO



DINNER: TANDOORI CHICKEN BURGER

INGREDIENTS

- 500g chicken breast fillets
- 100g tandoori paste
- 2 tbsp Greek natural yoghurt
- 1 tbsp fresh lemon juice
- Olive oil spray
- 1 Lebanese cucumber
- 2 large Turkish bread rolls – split and toasted
- 80g baby spinach leaves
- 3 ripe tomatoes – thinly sliced
- Fresh mint leaves – to serve
- 120g mango chutney

Minted Yoghurt:

- 2/3 cup Greek natural yoghurt
- 1 ½ tbsp fresh mint - shredded

METHOD

1. Cut the chicken in half horizontally. Cut each piece in half lengthways.
2. Place the tandoori paste, yoghurt and lemon juice in a shallow glass or ceramic dish and stir until well combined. Add the chicken and toss to coat. Cover with plastic wrap and place in the fridge for 10 minutes to marinate.
3. Preheat a barbeque grill or chargrill on medium-high. Lightly spray both sides of the chicken with olive oil spray. Add the chicken to the barbeque and cook for 2 minutes each side or until cooked through.
4. Meanwhile, to make the minted yoghurt, combine the yoghurt and mint in a small bowl.
5. Use a vegetable peeler to slice the cucumber lengthways into thin ribbons. Spread the minted yoghurt evenly over the base of each bread roll. Top with the spinach, tomato, cucumber, chicken and mint. Serve with the mango chutney.

SERVES
4

MEAL PLAN

DAY THREE



BREAKFAST: CHIA PUDDING

INGREDIENTS

- 2/3 cup almond milk
- 2 tbsp cacao powder
- 2 tbsp chia seeds
- 30g protein powder
- 100g berries

METHOD

1. Blend or mix first four ingredients in a container or glass. Refrigerate overnight.
2. Top with berries before serving.

SERVES
1

MEAL PLAN

DAY THREE



LUNCH: TURMERIC FRIED EGG & VEG BOWL

INGREDIENTS

- 2 1/2 tablespoons extra virgin olive oil
- 3 garlic cloves - thinly sliced
- 2 x 150g packets kale leaf & spinach mix
- 425g can chickpeas - drained
- 1 lemon, rind finely grated - juiced
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon dried chilli flakes
- 4 eggs
- 200g grape tomatoes - sliced
- 1/2 small red onion - finely chopped
- 1/2 cup fresh dill sprigs - chopped
- 1 cup cooked brown rice

METHOD

1. Heat 1 tbsp of oil in a deep-frying pan over med-high heat. Add garlic. Cook, stirring, for 30 seconds or until golden and aromatic. Add kale mix and cook, covered, for 2 minutes or until wilted. Add chickpeas and cook, uncovered, for 1 minute.
2. Remove from heat and stir in lemon rind and 1 tbsp juice. Season. Transfer to a bowl and set aside.
3. Heat 1 tbs of remaining oil in same pan over medium-high heat. Add turmeric and chilli. Cook, stirring, for 30 seconds or until aromatic.
4. Crack eggs into pan. Cook for 2-3 minutes for soft yolks and crispy whites. Remove from heat. Add 1 tbs remaining lemon juice, drizzling around eggs. Swirl to combine.
5. Combine the tomato, onion, dill, remaining oil and remaining juice in a bowl.
6. Divide kale mixture and brown rice among serving bowls. Top with egg and salsa. Drizzle with any pan juices.

SERVES
4

MEAL PLAN

DAY THREE



DINNER: BBQ CHICKEN PIZZA

INGREDIENTS

- 30g BBQ pizza sauce
- 3 mushrooms – sliced
- 30g baby spinach
- 30g capsicum – sliced
- 25g light cheese
- 50g chicken breast
- 1 Mission wholemeal wrap

METHOD

1. Preheat your oven.
2. Top wrap with pizza sauce, chicken, vegetables and cheese.
3. Bake in oven until cheese has melted and is starting to brown.

SERVES

1

SNACK OPTIONS



CARROTS & HUMMUS

- 2 tbsp hummus
- 1 large carrot



EGG & CRUSKITS

- 1 boiled egg
- 2 light Cruskits



FRUIT SALAD

- 1 cup fresh fruit salad



BERRIES & YOGHURT

- 1 tub YoPro yoghurt
- 1/2 cup berries

WORKOUT PLANNER

DAY	WORKOUT	AM	OR	PM
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				



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