



Week Four

INTRODUCTION AND MEAL PLAN



Week 4: The Finale Phase Three

Welcome to the final phase and week of the 23W 28 Day Reset. This last week is fat loss focused and you are about to see some amazing results. The eating plan for the last week incorporates a high protein-eating regime with a high fat focus. Because the fat component of your meals has increased, the carbohydrate intake will drop.

This week we are encouraging you to include:

1. Increased protein:

Protein is one of the three main macronutrients responsible for enhanced muscle growth muscle recovery and repair and boost metabolism. Protein intake is also very important as it is used to make hormones, enzymes, neurotransmitters and antibodies. Specifically, for fat loss, protein assists with reducing sugar cravings, suppressing appetite, supporting exercise regime (replacing amino acid storage) and developing lean muscle tone. Your diet should not use protein as the main source of energy due to the stress and inflammatory response that can occur. The amount of protein needed for each individual is person specific. The amount will depend on the sex, age and size of the person, their energy demands, metabolic rate, digestive health and the type being consumed. You should aim for 1-2g of protein per kilogram of body weight.

2. High fat/ lower carbohydrates:

This phase will include a higher fat, low carbohydrate, eating regime to reduce total calorie consumption and possibly produce ketosis. Ketosis is a metabolic reaction that occurs in the body on a high fat, low carbohydrate diet with your fat storage being used as the only energy source in the body. This phase is not a forever diet, but a great way to rapidly drop body fat. It will be harder to reduce carbohydrates on a vegetarian style of eating due to the difference in protein sources to be consumed.

3. Fibrous Veggies:

You should be aiming to hit around 25-30g of fibre per day. It is possible to over eat and under eat fibre. To add more colour and bulk to your week 4 meal plan, feel free to add to 1-2 cups of non-starchy, fibrous veggies to your meals. A high-fibre diet has several benefits, including helping with weight loss as you can enjoy a bigger portion of many high-fibre foods and still keep your calories under control. Also, fibrous foods often need chewing, which is another factor that leads to feeling satisfied from eating. You should aim for between 25-40g of fibre per day.



7 Day Meal Plan

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday Calories: 1796 Fats: 101g Carbs: 85g Protein: 170g	Steak and Eggs	1 cup Veggie Sticks	Mongolian Beef	Tuna Avocado Smash	Kung Pao Chicken
Tuesday Calories: 1796 Fats: 101g Carbs: 85g Protein: 170g	Steak and Eggs	1 cup Veggie Sticks	Mongolian Beef	Tuna Avocado Smash	Kung Pao Chicken
Wednesday Calories: 1796 Fats: 101g Carbs: 85g Protein: 170g	Steak and Eggs	1 cup Veggie Sticks	Mongolian Beef	Tuna Avocado Smash	Kung Pao Chicken
Thursday Calories: 1771 Fats: 117g Carbs: 54g Protein: 138g	Baked Mini Frittata	1 cup Veggie Sticks	Mongolian Beef	Tuna Avocado Smash	Zucchini Bake
Friday Calories: 1771 Fats: 117g Carbs: 54g Protein: 138g	Baked Mini Frittata	1 cup Veggie Sticks	Egg Roll Bowl	Tuna Avocado Smash	Zucchini Bake
Saturday Calories: 1771 Fats: 117g Carbs: 54g Protein: 138g	Baked Mini Frittata	1 cup Veggie Sticks	Egg Roll Bowl	Tuna Avocado Smash	Zucchini Bake
Sunday Calories: 1771 Fats: 117g Carbs: 54g Protein: 138g	Baked Mini Frittata	1 cup Veggie Sticks	Egg Roll Bowl	Tuna Avocado Smash	Zucchini Bake

7 Day Meal Plan (vegetarian)

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday Calories: 1724 Fats: 99g Carbs: 134g Protein: 83g	Tofu Scramble	1 cup Veggie Sticks	Mongolian Tempeh	150g Greek Yogurt	Black Bean Soup
Tuesday Calories: 1724 Fats: 99g Carbs: 134g Protein: 83g	Tofu Scramble	1 cup Veggie Sticks	Mongolian Tempeh	150g Greek Yogurt	Black Bean Soup
Wednesday Calories: 1724 Fats: 99g Carbs: 134g Protein: 83g	Tofu Scramble	1 cup Veggie Sticks	Mongolian Tempeh	150g Greek Yogurt	Black Bean Soup
Thursday Calories: 1724 Fats: 99g Carbs: 134g Protein: 83g	Tofu Scramble	1 cup Veggie Sticks	Mongolian Tempeh	150g Greek Yogurt	Black Bean Soup
Friday Calories: 1695 Fats: 90g Carbs: 132g Protein: 89g	Baked Mini Frittata	1 cup Veggie Sticks	Butternut Tempeh Bake	150g Greek Yogurt	Lentil Meatballs
Saturday Calories: 1695 Fats: 90g Carbs: 132g Protein: 89g	Baked Mini Frittata	1 cup Veggie Sticks	Butternut Tempeh Bake	150g Greek Yogurt	Lentil Meatballs
Sunday Calories: 1695 Fats: 90g Carbs: 132g Protein: 89g	Baked Mini Frittata	1 cup Veggie Sticks	Butternut Tempeh Bake	150g Greek Yogurt	Lentil Meatballs



Week Four

RECIPES



Steak and Eggs

Ingredients:

450g raw lean minute steak
4 cups baby spinach leaves
3 garlic cloves, crushed
1 punnet of cherry tomatoes
250g button mushrooms, chopped
1 brown onion, diced
1 tbsp. extra virgin olive oil
2 tsp. dried coriander
2 tsp. paprika & 2 tsp. red chili flakes
3 boiled egg



Serves 3



478



36g



10g



33g

1. Rub one crushed garlic, coriander, paprika and chili flakes over the steak.
2. Heat a non-stick fry pan over medium temperature and cook the steak to one side of the pan for 3-4 minutes on each side or until cooked to liking. Once cooked set aside.
3. Whilst the steak is cooking, heat olive oil to one side of the pan and sauté the onion with garlic for a few minutes.
4. Add baby spinach leaves, cherry tomatoes, and mushrooms and continue cooking for 5 minutes or until the spinach is wilted. Serve the breakfast steak beside the mushrooms, spinach and cherry tomatoes and 1 boiled egg.

Tofu Scramble

Ingredients:

400g Extra Firm Tofu
1 Tbsp coconut oil
1 tsp Turmeric
1 tsp Paprika
1 tsp Dijon Mustard
1 tsp Garlic Powder
1/4 tsp Onion Powder
1/3 cup (80ml) Milk (of choice)
3 Spring Onions, chopped
1 punnet tomatoes
1 Avocado
Salt and pepper



Serves 4



565



30g



33g



35g

1. Mash the tofu with a fork but leave some nice big chunks. Add the turmeric, paprika, Dijon mustard, garlic powder, black salt and powder to a bowl.
2. Then add the soy milk and whisk into a sauce.
3. Add the coconut oil to a frying pan and heat until hot. Add the tofu and fry it until lightly browned, being careful not to break it up too much when moving it around the pan.
4. Add the sauce and fold it in. Fry it until you've achieved desired consistency, the tofu will absorb the sauce so you can have it as wet or as dry as you like.
5. Top with some black pepper and chopped chives and serve with some fried tomatoes and sliced avocado.

Baked Mini Frittata

Ingredients:

250g mushrooms washed, sliced
2 tsp. olive oil
70g parmesan cheese
150g crumbled Feta Cheese
4 thinly-sliced green onions
8 eggs, beaten
Fresh-ground black pepper to taste



Serves 3



478



36g



10g



33g

1. Preheat the oven to 190C. Spray tart pan or 4 Jumbo Muffin Cups with non-stick spray.
2. Slice mushrooms into thick slices. Heat the olive oil in a large non-stick frying pan over medium-high heat and cook mushrooms until they release all their liquid and it has evaporated and the mushrooms are lightly browned, about 6-8 minutes. Put the mushrooms into the bottom of the tart pan wells or baking cups.
3. Crumble the feta cheese and thinly slice the green onions. Layer the parmesan, feta, and green onions on top of the mushrooms.
4. Beat the eggs with black pepper and divide eggs among the tart pan wells or muffin cups. Take a fork and gently "stir" the mixture so all the other ingredients are coated with egg.
5. Bake the mini-frittatas about 25 minutes, or until they are set and lightly browned on top.

Tuna Avocado Smash

Ingredients:

1 can tuna in olive oil
5 cherry tomatoes
1/3 avocado, chopped



Serves 1



213



16g



7g



19g

1. Cherry tomatoes into quarters.
2. Drain oil from tuna.
3. Place all three ingredients into a bowl and serve.

Pork Egg Roll

Ingredients:

500g ground pork
1/2 head cabbage thinly sliced
1 onion medium, thinly sliced
1 tablespoon sesame oil
1/4 cup soy sauce
1 clove garlic minced
1 teaspoon ground ginger
1 tablespoons chicken broth
Bag of bean Shoots
Handful of fresh basil
1 red capsicum, cut into strips
Salt and pepper to taste



Serves 4

kCal

452

Protein

36g

Carbs

10g

Fat

30g

1. Brown ground pork in a large pan or wok over medium heat.
2. Ensure cabbage, veggies and onion is thinly sliced into long strands.
3. Add sesame oil and onions and capsicum to the pan with browned ground pork. Mix together and continue cooking over medium heat.
4. Mix soy sauce, garlic, and ground ginger together in a small bowl. Once onions have browned, add the sauce mixture to the pan.
5. Immediately add the cabbage and bean shoot to the pan and toss to coat the vegetable and evenly distribute ingredients. Add chicken broth to the pan and mix. Continue cooking over medium heat for three minutes, stirring frequently. Garnish with salt, pepper and spring onion.

Mongolian Beef

Ingredients:

2 tbsp. soy sauce
1 tsp. sugar (optional) & 1 tsp. cornflour
1 tbsp. rice vinegar & 1 tbsp. hoisin sauce
2 tsp. Asian garlic chili paste
2 tsp. coconut oil
1 tbsp. ginger, minced
1 garlic clove, minced
500g lean sirloin beef, thinly sliced
1 brown onion, chopped
20 snow peas & 2 x chopped carrots
Bok Choy & Cauliflower Rice



Serves 1

kCal

213

Protein

16g

Carbs

7g

Fat

19g

1. Stir together the soy sauce, sugar, cornflour, rice vinegar, hoisin, and chili paste.
2. Heat the oil in a non-stick pan over medium high heat. Add the ginger, garlic, and beef.
3. Cook for 2-3 minutes until beef is browned. Add the green onions and cook for 30 seconds. Add the sauce and cook for 1-2 minutes, stirring constantly, until it thickens.
4. Serve with Cauliflower rice and steamed veggies.

Zucchini Bake



Ingredients:

2 x zucchini
800g lean ground beef
2 x tomato cans
1 onion, finely chopped
1 1/2 cups shredded mozzarella cheese
1/2 cup finely grated parmesan cheese
2 tablespoons olive oil
3 teaspoons dried oregano
2 teaspoons salt
1/4 teaspoon ground cayenne
Garden salad



Serves 4



587



51g



10g



39g

1. Heat a high-sided pan over medium heat until hot. Add olive oil to coat the bottom of the pan. Add onions and cook until softened, about 5 minutes, stirring occasionally.
2. Add ground beef to the pan, breaking it apart as it cooks. Cook until browned, about 5 minutes. Add tomato sauce, stirring it in. Bring to a simmer over medium-high heat, then gradually reduce the heat to maintain a simmer. Simmer for about 5 minutes to thicken the sauce, stirring occasionally. Add oregano, salt, and cayenne. Stir until well mixed.
3. Preheat the oven to 180 degrees. Slice each zucchini along its length into strips. 4. Arrange zucchini slices along the bottom of the baking dish so that they are slightly overlapping in a criss-cross pattern. Evenly pour about half of the meat sauce over the zucchini. Add about 1/2 cup of mozzarella cheese on top of the meat sauce.
4. Repeat with another zucchini layer, a meat sauce layer, and a cheese layer. Top with remaining zucchini slices. Add another 1/2 cup mozzarella cheese and 1/2 cup parmesan cheese on top of the zucchini. Bake at 180 degrees until the lasagne is golden brown on top and bubbling, about 45 minutes. Let cool about 10 minutes to allow the lasagne to set and cease bubbling before slicing.
5. Serve with garden salad of choice.

Tempeh Butternut Squash Bake



Ingredients:

3 tbsp. tamari, soy sauce
2 tbsp. coconut oil
1 tbsp. apple cider vinegar
1 tbsp fresh ginger, grated
2 cloves garlic, minced
300g package tempeh, cut into bite-size chunks
1 medium butternut squash (about 4 cups), peeled, deseeded and cut into bite-size pieces
1 medium onion, chopped
250g portobello or white mushrooms
Salt and pepper, to taste
Crushed red pepper flakes, to taste
Sriracha or chili sauce, for serving
2-3 cups green beans

1. Preheat oven to 190°.
2. Whisk tamari, coconut oil, apple cider vinegar, ginger and garlic in a small bowl.
3. Use hands to gently toss tempeh, butternut squash, onion, and mushrooms in a square baking dish or a baking sheet.
4. Pour tamari mixture over the tempeh, squash, onion and mushrooms and toss to coat. Sprinkle on sea salt, ground pepper and crushed red pepper flakes to taste.
5. Cover baking dish/sheet with aluminium foil and bake for 35 minutes. Pull baking dish out, remove and discard the aluminium foil, stir and place back in the oven for another 20 minutes or until butternut squash is cooked to your liking.
6. Remove from baking dish, serve with steamed greens.



Serves 3



kCal

420



Protein

23g



Carbs

29g



Fat

25g

Black Bean Soup



Ingredients:

2 Tbsp Olive Oil
2 Onion (Chopped)
2 tsp Crushed Garlic
2 tsp Oregano
2 tsp Cumin
2 tsp Smoked Paprika
1 tsp Coriander Powder
1/2 tsp Cayenne Pepper
2 Large Carrot (Sliced)
4 Stalks Celery (Sliced)
2 can Black Beans (Drained)
2 can Chopped Tomatoes
1/2 cup Tomato Paste
5 cups Vegetable Stock

1. Add the onions and garlic to a pot with the olive oil and sauté until the onions are softened. Then add in the oregano, cumin, smoked paprika, coriander powder and cayenne pepper and fry with the onions and spices for a minute. Then add in the chopped carrots and celery and mix in.
2. Add in the black beans, canned tomatoes, tomato paste and vegetable stock.
3. Bring to the boil and then reduce heat and let it simmer until the carrots and celery are cooked.
4. Add salt and pepper if needed.
5. Blend a little of the soup with an immersion blender or take some out and blend in a regular blender and then add back to the pot. Don't blend all the soup, just a little of it, so that it's nice and thick but also chunky.



Serves 4



374



12g



47g



17g

Mongolian Tempeh



Ingredients:

3 tbsp. soy sauce
1 tsp. sugar (optional)
2 tsp. cornflour
2 tbsp. rice vinegar
2 tbsp. hoisin sauce
4 tsp. Asian garlic chili paste (like sambal oelek)
4 tsp. coconut oil
2 tbsp. ginger, minced
1 garlic clove, minced
600g Tempeh
1 brown onion, chopped
20 snow peas
2 x chopped carrots
Bok Choy
Cauliflower Rice

1. Stir together the soy sauce, sugar, cornflour, rice vinegar, hoisin, and chili paste.
2. Heat the oil in a non-stick skillet over medium high heat. Add the ginger, garlic, and tempeh.
3. Cook for 2-3 minutes until beef is browned. Add the onions and cook for 30 seconds.
4. Add the sauce and cook for 1-2 minutes, stirring constantly, until it thickens.
5. Serve with Cauliflower rice and steamed veggies.



Serves 4



kCal
483



Protein
35g



Carbs
33g



Fat
28g

Kung Pao Chicken



Ingredients:

3 tablespoons soy sauce
1 teaspoon fish sauce
2 teaspoons sesame oil
1 teaspoon apple cider vinegar
1/4 - 1/2 teaspoon red pepper chili flakes to taste
1/2 teaspoon fresh minced ginger
2 cloves garlic minced
2-3 tablespoons water or chicken broth
600g chicken breast cut into pieces
3-4 tablespoon olive oil
1 red capsicum chopped into bite-sized pieces
1 medium-large zucchini chopped into halves
2 bok choy
2/3 cup roasted cashews or roasted peanuts
Sesame seeds and chopped green spring onions for garnish (optional)
Salt and pepper to taste

1. In a medium bowl, combine all the ingredients for the sauce. Set aside.
2. Season chicken with salt, pepper and 1 tablespoon of sauce/marinade. Add oil to a wok or a large non-stick skillet over medium-high heat.
3. Add the chicken and cook for 5-6 minutes, or until the chicken is starting to brown and almost cooked through.
4. Toss in the zucchini, capsicum and dried chili peppers (if using) and cook for 2-3 minutes, or until the vegetables are crisp-tender and the chicken is cooked through.
5. Pour in the remaining sauce and add the cashews. Add bok choy, toss everything together and turn heat to high. Allow sauce to reduce and thicken.
6. Season with salt, pepper or additional red pepper chili flakes as needed. Sprinkle with sesame seeds and green onions if desired.



Serves 3



kCal

580



Protein

69g



Carbs

19g



Fat

34g

Lentil Meatballs



Ingredients:

2 tablespoons olive oil
3 cloves garlic, minced
2 spring onions
2.5 cups green lentil,
cooked (300 g)
2 egg
1 tbs tomato paste
1/3 cup fresh Italian parsley,
chopped
2/3 cup grated parmesan cheese
1.5 tablespoon whole wheat
breadcrumbs
2 tbs. Italian seasoning
Salt and pepper to taste
3 zucchinis

1. Preheat oven to 190° C. Heat a large non-stick pan over medium heat then add 1 tablespoon of olive oil, shallot and garlic and sauté for 2-3 minutes, or until slightly golden brown then remove from heat.
2. To a food processor, add the garlic and spring onions, lentils, egg, 1 teaspoon of olive oil, tomato paste, parsley, Parmesan, bread crumbs, Italian seasonings, salt, and pepper and pulse, mixing until just combined. Transfer the mixture to a medium sized bowl.
3. Use a cookie dough scoop to scoop out balls of mixture then carefully form into balls. Arrange on a parchment paper-lined baking sheet.
4. Bake for 10-15 minutes. Remove meatballs from oven and allow to cool for 5-10 minutes.
5. Serve with zucchini spaghetti.



Serves 3



517



27g



65g



17g



CONGRATS!

YOU'VE FINISHED WEEK 4, YOU'RE ALL DONE!

