



## Real Food Program Sneak Peak

Created by Mad on Nutrition



# Real Food Program Sneak Peak

Mad on Nutrition

Here is a sneak peak of what you can expect from the Real Food Program meal plans.

Each meal plan will provide you with a one page snap shot of the week ahead, detailed shopping list, simple recipes and portions sizes for your meals. Any of the recipes can be adjusted to include more portions to cater for extra people.

There are a number of snacks provided each day, these can be adjusted according to your daily energy demands.

The plan provides a balanced diet consisting of healthy carbohydrates, protein and fats, ensuring that you are meeting your daily requirements for these three essential macro nutrients.

# Real Food Program Sneak Peak

2 days

	Wed	Thu
<b>Breakfast</b>	Pumpkin Loaf	Overnight Bircher Muesli
	Avocado	
<b>Snack 1</b>	Apple	Cranberry Protein Biscuits
	Hard Boiled Eggs	Greek Yogurt
<b>Lunch</b>	Marinated Mixed Bean Salad	Zucchini Caprese Salad
	Brown Rice	Baked Chicken Breast
<b>Snack 2</b>	Apple with Almond Butter	Celery & Hummus
	Cucumber Slices	Pear
<b>Dinner</b>	One Pan Salmon with Roasted Green Beans & Tomato	Beef and Bean Casserole
	Steamed Corn on the Cob	Quinoa
<b>Snack 3</b>	Orange & Dark Chocolate	Blueberries
		Dark Chocolate



# Real Food Program Sneak Peak

62 items

## Fruits

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- 2 1/2 Apple
- 1/2 Avocado
- 1 Banana
- 1 cup Blueberries
- 1/2 Lemon
- 1 Navel Orange
- 1 Pear

## Breakfast

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- 1 1/8 cups Almond Butter

## Seeds, Nuts & Spices

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- 1 Bay Leaf
- 2 tbsps Chia Seeds
- 3/4 tsp Cinnamon
- 1/3 cup Ground Flax Seed
- 2 tbsps Hemp Seeds
- 1 2/3 tbsps Italian Seasoning
- 1/4 tsp Paprika
- 1/4 cup Pumpkin Seeds
- 1/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sliced Almonds
- 1/2 cup Sunflower Seeds

## Vegetables

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- 2 cups Baby Spinach
- 2 tbsps Basil Leaves
- 2 Carrot
- 4 stalks Celery
- 1 cup Cherry Tomatoes
- 1 ear Corn On The Cob
- 1/2 Cucumber
- 4 1/4 Garlic
- 1 1/2 cups Green Beans
- 1 1/2 cups Pureed Pumpkin
- 1 Yellow Onion
- 1 1/2 Zucchini

## Boxed & Canned

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- 1 cup 4 Bean Mix
- 4 cups Beef Broth
- 1/4 cup Brown Rice
- 3 1/2 cups Diced Tomatoes
- 2 cups Mixed Beans
- 1/4 cup Quinoa
- 1/4 cup Tomato Paste

## Baking

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- 1 cup Almond Flour
- 1 tbsp Baking Powder
- 3/4 cup Buckwheat Flour
- 75 grams Dark Organic Chocolate
- 1/4 cup Dried Unsweetened Cranberries
- 2 cups Oats
- 2 tbsps Organic Raisins
- 2 tbsps Unsweetened Shredded Coconut

## Bread, Fish, Meat & Cheese

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- 140 grams Chicken Breast
- 500 grams Extra Lean Beef Mince
- 1/4 cup Hummus
- 125 grams Salmon Fillet
- 25 grams Small Bocconcini

## Condiments & Oils

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- 1 1/2 tsps Apple Cider Vinegar
- 1 1/8 tsps Balsamic Vinegar
- 3 1/4 tbsps Extra Virgin Olive Oil

## Cold

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- 1/2 cup Butter
- 8 Egg
- 1/2 cup Plain Greek Yogurt
- 1/2 cup Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

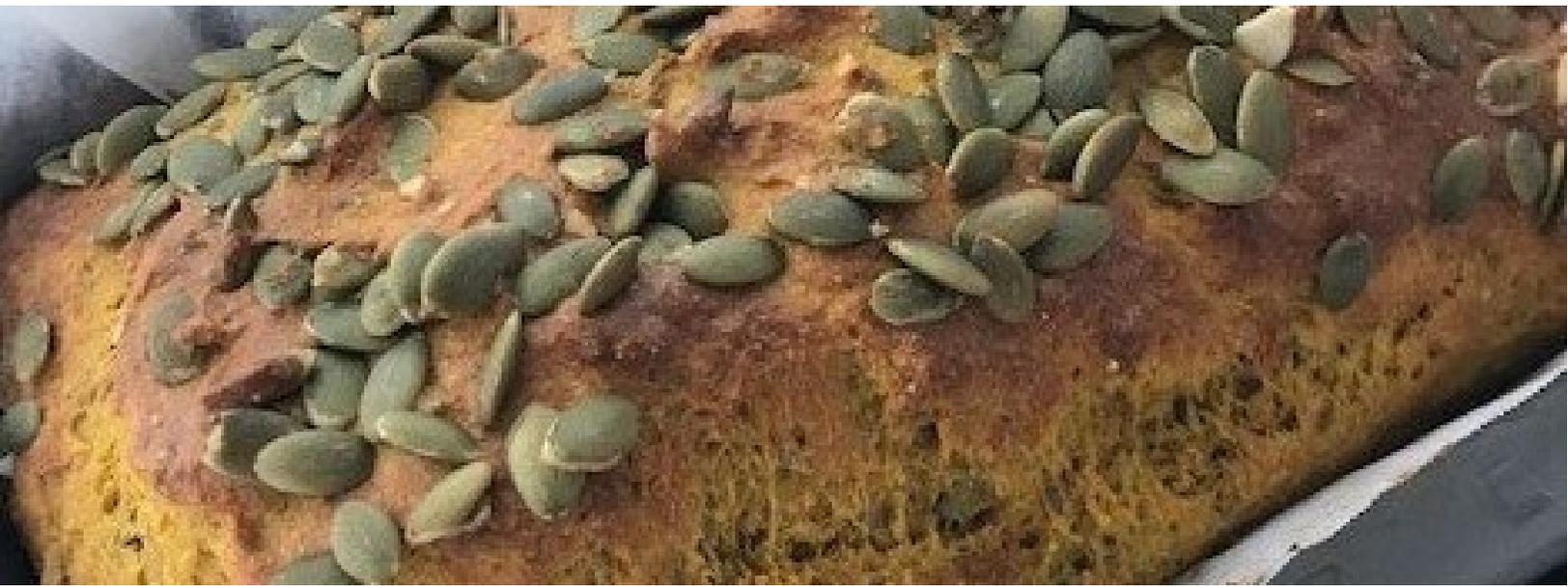
## Other

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- 1/4 cup Vanilla Protein Powder
- 1 cup Water

# Pumpkin Loaf

11 ingredients · 1 hour · 8 servings



## Directions

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1. Put dry ingredients and seeds in a bowl and mix. Heat oven to 160C
2. In another bowl beat eggs until light and fluffy.
3. Mix together pumpkin puree and melted butter.
4. Pour wet ingredients into dry and fold until just mixed.
5. Spoon into 14 x 23cm lined loaf tin.
6. Top with sunflower seeds (or pumpkin seeds) and bake 160C for 40-45 mins.
7. Once the loaf has cooled, slice and freeze in individual portions for lunch boxes, or handy mid morning snack.
8. Serve with avocado or butter and honey

## Notes

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### Alternative Flours

Uses can substitute the Almond meal/flour and buckwheat flour for any other flours such as Gluten free Flour, Teff Flour or Spelt Flour (NB : spelt is NOT gluten free)

### Extra Veg

You can bump up the veg content by adding 1 cup grated zucchini

### Pumpkin Puree

This is easy to do ahead of time and freeze. You can also make a double or triple batch of puree and freeze for the next loaf.

### Portions

You can make this as 8 muffins if you prefer

## Ingredients

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- 1 cup** Almond Flour (Or use 180 Nutrition Protein Powder)
- 3/4 cup** Buckwheat Flour (Alternative: Spelt flour)
- 1/4 cup** Ground Flax Seed
- 1/4 tsp** Sea Salt
- 1 tbsps** Baking Powder
- 1/4 cup** Sunflower Seeds (chopped)
- 1/4 cup** Pumpkin Seeds (chopped)
- 2 tbsps** Chia Seeds
- 6** Egg
- 1 1/2 cups** Pureed Pumpkin (steam the pumpkin, don't bake)
- 1/4 cup** Butter (alternative; coconut oil)
- 3 tbsps** Sunflower Seeds (for topping)
- 2 2/3 tbsps** Butter (to serve - 1 tsp per serve)

# Avocado

1 ingredient · 5 minutes · 1 serving



## Directions

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1. Cut avocado into slices or chunks. Enjoy!

## Notes

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### Serve it With

Salads, soups, chilli, on toast, or in a wrap with leftovers.

### Savoury Snack

Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

### Sweet Snack

Top with maple syrup, honey, maple butter and/or cinnamon.

## Ingredients

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1/2 Avocado

# Overnight Bircher Muesli

10 ingredients · 8 hours · 2 servings



## Directions

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1. In a large bowl, combine the oats, shredded coconut, almonds, flax seeds, raisins, hemp seeds, and cinnamon.
2. Stir in the almond milk, yogurt, and grated apple. Mix well. Cover and let soak in the fridge overnight.
3. Divide into bowls or jars in the morning, and enjoy!

## Notes

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### Prep Ahead

The dry muesli mix can be scaled up and stored in a jar in your cupboard for up to 2 months.

### Likes it Sweet

Serve with fresh berries and/or a drizzle of maple syrup or honey.

### More Protein

Make with Greek yogurt instead of coconut yogurt.

### Leftovers

Soaked muesli can be kept in an air-tight container or mason jar in the fridge for up to 4 days.

## Ingredients

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- 1 cup Oats (rolled)
- 2 tbsps Unsweetened Shredded Coconut
- 2 tbsps Sliced Almonds
- 1 tbsp Ground Flax Seed
- 2 tbsps Organic Raisins
- 2 tbsps Hemp Seeds
- 1/4 tsp Cinnamon
- 1/2 cup Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt
- 1/2 Apple (medium, grated)

# Apple

1 ingredient · 2 minutes · 1 serving



## Directions

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1. Slice into wedges, or enjoy whole.

## Ingredients

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1 Apple

# Hard Boiled Eggs

1 ingredient · 15 minutes · 1 serving



## Directions

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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!

## Notes

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### Leftovers

Refrigerate in a covered container with the shell on for up to 7 days.

### Easier to Peel

Add salt to the water while boiling.

## Ingredients

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2 Egg

# Cranberry Protein Biscuits

6 ingredients · 20 minutes · 8 servings



## Directions

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1. Preheat oven to 180. Mash bananas in a bowl with a fork. Add protein powder and mix well.
2. Mix in the oats, almond butter, cinnamon and dried cranberries (or Sultanas/Raisins). Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!
3. These biscuits/cookies freeze very well

## Notes

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### Double batch

These freeze extremely well - why not make a double batch !

### No Dried Fruit ?

You can replace the dried fruit with silvered almonds or macadamia halves

## Ingredients

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- 1 Banana (mashed)
- 1/4 cup Vanilla Protein Powder
- 1 cup Oats
- 1 cup Almond Butter
- 1/2 tsp Cinnamon
- 1/4 cup Dried Unsweetened Cranberries (or Sultana or Raisins)

# Greek Yogurt

1 ingredient · 5 minutes · 1 serving



## Directions

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1. Scoop into a bowl and enjoy!

## Notes

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### Toppings

Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

### Dairy-Free

Use coconut, almond or cashew yogurt instead.

## Ingredients

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1/2 cup Plain Greek Yogurt

# Marinated Mixed Bean Salad

8 ingredients · 15 minutes · 1 serving



## Directions

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1. Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
2. Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

## Notes

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### No Mixed Beans

Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

### Leftovers

Keeps well covered in the fridge up to 4 to 5 days.

## Ingredients

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- 1/2 cup Green Beans (fresh or frozen)
- 1 cup 4 Bean Mix (tinned )
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsps Apple Cider Vinegar
- 3/4 tsp Italian Seasoning
- 1/4 Garlic (clove, minced)
- 1/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

# Brown Rice

2 ingredients · 45 minutes · 1 serving



## Directions

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1. Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

## Ingredients

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- 1/4 cup Brown Rice (uncooked)
- 1/2 cup Water

# Zucchini Caprese Salad

8 ingredients · 20 minutes · 1 serving



## Directions

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1. Use a spiralizer to spiralize your zucchini into ribbons. Then slice the ribbons so that they are about 8cm in length. If you do not have a spiralizer, use a peeling knife and take full strokes along the zucchini to create long ribbons.
2. Combine the zucchini ribbons and cherry tomatoes in a large bowl.
3. In a jar, combine the lemon, vinegar, olive oil. Put lid on and shake well.
4. Pour the dressing over the zucchini noodles and tomatoes and toss well. Place in the fridge and let marinate for at least 10 minutes. \*\*If you are saving half for another meal - divide into portions, and only marinate the amount you need for this meal. Save the rest of the dressing in the jar, and salad in an air tight container.
5. When ready to serve, transfer to a serving bowl and sprinkle the bocconcini balls and basil over top. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

## Notes

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### Make it a Meal

Serve with a grilled chicken breast for some added protein.

## Ingredients

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- 1/2 Zucchini
- 1/3 cup Cherry Tomatoes (halved)
- 1/4 Lemon (juiced)
- 1 1/8 tsps Balsamic Vinegar
- 1 1/2 tsps Extra Virgin Olive Oil
- 25 grams Small Bocconcini (halved)
- 2 tsps Basil Leaves (chopped)
- Sea Salt & Black Pepper (to taste)

# Baked Chicken Breast

4 ingredients · 35 minutes · 1 serving



## Directions

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1. Preheat oven to 180. Line a baking dish with baking paper.
2. Place chicken breasts in the prepared baking dish. Drizzle with oil and season with salt and Italian seasoning. Rub the seasoning and the oil all over both sides of the chicken. Bake for about 25 to 30 minutes, or until the chicken is cooked through.
3. Remove the chicken from the oven and immediately cover with a piece of aluminum foil for at least 10 minutes.
4. Carefully remove the foil and slice the chicken before serving. Enjoy!

## Notes

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### Leftovers

Keeps well in the fridge up to 3 days. Store in the freezer for longer.

### Poach instead

Chicken breasts can also be poached in a pot of simmering water for around 15 mins. You can add the dried herbs to the pot for extra flavour

## Ingredients

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**140 grams** Chicken Breast (boneless, skinless)

**1 1/2 tsps** Extra Virgin Olive Oil

**1/8 tsp** Sea Salt

**1/4 tsp** Italian Seasoning

# Apple with Almond Butter

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmm.

## Ingredients

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- 1 Apple
- 2 tbsps Almond Butter

# Cucumber Slices

1 ingredient · 5 minutes · 1 serving



## Directions

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1. Slice the cucumber and enjoy!

## Notes

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### Storage

Cucumber can keep up to one week in the fridge if stored in water.

## Ingredients

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1/2 Cucumber

# Celery & Hummus

3 ingredients · 5 minutes · 1 serving



## Directions

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1. Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!
2. Homemade Hummus is the best , or buy one with the least number of ingredients
3. Homemade Hummus recipe - 1 tin of chickpeas , drained, 2 Tbs runny Tahini , 1 tsp salt, 2 Tbs fresh lemon juice. Combine in a small food processor. You can add some warm water to loosen if to thick.

## Ingredients

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- 2 stalks** Celery (cut into sticks)
- 1/4 cup** Hummus
- 1/4 tsp** Paprika (optional)

# Pear

1 ingredient · 5 minutes · 1 serving



## Directions

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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!

## Ingredients

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1 Pear

# One Pan Salmon with Roasted Green Beans & Tomato

5 ingredients · 25 minutes · 1 serving



## Directions

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1. Preheat oven to 180 C . Line an oven tray with baking paper
2. Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to baking sheet and bake in the oven for 10 minutes.
3. Season your salmon fillets with sea salt and black pepper.
4. Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
5. Divide veggies between plates and top with salmon. Enjoy!

## Notes

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### No Salmon

Use any type of fish fillet. Baking times will vary depending on thickness.

### Vegetarian Option

Use chickpeas or lentils instead of salmon.

### More Carbs

Serve with quinoa or rice.

### Added Touch

Toss the green beans in balsamic vinegar before serving.

## Ingredients

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- 1 cup** Green Beans (washed and trimmed)
- 1/2 cup** Cherry Tomatoes
- 3/4 tsp** Extra Virgin Olive Oil (or coconut oil)
- Sea Salt & Black Pepper (to taste)
- 125 grams** Salmon Fillet

# Steamed Corn on the Cob

1 ingredient · 15 minutes · 1 serving



## Directions

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1. Fill a pot with a few inches of water and bring to a boil.
2. Place the corn in a steaming basket over boiling water. Close the lid and steam for 10 to 15 minutes. Let cool slightly before serving.

## Notes

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### Cook it in the Microwave

Keep the corn on the cob whole and leave the husks on. For 1 to 2 cobs, microwave on high for 3 minutes. For 3 to 4 cobs, microwave for 4 minutes. Let cool before removing husks.

### Spreads

Spread the steamed corn with butter, ghee, oil, sour cream or your favourite spices.

## Ingredients

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**1 ear** Corn on the Cob (husk removed and halved)

# Beef and Bean Casserole

14 ingredients · 1 hour 15 minutes · 6 servings



## Directions

1. In a large pot, heat the oil over medium-high heat. Add minced beef to the pot. With a wooden spoon or spatula, break the beef into small pieces as it cooks. Stir until it is cooked through and no longer pink.
2. Add the onions, carrots, celery, garlic, Italian seasoning and some salt. Cook until onions are just translucent, about 7 minutes. Add tomato paste and stir to incorporate.
3. Add the beef broth, diced tomatoes, mixed beans and bay leaf. Stir to incorporate then bring soup to a gentle boil.
4. Stir in the zucchini and the spinach. Reduce heat to a simmer and cook uncovered for about 40 minutes until vegetables are very tender and soup has reduced slightly.
5. Remove the bay leaf. Divide into bowls and enjoy!

## Notes

### Leftovers

Keeps well in the fridge up to 3 days. Store in the freezer for longer.

### Don't like Beef ?

Use turkey mince or chicken mince instead.

### More Carbs

Stir in cooked pasta or noodles before serving.

### Likes it Cheesy

Sprinkle with parmesan or nutritional yeast.

## Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 500 **grams** Extra Lean Beef Mince
- 1 Yellow Onion (medium, finely chopped)
- 2 Carrot (medium, chopped)
- 2 **stalks** Celery (finely chopped)
- 4 Garlic (cloves, minced)
- 1 **1/3 tbsps** Italian Seasoning (Dried - or dried mixed herbs)
- 1/4 **cup** Tomato Paste
- 4 **cups** Beef Broth
- 3 **1/2 cups** Diced Tomatoes (from the can)
- 2 **cups** Mixed Beans (tinned 4 bean mix or similar)
- 1 Bay Leaf
- 1 Zucchini (medium, chopped)
- 2 **cups** Baby Spinach

# Quinoa

2 ingredients · 15 minutes · 1 serving



## Directions

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1. Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 - 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

## Ingredients

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- 1/4 cup Quinoa (uncooked)
- 1/3 cup Water

# Orange & Dark Chocolate

2 ingredients · 3 minutes · 1 serving



## Directions

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1. Peel and section oranges or slice into wedges. Divide into bowl and top with dark chocolate. Enjoy!

## Notes

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### No Oranges

Substitute grapefruit instead.

## Ingredients

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- 1 Navel Orange (peeled or sliced)
- 25 grams** Dark Organic Chocolate (broken into pieces)

# Blueberries

1 ingredient · 2 minutes · 1 serving



## Directions

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1. Wash the berries and enjoy!

## Ingredients

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1 cup Blueberries

# Dark Chocolate

1 ingredient · 1 minute · 1 serving



## Directions

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1. Break apart chocolate into pieces and divide into bowls. Enjoy!

## Notes

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### Next Level Chocolate

Sprinkle with a bit of coarse sea salt or cayenne pepper for a kick.

## Ingredients

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**50 grams** Dark Organic Chocolate (at least 70% cacao)