

NUTRITION PLAN

Nutritionally balanced recipes that are delicious.

Focusing on using wholesome real food to nourish your body for optimal health and vitality.

Designed by

NU  TRITION  4  YOU

By Dr Megan

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Visit our website: www.nutrition4you.com.au

Dr Megan has designed this plan to help
kick-start your journey towards better
health and well-being

She aims to support you and help you
understand how to...

Eat the right foods for YOU

Nourish YOUR body

GLOW on the outside

OUR NOURISHED CLIENTS

"Before commencing my 5-week program with Megan, I was feeling exhausted all the time. I had trouble focusing on my work and not sleeping well. Once we eliminated some foods and added a few lifestyle changes on the plan,
I felt my energy quickly shift as well as less bloating. I really enjoyed the tasty recipes that have enabled me to lose some kilos as well as make me feel so much better." *Carole*

A menu based on your food likes and nutritionally balance, what's not to like?

Megan Chircop, is professional, friendly and very approachable.
As a menopausal woman, it has been difficult for me to lose weight. But I have done so with Megan's fabulous menus & recipes." *Anna*

Dr Megan "literally changed the way I think about food.

I always thought I was a fairly healthy eater, but I was also of the belief that as long as I kept fit, food was not that important. Thanks to Dr Megan I now realise that while a balance of both is ideal, what you put into your body food wise is paramount. Tasty food, plenty of it and a great support network.

Megan is amazing and is available to address any concerns big or small." *Liz*

Dr Megan "has helped me reduce body fat while maintaining and growing muscle whilst enjoying all my meals. The recipes are easy to follow and super yummy. The support I received over the 4 months that I followed the meals were incredible. Anyone who is thinking about getting a meal plan for any reason,
Nutrition4You is the right help." *Amy*

"As a busy mum, running a business, I get stuck on the dreaded 'what to cook for dinner'. When we get busy it's so easy to fall into 'bad' habits of ordering take out or going for the quick fix that isn't always that healthy. I was tired of the same old same old... so I asked Megan to do a meal plan for me. It was personalised to my health goals and what I did and didn't like, also how much time I had to prepare - or lack of time. We really loved the meal plan and even got a second. It also came with some education about how to do swap out items and portion sizing. Even my Italian husband loved the pasta dishes!

Thanks Megan - I still use the recipes in our everyday and highly recommend getting on too!" *Sophie*

"With Nutrition4You's personalised meal plans, we not only ate healthy and wholesome meals each day, but the best part was that **Megan had done all the thinking and planning**, provided the deliciously healthy recipes for me. In my busy and hectic schedule, it was such a blessing that I **didn't have to worry about "what are we eating tonight?"**

Less to worry about meant less stress, more time to enjoy with the kids and just be happy.

Of course, all of this while I lost a few kilos! Win win!" *Lopa*

"I highly recommend the services of Nutrition4You. I followed the personalised meal plans over a 10 week period and in conjunction with my regular training routine, **I lost about 10kg**. All the meals are delicious and easy to prepare and the support provided was invaluable. For anyone wanting to shed those unwanted kilos, these meal plans are just what you need!" *Michelle*

"These plans have been not only delicious but are **helping me achieve my goals a lot faster than I first thought**. The food variety is even better as it not only suits my lifestyle but includes all my favourites. Megan has been super helpful and supportive as well!" *Cass*

ABOUT Dr Megan



Assoc. Prof. Megan Chircop
BSc (Hons), PhD (Medicine)
International Diploma in
Nutrition
Director, Nutrition4You

**Dr Megan is not your average
nutritionist.**

She has extensive academic and professional qualifications as a medical scientist and nutritionist that place her at the top of her industry. She will translate complicated scientific facts into simple everyday practical approaches for you.

She is also a...
Sportswoman
Mum
Foodie
At-home-Cook

You can read more about me and more story online at
<https://www.nutrition4you.com.au/about-dr-megan>

A note from me...

From an early age, I have played competitive representative netball, baseball (yes, I was the only girl in the competition), softball and athletics. I still play competitive netball today, walk and cycle everywhere possible rather than take a car and enjoy spending my leisure time being active, especially swimming, cycling, & salsa dancing.

With an Italian background, food has always been an important part of my life, particularly at family and social gatherings. As such, I am a foodie at

heart and love sharing delicious meals whilst socialising with family and friends. I am very passionate about returning families and individuals back to the old-fashioned concept of eating together and not feeling guilt over specific foods or food groups. We eat every day and food tastes delicious and every mouthful should be enjoyed. It comes down to what foods are right for YOU and what portion is appropriate for your body. In the past 20+ years, my love of cooking and recipe development has grown. I have learnt **many tricks and shortcuts to make a meal taste delicious within healthy guidelines & portion-controlled**. I have shared many of these with you in this nutritional program.

One of my favourite (but often exhausting) roles in this world is being a mum to a beautiful and highly energetic 7yr old daughter. In addition to running a hectic nutrition clinic, I am all too familiar with how time-poor we all are these days (especially working mums) and how we often put ourselves last, which often means putting our health on the back-burner. I want to show you it can be easier than you thought. I have help 1000s of individuals and families get their health back on track and achieve their goals with simple everyday approaches. **You can do it too!**

The recipes in this nutritional program focus on helping you achieve better health without sacrificing that yummy taste. The recipes are family-friendly, easy to cook (anyone can do it) and use whole real foods from the local supermarket that do not cost a fortune (not fancy expensive health food products). All of these things make it easier to sustain long-term good health.

I believe that one of the biggest gifts you can give yourself and your loved ones, especially your children, is healthy habits that will last a life-time.

I hope you enjoy the recipes in this book and share them with your family & friends as like I like to do. And I hope this nutritional program enables you to kick-start your journey towards better health and “feeling good in your own skin”. **Let’s do it together!**

Dr Megan x



**NUTRITION
PLAN &
RECIPES**

NOURISHING MEAL PLAN FOR OPTIMAL HEALTHY & WELLBEING

BREAKFAST	*Almond egg flip
MID-MORNING	160g tub YoPRO Greek yoghurt with 1 serve fruit, e.g. small apple, 125g strawberries or
LUNCH	*Italian tuna bean salad
MID-AFTERNOON	*Hummus 100g vegetable sticks, e.g. carrot, celery, capsicum
DINNER	*Lemon lamb skewers *Pumpkin and rocket salad 50g (dry weight) quinoa or brown rice, cooked according to packet instructions
TOTAL DAILY NUTRITION	Cals: 1535 Prot: 126g Carbs: 163g Fat: 49g

*Recipe

The calories and macronutrients of this day will not be suited to everyone, depending on your size, gender, activity levels, etc. A personalised meal plan designed for you will address any dietary & medical issues you have as well as meeting your body goals. Please get in contact on 0438 195 535 or meganchircop@gmail.com if you wish to discuss this in more detail. Dr Megan



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GF Gluten-free
V Vegetarian

Almond egg flip (GF, V)

A healthy start to any day that will fuel your body with natural ingredients till lunchtime.

Don't be scared of the raw egg. It adds a wonderful creamy texture to this drink and is a fabulous natural way to add a healthy-dose of protein without the need for powders. Eggs also offer much more nutritional value than just protein powder, as they are often fortified with Vitamin D and omega-3.

INGREDIENTS

200	ml	almond milk
50	grams	banana, peeled and sliced
20	grams	rolled oats
8	grams	chia seeds (2 tsp)
1		egg
15	grams	ABC spread (almonds, brazil nuts and cashews)
		Optional: cinnamon or nutmeg to sprinkle on top

METHOD

- 1 Add all ingredients into a high-performance blender. Process until smooth. You can do this step the night before. Pop blender jug in to the fridge and then re-blend in the morning. This will make for easier prep in the morning but also a thicker smoothie.
- 2 Pour into a tall glass and enjoy. Sprinkle with cinnamon or nutmeg if you desire.

Servings: 1

Preparation Time: 5 minutes

NUTRITION

Per serve: 361 calories, 15.9g protein, 24.2g net carbohydrates, 7.7g fiber, 20.2g total fat.

TIPS

* Optional green smoothie option: Add a handful of baby spinach or kale leaves. This is essentially a calorie-free additional.

* ABC spread (almonds, brazil nuts and cashews) is available from Woolworths in the health food section. Produced by Macro.



Italian tuna bean salad (GF)

A jumbo-sized salad that is quick and easy to pack the night before for a lunch to take to work. Packed full of protein and fibre to keep you full all afternoon.

INGREDIENTS

- 1 can tuna chunks in brine (185g)
- 1 tsp olive oil
- 1 tsp Italian herbs by Gourmet Garden
- 1 Tbsp lemon juice or Praise fat-free Italian or French dressing
- ½ red onion, thinly sliced
- ½ small red capsicum, thinly sliced
- 100 grams tomato, diced
- 50 grams cucumber, thinly sliced
- 125 grams cannellini beans, drained, rinsed (½ of a 400g can) or any combination of beans/chickpeas that you like
- 125 grams green beans or asparagus, blanched and refreshed in cold water
- 30 grams baby spinach or mixed lettuce leaves (can have as much as you like)

METHOD

- 1 In a small bowl (or container if taking as a packed lunch), whisk together olive oil, lemon juice and herbs.
- 2 Gently toss remaining salad ingredients, except tuna, with 3/4 of the dressing in a large bowl. Gently toss through tuna chunks. Spoon on to a plate and drizzle over remaining ingredients.

Servings: 1

Preparation Time: 10 minutes

NUTRITION

Per serve: 371 calories, 46g protein, 20.9g net carbohydrates, 12.9g fiber, 8.1g total fat.

TIPS

- * If taking this meal as a packed lunch store dressing and tuna separate from the salad. Toss through immediately before eating.
- * Substitute tuna for a 95g can salmon tempters in oil (drained) or a 75g grilled salmon fillet



Hummus (GF, V)

Chickpeas are full of protein and fibre - one of nature's little super foods. Blended together with a little lemon juice they become creamy. Perfect as an accompaniment to pork, beef or chicken, as a spread on whole grain crackers or as a dip with vegetable sticks.

INGREDIENTS

250	grams	chickpeas (drained weight from 400g can)
1	tsp	garlic powder
1	Tbsp	lemon juice
3	Tbsp	water or stock
½	tsp	salt

METHOD

- 1 Place chickpeas, garlic powder, salt, lemon juice and water in a food processor and blend until mixture has the consistency of a smooth puree.
- 2 Adjust lemon juice and salt to taste. You may also have to add a little more water or stock to get the desired thickness.

Servings: 3

Yield: 100g per serving

Preparation Time: 5 minutes

NUTRITION

Per serve: 78 calories, 4.3g protein, 8.6g net carbohydrates, 3.8g fiber, 1.6g total fat.

TIPS

* If using dried chickpeas (125 g) drain soaked chickpeas and place in a large saucepan. Cover with enough water to just cover and bring to the boil. Reduce heat and simmer until very soft for 1 ½ - 2 h.

* Store in an air-tight container in the fridge for up to 5 days. Can also freeze in portions.



Lemon lamb skewers (GF)

Fresh and fragrant Greek-style kebabs. Great for family barbecues.

INGREDIENTS

600 grams lamb leg, tenderloin or rump steak
8 cherry tomatoes, cut in half or capsicum pieces

Marinade

1½ Tbsp lemon juice, freshly squeezed
2 tsp finely grated lemon rind
¼ cup fresh mint, finely chopped
1 tsp dried oregano
2 garlic cloves, crushed

METHOD

- 1 To make the marinade, whisk all ingredients together in a large shallow bowl or baking dish.
- 2 Cut lamb up into 2-3 cm cubed pieces. Need 24 pieces (3 per skewer). Place the lamb pieces in the dish and turn to coat. Cover with cling film and place in the fridge for at least 30 minutes or overnight.
- 3 Prepare skewers by alternating 3 pieces of lamb, and 2 cherry tomato halves (or capsicum pieces) per skewer. Repeat to make 8 skewers.
- 4 Pre-heat a hot plate of a barbecue. Apply a thin coat of cooking oil spray to lamb skewers. Cook on a hot barbecue plate for 6-8 minutes, turning regularly to cook all sides. Do not overcook or the lamb will be dry and tough.
- 5 Serving suggestions: Greek salad with tzatziki or grilled vegetables with crumbled feta.

Servings: 4

NUTRITION

Per serve: 197.5g mass, 214 calories, 31.3g protein, 2.3g net carbohydrates, <1g fiber, 7.8g total fat.

TIPS

* If you are not using metal skewers, use wooden skewer pre-soaked in cold water for at least 30 minutes. This will prevent the skewers from burning.

* To make this meal easier and quicker, skip threading the lamb and cherry tomatoes on to a skewer. Transfer marinated lamb and tomatoes on to a pre-heated baking tray and cook in an oven for 8 minutes.



Pumpkin and rocket salad (GF, V)

Roasting the pumpkin brings out its sweetness. A delicious and nutritious salad that sings spring time.

INGREDIENTS

- 400 grams pumpkin, diced or 300g sweet potato, diced
- 1-2 Tbsp balsamic vinegar or Praise no fat balsamic dressing
- 200 grams mixed salad leaves, e.g. rocket, baby spinach, beetroot leaves
- 1 large shallot, thinly sliced (white part and tips of green part) or ½ red onion, thinly sliced
- 2 Tbsp roughly chopped fresh flat-leaf parsley leaves
- 40 grams pine nuts, toasted in a dry frypan for 1-2 minutes until golden

METHOD

- 1 Roast diced pumpkin in a 180°C oven for 25-30 minutes or until tender. Set aside to cool slightly.
- 2 In a large bowl, toss balsamic vinegar, salad leaves, shallots and parsley. Divide between plate. Top each with roasted pumpkin and scatter over pine nuts.

Servings: 4

NUTRITION

Per serve: 132 calories, 4.9g protein, 7.9g net carbohydrates, 4.3g fiber, 7.4g total fat.

TIPS

* Salad is best made fresh but you can easily roast the pumpkin in advance and store in an airtight container in the fridge for up to 3 days.



Do you need personalised support with nourishing your body?

One-on-one consultations are available at my consulting rooms in Bella Vista or in the Sydney CBD. Skype and phone consultations are also available – I have clients Australia-wide.

During the consult, I will assess your current way-of-eating, which foods are working for you and how we can build on this to ensure you improve your health and well-being. I will also capture additional information, e.g. lifestyle habits, body measurements, and so much more, so that I can design you a personalised meal plan (optional but highly recommended). A meal plan is ideal to keep you progressing towards a healthier lifestyle and to achieving your health & body goals that will be sustainable in the long-term.

We want to help you achieve your health goals and establish a positive attitude towards eating nourishing foods that taste delicious and make you feel fantastic, so please don't hesitate to reach out for support.

Contact me: <https://www.nutrition4you.com.au/contact>

Email: meganchircop@gmail.com Phone: 0438 195 535

Have a happy & healthy day,

Megan





For more information and to find out more about us see previous page or visit www.nutrition4you.com.au



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