

# 21 DAY MACRO

## *Challenge Meal Plan*



# CONTENTS

Meal Plan Breakdown	3
Nutrition & Digestion	4
Intuitive Eating	5
Healthy Tips	7
Fibre	8
Antioxidants	9
Energy Boosters	10
Omega's	11
<b>Macro Nutrient Guidelines:</b>	<b>12</b>
<i>Micro's &amp; Macro's</i>	13
<i>BMR &amp; TDEE</i>	15
<i>Pick Your Goal</i>	17
<i>Learn your Macro's</i>	18
<i>Macro Meals</i>	19
<i>Macro Sources</i>	23
<b>Nutrition Tips and Hacks:</b>	<b>24</b>
<i>Meal Prep</i>	25
<i>Vegan/Plant Based Options</i>	27
<i>Other Substitutions</i>	28
<i>Foods to Remove / Replace</i>	29
<b>Meal Plan and Recipes:</b>	<b>31</b>
<i>Breakdown</i>	32
<i>21 day Calendar</i>	33
<i>Snacks &amp; Recipes</i>	36
<i>Breakfast Recipes</i>	40
<i>Lunch &amp; Dinner Recipes</i>	45

# MISS EMMA'S CHALLENGE MEAL PLAN

Welcome to the 21 day Holistic Macro Challenge Meal Plan!

Created by Miss Emma Troupe, Holistic Nutritionist (CNP) & Personal Trainer.

I am so excited for you to start this BRAND NEW meal plan - this guide will teach you exactly how you should be eating in terms of (protein, carbs and fat) specifically for your own goals. Of course with my holistic spin!

**The 21 day Meal Plan provides:**

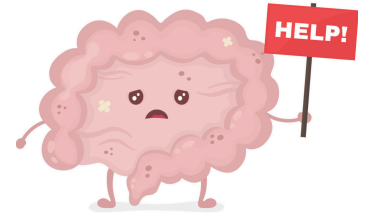
- **Healthy Recipes** and food options for breakfast, snacks, lunch and dinner.
- **How to Calculate your BMR AND TDEE** (the amount of **calories** your body burns and needs).
- **Macro Nutrient Guidelines** for your own specific goals - weight loss, maintaining your shape or weight gain. Each recipe provides a macro nutrient (protein, carb and fat) breakdown.
- **Tons of additional Nutrition Tips and Hacks** to put your body's health in the best state possible.
- **Vegan, Dairy Free and Gluten Free** substitutions.

**This Guide can help you with:**

- Loosing stubborn weight which doesn't want to come off OR gaining those extra few pounds that you've been working and eating towards.
- Building your nutrition knowledge while becoming a more skilled cook.
- Feel more comfortable with your own nutrition and macro nutrient needs.
- Improving your overall health, diet and eating habits.

# DIGESTION & NUTRITION

Before we get into the guide I'm going to bring your awareness to the importance of your digestive system when it comes to nutrition. After all, what we eat all gets processed through the digestive system!



**Malabsorption** is a common underlying health issue many people have.

This is when the digestive system is **not absorbing the nutrients from your food** - caused by a lack of digestive secretions (like enzymes and stomach acid).

Nutrients like vitamins, minerals, and even protein are not properly absorbed. This leads to nutrient deficiencies, low energy, low digestive function and other health issues.

I always recommend to improve the health of your digestive system when starting new diet changes to ensure you are getting all the benefits.

The Digestive Healing Guide available on [missemmatroupe.com](https://missemmatroupe.com) focuses on:

- *Repairing the digestive system through diet changes and supplementation.*
- *Rebuilding the strength of your digestion.*
- *Improving nutrition absorption.*
- *Improving overall digestive function.*

This nutrition guide will be focusing on rebuilding the digestive system by the quality of food you will be eating!



# INTUITIVE EATING

Intuitive eating is not like macro calculating.. it's about building a relationship with food.  
Making food choices intuitively, that make you FEEL GOOD & that are good for your body!

Intuitive eating all comes down to knowing when your body wants to eat, what it likes to eat / what it should be consuming on a regular basis.

It is so important to stay in tuned with your body after you eat!

**When you eat a meal... keep a Food Journal.**

*What did you eat at all three meals? When did you eat?*

*Are you hungry after you eat? How do you feel?*

*Were you stressed when eating? Did you eat fast?*

*Are you bloated or gassy?*

*Do you feel energized or fatigued?*

*Did you easily go to the bathroom that day? (bowel movement)*

Keep a food journal with you everyday to ensure you know what exactly you are eating, what works with your body and what isn't. This will give you a good idea if the foods you are eating work well with your body or not.

When you know certain foods don't work your body (like dairy or gluten) avoid it for a couple of months and re-introduce them back into your diet and see how your body reacts.



## **Make food choices that make you FEEL GOOD!**

Majority of the foods your eating should make you feel energized, satisfied, healthy and complete. You don't have to eat every healthy food in the book, but widen your variety and try new things!

## **Don't force yourself to EAT LESS calories!**

Remember that reducing calories is not the only factor when it comes to losing weight or changing your body composition. Calories are fuel, our energy to push us through the day. Focus on the nutrients and colour from your food and avoid creating an unhealthy relationship with calories.

Depriving yourself is no fun, not healthy and can lead to overeating at the end of the day. This brings on binge eating which has health consequences of its own.

**Check out the blog post here:**

<https://www.missemmatroupe.com/single-post/2017/01/24/Food-Cravings-Binge-Eating>

## **Avoid eating when you are STRESSED!**

If you are the type of person who eats when they are in a hurry, stressed, upset or shoving a meal down because you have too - try to find new ways to focus on your food. Eating when your multitasking or stress can actually turn off a part of the digestive system. This is the time when you should be taking 10-15 minutes to shut off your brain and fuel your body with the

# HEALTHY TIPS

## Start Slow



Creating a healthier diet doesn't happen overnight. Start with small steps, like adding a salad (full of different colour vegetables) to a meal once a day or switching from vegetable to high quality olive or avocado oil when cooking. As these small changes become habits and will eventually turn into your own lifestyle!

## Eat the Rainbow



The easiest way to make healthy choices is to look at your plate in terms of colour. The more colour on your plate brings more nutrients, freshness and variety. Colourful food contains live enzymes which help with our own digestive process. Focus on eating whole foods which you know are nutritious and good for the body.

## Drink lot's of Water



Our body is made up of water and lots of it! Drinking lots of water flushes our systems of waste products and toxins. It's a critical nutrient for keeping our muscles, intestines, joints, the heart and brain lubricated. Being dehydrated is actually a leading cause of tiredness, aches & pains and low energy, depression.

## Avoid Processed Foods



Real, whole foods should be what takes up majority of your diet. Avoid foods that are highly processed like over the counter meats, fake meat, hydrogenated oils, white sugar, etc as much as you can. Choose sea salt over table salt, real nut butter over processed nut butter, real meat over fake meat, etc. The best thing you could do for your diet is to aim to eat whole foods 80-100% of the time!

# HIGH FIBRE FOODS

**Fibre is a critical nutrient for proper digestion!**

Fibre acts as a **prebiotic which feeds the good bacteria found in our gut.**

Fibre can help manage bacteria imbalances and reduce digestive disturbances like bloating, gas, diarrhea, constipation etc.

Fibre binds to **excess toxins** potentially in the digestive tract and helps remove them from the body! Having enough **fibre and water** in your diet daily will keep contents of the digestive tract moving smoothly.

Daily Recommendation for Women: **25-30 g**

Daily Recommendation for Men: **40 g**



## High Fibre Food List:

Avocado - **9g** per 1 small

Chia Seeds - **4g** per 1 tbsp

Flax Seeds - **3g** per 1 tbsp

Steel Cut Oats (all kinds) - **4g** per 1 cup

Apples - **4.5g** per 1 medium

Pears - **5.5 g** per 1 medium

Parsnip - **6g** per 1 cup cooked

Broccoli - **5g** per 1 cup raw

Brussel Sprouts - **4g** per 8 sprouts

Brown Rice - **4g** per 1 cup

Quinoa - **3g** per 1/2 cup

Lentils - **16g** per 1 cup cooked

# HIGH AO FOODS

*(anti-oxidants)*

**Anti-oxidants are a powerful nutrient found in certain foods!**

You've probably heard of anti-oxidants, but let's go over a quick breakdown of what they actually do!

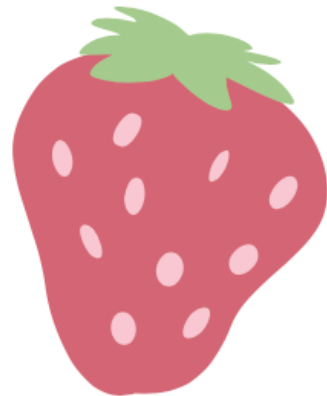
Antioxidants donate one of their molecules to free radicals (toxins in the body) and neutralizes the free radical - making it less harmful.

AO's combat **inflammation** and **free radicals** (toxins, waste and chemical byproducts) that could be floating around the body and blood stream **causing cellular damage**.

If your diet is low in antioxidants you may be more likely to get sick often, have a weak immune system and have the overall feeling of low energy/fatigue.

## High Anti-oxidant Food List:

Kidney Beans	Berries (all kinds)
Red Beans	Apples
Pinto Beans	Pecans
Blueberries	Cherries
Cranberries	Sweet Potatoes
Blackberries	Spirulina + Chlorella





# ENERGY BOOSTING

## B-Vitamins have amazing energy boosting properties!

Low energy is one of the reasons why people don't feel like putting in the effort to change their diet or exercise. This is often caused from stress - even if you don't feel mentally stressed, your body may be experiencing stress on the inside.

Cortisol the "**stress hormone**" is what helps control our energy and stress levels.

**When cortisol is constantly elevated the body the following symptoms can occur:**

Anxiety, Depression High Blood Sugar & High Blood Pressure, Gained Fat especially in the Abdominal Area and Increased Cravings

What you eat is what FUELS your body and can help control cortisol levels and low energy. Certain foods have energy boosting properties & nutrients like B vitamins and Iron. If your diet is packed with energy boosting foods, you'll feel like your on top of the world.

## Energy Boosting Food List:

Dark Green Vegetables

Brown Rice

Nutritional Yeast (B12)

Eggs + Yolk

Fish

Poultry & Meat

Legumes & Lentils

Molasses

Sunflower Seeds

Wheat Germ



# OMEGA'S FOR LIFE

Omega's are poly unsaturated fats - essential fatty acids!

EFA's cannot be made by the body so it's important to get them from your food. Think of fatty acids as being your little healing fat buddies.

These fatty acids help **reduce inflammation** in the body, **protect the heart and lubricate tissues** in your body like your eyes.

When the body is in a state of inflammation (this could either be when your stressed, sick or not treating your body right) your body starts to "attack" itself. **Inflammation likes to prevent your body from healing on its own.**

Without decreasing this inflammation, it puts stress on the body which overtime can lead to disease or further health complications. Unless you start to address it through proper nutrition!

There are three different type of omegas: **3, 6 & 9 (EPA, DHA & ALA)**

Although at this time it is not completely necessary to focus on each individual omega but rather getting more overall omega's in your diet.

## High Omega Food List:

Fish (all kinds)

Flax Seeds

Chia Seeds

Hemp Hearts

Walnuts

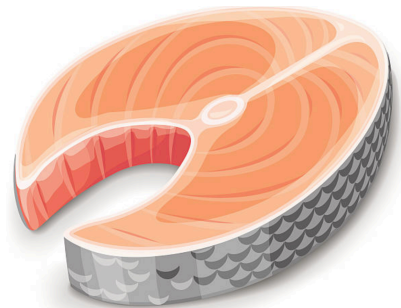
Avocado

Shellfish

Grass Fed Beef

Plant Oils

(olive, flax, hemp, avocado etc.)



**MEAL PLAN**

**MACRO GUIDELINES**

# MACRO'S VS MICRO'S

## Macro Nutrients:

Protein, Carbohydrates and Fat



## Micro Nutrients:

Vitamins and Minerals, Fibre Water



The difference between Macro and Micro Nutrients is shown above.

As necessary as macro nutrients are.. micro nutrients are just as important since they are the building blocks for your macro's.

**Your Micronutrients should come from foods like:**

- Variety of Vegetables
- Variety of Fruits
- High Fibre Foods
- Whole Grains
- Honey, Apple Cider Vinegar

Having enough micronutrients in your diet keep the body functioning at it's absolute best. Vitamins and Minerals have amazing health properties and help the body heal, recover and build!

# MACRO GUIDELINES

Over this section of the Guide you'll learn what your IDEAL macro nutrients should be (**protein, carb and fat intake**) in order to most effectively reach your goals. And how many calories your body needs and burns on a daily basis.

It's not necessary to keep track of your macro-nutrients to achieve your physique goals BUT it can put your body in an optimal state for fat burning and muscle building to happen more effectively!

Each goal will be broken down into 3 different categories:

Weight Loss, Maintenance or Weight Gain

**Weight Loss:** wants to loose lbs/kgs, yet still build muscle.

**Maintenance:** wants to maintain current physique.

**Weight Gain:** wants to gain lbs/kgs of lean muscle, a curvier shape.

Choose which category you fall under and follow the guidelines over the use of this guide.

.....

Discussed in the Next Section:

Calculating your BMR, TDEE and how to use the Macro Guidelines under the category you fall under.



# BMR & TDEE

Your BMR and TDEE will provide you with a specific number of the amount of calories your body uses and needs on a daily basis.

**What is BMR and why is it important?**

BMR is your basal metabolic rate - this gives you a general idea of **how many calories your body burns over 24 hours** (when your not being active).

**To calculate your BMR you will need:**

Your weight in lbs, height in inches and your age.

Use the calculations below to find out what your BMR is.

**Women:**  $(4.35 \times \text{weight in lbs}) + (4.7 \times \text{height in inches}) + (4.7 \times \text{age}) + 655 = \text{BMR}$

**Men:**  $(6.23 \times \text{weight in lbs}) + (12.7 \times \text{height in inches}) + (6.8 \times \text{age}) + 66 = \text{BMR}$

**BMR Example:**

Female

Weight: 120 lbs

Height: 5'3

Age: 24

**BMR = 1352.80 calories**

## What is TDEE and why is it important?

TDEE is your total daily energy expenditure - this gives a general idea of **how many calories your body needs** - taking into consideration your activity level.

**To calculate your TDEE you will need:**

Your BMR and decide what your activity level. Use the calculations provided below.

**Sedentary Lifestyle** (*no exercise*):  $\text{BMR} \times 1.2$

**Lightly Active Lifestyle** (*1-2 times a week*):  $\text{BMR} \times 1.375$

**Moderately Active Lifestyle** (*3-5 days a week*):  $\text{BMR} \times 1.55$

**Very Active Lifestyle** (*6-7 days a week*):  $\text{BMR} \times 1.725$

**TDEE Example:**

$1352.80 \times 1.375$  (lightly active)

**TDEE = 1860 calories**

Once knowing your BMR and TDEE you can now have a general idea of how many calories your body needs and uses on a daily basis.

Throughout this guide I don't want you to build the habit of keeping track of calories but you will learn how to easily adjust calories according to your goals to get the best results possible!

# PICK YOUR GOAL

From the three following categories below, choose what your current goal is.

## **Weight Loss:**

If your goal is to lose weight, your **daily calorie intake should be in a deficit.**

This can be done by eating less calories or burning more calories during your workouts - this creates a deficit either way. Starting to reduce your calories ignites the process of losing weight, burning fat while maintaining lean muscle mass if you are exercising.

**To Start:** reduce your calories by 10-15% of your TDEE (150-300 calories)

## **Maintenance:**

If your goal is to maintain your shape, muscle and body fat levels this is the easiest option! Your **daily calorie intake is your TDEE.**

Since in this case, you'll burn the same amount of calories as you consume resulting in no weight gain or loss.

## **Weight Gain:**

If your goal is to gain muscle, build a curvier shape and put on a few pounds your **daily calorie intake should be in a surplus.**

This can be done by consuming more calories than you are burning. At this time body fat levels many start to increase to help fill out the muscle.

**To Start:** increase your calories by 10-15% of your TDEE and start to gradually increase more.

# NEXT..

We will be going through what your **Macro Nutrients** should be according to each individual goal.

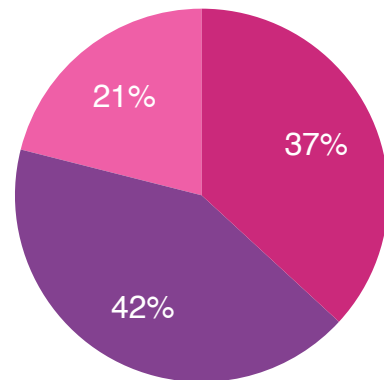
● Protein    ● Carbs    ● Fat

## Weight Loss:

**Protein** - 30-35% of your meals

**Carbs** - 35-40% of your meals

**Fat** - 20-25% of your meals

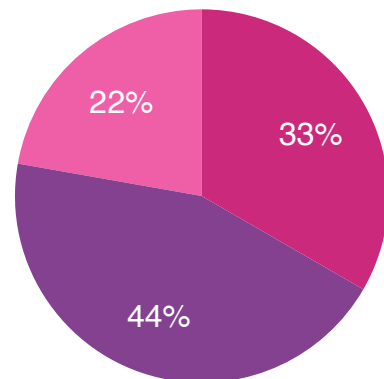


## Maintenance:

**Protein** - 25-30% of your meals

**Carbs** - 40-50% of your meals

**Fat** - 20-25% of your meals

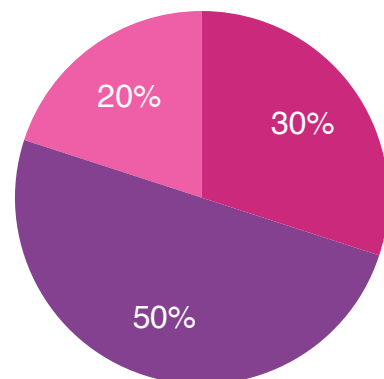


## Weight Gain:

**Protein** - 30-35% of your meals

**Carbs** - 50% of your meals

**Fat** - 25% of your meals



# MACRO MEALS

Throughout the use of this guide I encourage you to follow your macro nutrient guidelines to get the best results possible!

Each recipe will come with a Calorie, Protein, Carb and Fat breakdown.  
The recipes can easily be adjusted according to your guidelines.

Keep in mind it will be your due-diligence to create your meals according to the guidelines that goes with your category!

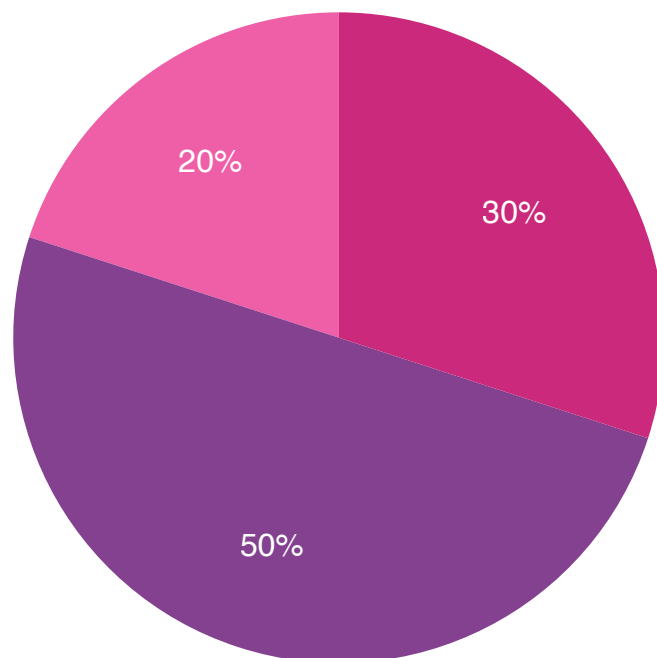
Look at your plate in terms of the macro wheel.

## Example:

If 50% of your calories should be coming from Carbs - fill half of your plate with clean carbs.

If 30-35% of your calories should be from Protein - add 2 palm sizes of protein to your plate.

If 20-25% of your calories should be from Fat - add a small amount of healthy fats to your meals.





# PROTEIN

1 gram of Protein = 4 calories

Protein is made up of amino acids. These amino's are building blocks for muscle and are crucial for recovery and rebuilding throughout the entire body.

Having a sufficient amount of protein in the diet builds lean muscle and prevents muscle loss while also controlling hunger and cravings.

## Requirements:

Protein requirements are different for everyone! It ranges depending on your **weight, body fat %** and **what your goals are**.

Requirements are based on grams of protein per pound of lean body mass.

**Depending on what your goals are daily protein requirements can range from:**

0.8 g per pound of LBM for sedentary people.

Up to 1.5 g per pound of LBM for very active people.

**(LBM)** is your total bodyweight minus your body fat %.

## Example:

Weight: 140 lbs

Body fat percentage: 20%

LBM = 120 lbs

# CARBOHYDRATES

**1 gram of Carbohydrates = 4 calories**

Carbs are stored in the liver, brain, blood and muscles as sugar (Glycogen).

Carbohydrates are used for energy and helps with muscle recovery.

Consuming carbs before and after exercise improves overall athletic performance.

A diet low in carbs can reduce overall athletic performance.

**Carbs are YOUR FRIEND not YOUR ENEMY.**

Utilize them to power through your workouts!

## **Requirements:**

Carbohydrate requirements range depending on your activity level, weight, body fat % and your goals. There is no ideal number of carbs to eat every since every body is very different.

## **Depending on what your goals are daily carb requirements can range from:**

0.5-2 grams per pound of lean body mass is a range mostly everyone can use (sedentary and active).

Instead of using this guideline which can be complicated, use the Macro Meals Guidelines when putting together your meals.

# FAT

1 gram of Fat = 9 calories

Fat is an essential nutrient that our bodies require to function properly!

It assists in vitamin absorption, hormone regulation, brain function, and more.

Fats are essential to the body helping reduce inflammation and having a sufficient amount of HEALTHY FAT in your diet can actually decrease body fat.

**Fats that are bad for your health:** Trans fats and Saturated fats

**Fats that are good for your health:** Monounsaturated fats and Polyunsaturated fats

Avoid fat free food, the added ingredients like artificial sweeteners which are used to sweeten the fat reduced food are what cause people to put on extra pounds!

## Requirements:

Again, it depends on your weight, body fat % and over all goals.

Between 0.35-0.7g per pound of lean body mass is a normal, healthy range.

20% and 25% of your total calories is a healthy range for everyone .

However this will vary if you are in a caloric surplus or deficit.

Use the Macro Guidelines to determine how much fat you should eating from your category.

# MACRO SOURCES

## Protein

Milk, Cheese, Yogurt, Egg whites, Egg yolks, Chicken, Beef, Fish, Turkey and Pork.

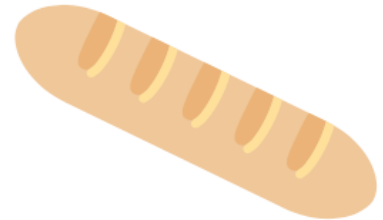
## Plant Based Protein

Beans (all kinds), Nuts, Legumes (Lentils, Chickpeas) Peas, Hemp, Brown Rice and Soy



## Carbs

All Vegetables, All Fruits, Oats (all kinds), Rice, Quinoa, Whole Grains, Bread, Pasta, Potatoes and Sweet Potatoes. Junk Food / Sweets falls under carbohydrates.



## Low Glycemic Carbs

Vegetables, Beans, Minimally Processed Grains such as Oats and Rye.

## Healthy Fats

Nut Butters, All Nuts, All Seeds, Avocados, Fish (salmon, tuna, trout, mackerel) , Plant Oils (olive, coconut, avocado, flax, hemp, sesame, peanut etc.)



**MEAL PLAN**  
**NUTRITION HACKS**



# MEAL PREP

1

## Prep 3-4 different Carb sources.

(Oats, Rice, Sweet Potato, etc.)

Cook accordingly to your liking. Store in the fridge, so you can put together the provided meals in a matter of a few minutes.

2

## Prep 3-4 servings of your favourite vegetables.

(Broccoli, Peppers, Carrots Zucchini etc.).

Roast them on a pan with some olive oil for 20 minutes on low heat.

Store in the fridge, so you can add healthy carb sources to your meals.

3

## Prep 5 days - a weeks worth pf your favourite Protein.

(Chicken, Fish, Lentils, Beans, Peas, Beef etc.)

Cook according to your like with your favourite seasonings. Store in the fridge so you have easy access to healthy protein throughout the entire week and pre/post workout.

4

## Add a small amount of healthy fats to your meals!

(Nuts, Seeds, Avocado, Olive Oil, Coconut Oil, Chia Seeds, Hemp Hearts)

These are all great choices but feel free to add your own.

## PREP YOUR PROTEIN



## PREP YOUR MICRO'S



## PREP MORE MICRO'S



## PREP YOUR CARBS



# PLANT BASED

Some of my favourite tricks to ensure I am getting enough protein with each meal and not over eating meat, is to add 1-2 different sources of plant based protein.

If you are looking to reduce the overall amount of meat you are eating.. try these plant based substitutions.

**Beans** - approx. 14 g protein per 1 cup canned

**Lentils** - approx. 18 g protein per 1 cup cooked

**Chickpeas** - approx. 12 g protein per 1 cup canned

**Hemp Hearts** - 10 g protein per 3 tbsp

**Brown Rice** - approx. 5 g protein per 1 cup cooked

**Peas** - 9 g protein per 1 cup cooked

**Quinoa** - 8 g protein per 1 cup cooked

**Almonds** - 7 g protein per 1/2 cup

**Tofu** - 12 g protein per 1/2 cup chopped



Many of the meals included in this guide will be plant based.

Incorporate these sources of plant based protein into your daily meals to help reduce inflammation, provide more nutrients and contribute to the environment.

**My Tip:** sprinkle hemp hearts on meals like oatmeal, yogurt, smoothies, salads, side dishes and more to ensure you are getting extra protein at every meal!

# OTHER SUBS.

## GLUTEN FREE



Wheat Products (flour, bread, pasta), Breadcrumbs, Oats (unless gluten free), Barley, Spelt, Semolina.

**Flours:** Coconut, Almond, Buckwheat, Rice, Quinoa etc.

**Breads:** Gluten free bread, Rice Cakes, Portobello Mushroom Buns, Whole Food Wraps.



**Pastas:** Vegetable based noodles - Brown rice, Corn, Quinoa etc.

**Grains:** Rice, Buckwheat, Oats (unless gluten free), Millet.

## VEGAN



All Animal Products

**Milk:** Nut (Almond, Cashew), Rice, Pea, Coconut and Soy.

**Protein:** Legumes, Beans, Peas, Tofu, Tempeh, Nuts, Brown Rice, Vegan Protein Powder.



**Cheese:** Nutritional Yeast. I recommend avoiding dairy free cheese as they are commonly packed with unnecessary foods.

# *Foods to* **REMOVE & REPLACE**

## **Foods to Avoid:**

### **AVOID FOODS THAT CAUSE INFLAMMATION**



Over the course of this guide avoid processed foods as much as you can.

Eating highly processed sugar, fats and oil that are found in common foods trigger inflammation in the body, halt weight loss and are harmful to your digestive system and overall health.

These foods increase blood sugar and insulin levels. When blood sugar and insulin levels are elevated the body holds on more fat especially in the abdominal region, you crave more sugar and energy levels are low.

Processed foods are basically just empty calories.. which means the calorie content is not nutritious and has absolutely no benefits for your health. So avoid them as much as you can!

## Foods to Eat More of:

### AIM TO EAT THESE FOODS EVERYDAY



#### High Omega Foods:

Flax seeds, Chia seeds, Hemp hearts, Fish oil, Olive oil, Avocado oil are all very high in omega's (healthy fats) which helps the body get rid on unhealthy fat.

#### Fresh Vegetables and Fruit:

Aim to eat fresh Fruit, Vegetables, Dark leafy greens every single day with every single meal. This is what majority of your diet should come from. These foods are like in enzymes, nutrients, fibre and antioxidants to keep your body functioning at its best. The most nutritious diets, build nutritious bodies!

#### High Fibre Foods:

Avocado, Hemp Hearts, Chia + Flax Seeds, Oats (all kinds), Apples, Pears, Parsnip, Broccoli, Brussels sprouts and Whole Grains. Having enough **fibre and water** in your diet helps remove toxins and waste from the body and keeps contents of the digestive tract moving smoothly (good for constipation).

#### Anti-Inflammatory Foods:

Turmeric, Manuka honey, Ginger, Garlic, Olive oil, Fruits, Nuts and Seeds, Foods high in Omegas.

#### Fermented Foods:

Yogurt, Kefir, Kim-chi and Sauerkraut are high in probiotics and improve bacteria levels.

**21 DAY  
MEAL PLAN &  
RECIPES**

# 21 DAY MEAL PLAN

**The 3 charts below are your 21 day Meal Plan!**

All recipes are below the 3 charts. Each recipe comes with Macro Nutrient details broken into protein, carbs and fat.

The meal plan can easily be adjusted to your own wants (by changing the protein, carb or fat source) but be sure to follow the recipe guidelines for accurate representation of the macro nutrients provided.

This meal plan is kept SIMPLIFIED to not over confuse your nutrition and body. You don't need to be eating a different meal at breakfast, lunch and dinner every single day!

The most important factor is getting in the habit of cooking for yourself, and to structure your meals according to macro nutrients.

The meal plan can be repeated for use throughout the entire New Year Fit Challenge. You can switch around and change the meals for different variety!

For any **Vegan, Gluten free or Dairy free Substitutions** please refer to the plant based and substitutions page.

Any questions about the meal plan, feel free to contact Miss Emma.



## Breakfast

## Lunch

## Dinner

## Snacks

Day 1



Energizing Oats



Herbed Chicken Salad



Lentil Curry

- 1 Apple with 2 tbsps Nut Butter
- Protein Shake

Day 2



Chocolate PB Smoothie



Sweet Potato Hash



Spicy Salmon

- Veggie sticks + 1/2 cup Hummus
- Yogurt, granola and fresh fruit

Day 3



Energizing Oats



Herbed Chicken Salad



Lentil Curry

- 1 Apple with 2 tbsps Nut Butter
- Protein Shake

Day 4



Chocolate PB Smoothie



Sweet Potato Hash



Spicy Salmon

- Veggie sticks + 1/2 cup Hummus
- Chia Pudding

Day 5



Energizing Oats



Flava Flav Stir Fry



Buddha Bowl

- 1 Apple with 2 tbsps Nut Butter
- Protein Shake

Day 6



The Basic Breakfast



Vegan Protein Lunch



Turkey Stuffed

- Veggie sticks + 1/2 cup Hummus
- Yogurt, granola and fresh fruit

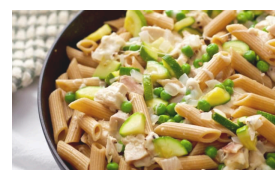
Day 7



Vegan Pancakes



Flava Flav Stir Fry



20 min GF Pasta

- 1 Apple with 2 tbsps Nut Butter
- Chia Pudding

## Breakfast

## Lunch

## Dinner

## Snacks

Day 8



Berry Protein Smoothie



Turkey Stuffed Peppers



Spicy Salmon

- Veggie sticks + 1/2 cup Hummus
- Chia Pudding

Day 9



The Basic Breakfast



Vegan Protein Lunch



One Pan Chicken Din

- 1 Apple with 2 tbsp Nut Butter
- Protein Shake

Day 10



Berry Protein Smoothie



Turkey Stuffed Peppers



Spicy Salmon

- Veggie sticks + 1/2 cup Hummus
- Nut Mix

Day 11



The Basic Breakfast



Vegan Protein Lunch



One Pan Chicken Din

- 1 Apple with 2 tbsp Nut Butter
- Chia Pudding

Day 12



Berry Protein Smoothie



Herbed Chicken Salad



20 min GF Pasta

- Veggie sticks + 1/2 cup Hummus
- Nut Mix

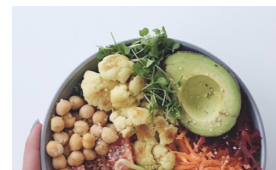
Day 13



Energizing Oats



20 min GF Pasta



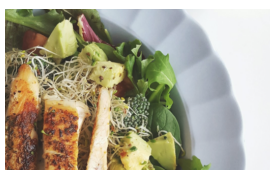
Buddha Bowl

- 1 Apple with 2 tbsp Nut Butter
- Protein Bites

Day 14



Vegan Pancakes



Herbed Chicken Salad



Lentil Curry

- 1 Apple with 2 tbsp Nut Butter
- Protein Shake



## Breakfast

## Lunch

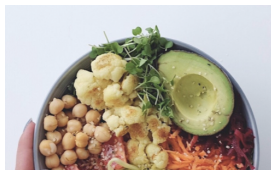
## Dinner

## Snacks

Day 15



Energizing Oats



Buddha Bowl



Flava Flav Stir Fry

- 1 Apple with 2 tbsp Nut Butter
- Protein Shake

Day 16



Chocolate PB Smoothie



Sweet Potato Hash



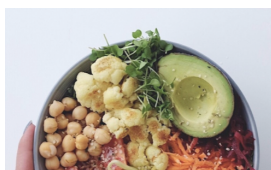
Spicy Salmon

- Veggie sticks + 1/2 cup Hummus
- Yogurt, granola and fresh fruit

Day 17



Energizing Oats



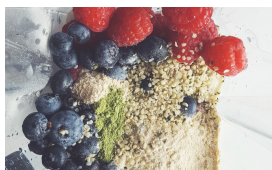
Buddha Bowl



Flava Flav Stir Fry

- 1 Apple with 2 tbsp Nut Butter
- Chia Pudding

Day 18



Berry Protein Smoothie



Sweet Potato Hash



Spicy Salmon

- Yogurt, granola and fresh fruit
- Protein Bites

Day 19



Energizing Oats



Lentil Curry



One Pan Chicken Din

- 1 Apple with 2 tbsp Nut Butter
- Protein Shake

Day 20



The Basic Breakfast



20 min GF Pasta



Lentil Curry

- Veggie sticks + 1/2 cup Hummus
- Chia Pudding

Day 21



Vegan Pancakes



Vegan Protein Lunch



Turkey Stuffed Peppers

- 1 Apple with 2 tbsp Nut Butter
- Yogurt, granola and fresh fruit

# SNACKS

Aim to have at least 1-2 smaller snacks throughout the day in between your meals to help keep blood sugar levels balanced.

Feel free to add in your own favourite snacks into the meal plan.

## HEALTHY & PROTEIN PACKED

Fruit (Apple, Banana, Orange, Pear, etc.)

1 Apple and 1-2 tbsp Nut Butter

Yogurt with Granola and Fresh Fruit

Veggie Sticks + Hummus

Healthy Crackers and Hummus

Nuts + Seeds - *1/4-1/2 cup per serving*

Smoothie - *recipes included*

Chia Pudding

Fruit Salad

Guacamole and Veggie Sticks

Whole Food Protein Bar

Roasted Chickpeas

Protein Bites - *recipe included*

Brown Rice Cakes + Nut Butter and  
Hemp Hearts

Protein Shake

Nut Mix (almonds, cashews etc.)

## Protein Bites (8 bites)

Protein 6 g  
Carbs 10 g  
Fat 6 g

- 3 tbsp. nut butter
- 5 tbsp. oats
- 1 scoop plant based protein powder
- 2 tbsp. pure maple syrup
- 2 tbsp. of raw cacao powder (for coating)
- 2 tbsp. hemp hearts
- 1 tbsp. chia seeds



1. Mix all ingredients in a bowl until fully combined and roll into bite sized balls (recipe makes 8).
2. On a plate spread about 2 tbsp. of raw cacao powder. Roll each ball onto the cacao powder until the create a coating.
3. Chill the balls in the fridge for 10-15 minutes so they can set. Keep stored in fridge and enjoy whenever you need a quick bite of protein!

## Chia Pudding (makes one)

Protein 18 g  
Carbs 60 g  
Fat 30 g

- 3 tbsp. chia seeds
- 1/2 cup almond milk
- 1 tbsp honey or maple syrup
- 1 tsp cinnamon
- 1/2 tsp pure vanilla
- 1/2 cup granola (adjust amount to your needs)
- 1 tbsp. hemp hearts
- 1/2 cup chopped fruit like banana or strawberries



1. Take 3 tbsp of chia seeds put them in a bowl with the almond milk - enough to have the chia seeds covered and soaking. They will absorb majority of the liquid.
2. Leave for 15-20 minutes or overnight to let the chia seeds plump up. Once the chia seeds have plumped, mix in the vanilla and cinnamon.
3. Serve with granola, hemp hearts for extra protein and chopped fruit for texture and flavour.

# **BREAKFAST RECIPES**



## The Basic Breakfast (makes one)

Protein 30 g  
Carbs 50 g  
Fat 30 g

- 2 eggs fried, boiled or poached eggs.
- 2 slices of toast of your choice (multi grain, ezeziel, sourdough etc.)
- 1/2 avocado
- 2 cups sautéed spinach
- 1 tsp olive oil
- 1/2 tomato
- Pinch of salt and pepper



1. Cook 2 eggs according to your liking. Having some hard boiled eggs prepped in your fridge is a perfect way to start off your day with a good serving of protein.
2. While the eggs are cooking, start to sauté the spinach in olive oil - this only takes a minute or two so don't take your eye off it!
3. Smash the avocado on your toast, and spread 1/2 sliced tomato over top. Place the spinach and egg on top and dig right in!



## Morning Energizing Oats

Protein 20 g  
Carbs 50 g  
Fat 25 g

- 1 cup cooked steel cut oats
- 1/2 cup almond milk
- 1 tbsp maple syrup (optional)
- 1 tsp cinnamon
- 2 tbsp hemp hearts
- 1 tbsp chia seeds
- 2 tbsp pumpkin seeds
- 1 cup fruit of choice (banana, blueberries, strawberries etc.)



1. Cook oats according too cooking directions. Or use pre cooked oats from meal prepping. Feel free to use your favourite kind of oats; steel cut, rolled etc.
2. Once oats are fully cooked, serve 1 cup in a bowl and stir in nut milk, maple syrup and cinnamon.
3. Top with hemp hearts, chia seeds, pumpkin seeds and fresh fruit! This is the time to really get creative with your breakfast. Experiment with different superfoods like shredded coconut, goji berries and different variety of nuts and seeds.

## Very Berry Protein Smoothie

Protein 35 g  
Carbs 70 g  
Fat 35 g

- 1 frozen banana
- 1 cup mixed berry mix (strawberries, blueberries etc.)
- 2 tbsp almond butter
- 2 tbsp hemp hearts
- 1 tbsp chia seeds
- 1 scoop protein powder
- 1 tbsp honey if necessary



Add all ingredients to a blender and mix well. Adjust the ingredients to your needs.

## Chocolate PB Protein Smoothie

Protein 37 g  
Carbs 73 g  
F 40 g

- 1 frozen banana
- 2 tbsp almond or peanut butter
- 1 tbsp cacao powder
- 2 tbsp hemp hearts
- 1 tbsp honey or maple syrup
- 1 scoop protein powder



Add all ingredients to a blender and mix well. Adjust the ingredients to your needs.

## Vegan Protein Packed Pancakes (approx 6-8)

Protein 26 g

Carbs 75 g

Fat 25 g

- 1 very ripe banana
- 1 tbsp chia seeds
- 1/2 cup oats - ground
- 1/2 tsp baking powder
- 1 tsp cinnamon
- 1 scoop of protein powder (optional)
- 3/4 cup water (add more if needed)
- 1 tbsp coconut oil to fry



1. In a bowl mix the banana and chia together - in a separate bowl mix the dry ingredients: cinnamon, baking powder, ground oats (blend the oats in a blender) and protein powder together (if using).
2. Add the dry ingredients to the wet, and mix until fully combined. Don't over mix or the batter will turn out dense not fluffy!
3. In a large pan heat the coconut oil on medium heat. Scoop the batter into desired size pancakes (I like small). Cook for a few minutes, until you see bubbles forming - then flip and cook for another minute. Serve with fresh fruit and superfoods like hemp hearts and shredded coconut.

# **LUNCH & DINNER RECIPES**

## Sweet Potato Hash (makes 2 servings)

Protein 20 g

Carbs 65 g

Fat 26 g

- 1 large diced sweet potato
- 1/2 small chopped onion
- 2 cloves minced garlic
- 2 cups chopped broccoli
- 1 tbsp paprika
- 2 tsp cumin
- 1 tbsp olive oil
- Salt and pepper
- Hummus (1/4 cup tbsp per serving)
- Hemp hearts (1 tbsp per serving)



1. Start to cook the sweet potato with 1 tbsp olive oil over medium heat. Once slightly softened, add salt, pepper spices and mix until fully coated.
2. Then add the onion and broccoli and cook for 5 more minutes. Add the garlic at the last few minutes so it doesn't burn. Cook until the sweet potato is soft (about 15 minutes in total)
3. Serve with a large serving of hummus for each plate and top with 1 tbsp of hemp hearts for additional protein. Feel free to add additional protein to this meal like chicken, eggs, steak etc. but it is very filling as it is!



## Flava Flav Stir Fry (makes two)

Protein 53 g  
Carbs 93 g  
Fat 20 g

- 1 cup cooked jasmine rice
- 1 small-medium chicken breast
- 1 red pepper sliced
- 1/2 small onion sliced
- 1 tbsp minced ginger
- 2 clove minced garlic
- 1/2 cup green cabbage sliced
- 1/2 cup chopped broccoli
- 1 tbsp coconut oil



**SAUCE:** 1/2 cup chicken broth, 1/4 cup soy sauce, 1 tbsp rice vinegar, 1-2 tbsp honey mixed well.

1. Cook rice according too cooking directions. Or use pre cooked rice from meal prepping. Feel free to switch to brown rice as a substitute!
2. Slice the chicken breast into little strips or bite sized pieces. In a large pan start to cook the chicken with 1/2 tbsp coconut oil - cook until almost done. Remove the chicken from the pan (toss it on a plate, it will be going back in the pan) and add the onion, ginger, garlic and broccoli. Cook for 5 minutes until veggies start to become soft.
3. Once veggies are soft toss the chicken back to the pan and add the sauce. Let simmer for 5 minutes until the chicken and veggies have absorbed some of the sauce. Serve half the mix over 1 cup of rice and save the rest for another meal.

# The Buddha Bowl

Protein 34 g  
Carbs 100 g  
Fat 30 g

- 1 cup cooked quinoa
- 1 cup canned chickpeas (warmed)
- 1/4 cup shredded beet
- 1/2 cup cauliflower or broccoli
- Chopped tomato (half)
- 1/2 cup chopped or spiralled zucchini
- 1 or 1/2 avocado
- 2 tbsp hemp hearts
- 2 tbsp hummus



1. Cook quinoa according to cooking directions. Or use pre cooked oats from meal prepping. Warm 1 cup of canned chickpeas on the stove with a pinch of salt and pepper. Having drained and rinsed canned legumes on hand in the fridge is always a good idea - they can stay for up to a week!
2. Serve 1 cup of quinoa in a bowl and add in the toppings: chickpeas, carrot and beet, cauliflower, tomato, zucchini and avocado.
3. Top with 2 tbsp of hemp hearts for additional protein and serve with one of my homemade healing salad dressings which brings this bowl together perfectly!

<https://www.missemmatroupe.com/single-post/2017/01/24/Homemade-Healthy-Salad-Dressings>

## Complete Vegan Protein Lunch (makes one)

Protein 28 g  
Carbs 75 g  
Fat 27 g

- 1 cup cooked quinoa
- 1/2 cup chopped broccoli
- 1/2 cup chopped cauliflower
- 1/2 cup chopped carrots
- 1/2 small onion chopped
- 2 cloves minced garlic
- 1/4 cup hummus
- 2 tbsp hemp hearts
- 10 almonds
- 1 tbsp olive oil
- Squeeze of fresh lemon



**Spices:** 1 tbsp paprika, 2 tsp cumin, 1 tsp garlic powder, 1 tsp turmeric

1. Cook quinoa according to cooking directions or use prepped quinoa from meal prep. In a large pan start to cook the veggies, onion and garlic, cook for 2-3 minutes, add the spices and combine until fully mixed.
2. Cook the veggies until slightly roasted. Add the quinoa in with the vegetables and mix until fully combined. Squeeze some lemon overtop for freshness.
3. Serve with hummus, hemp hearts and almonds for additional protein. This used to be my go to post workout meal - having it ready to go in the fridge is so convenient!



## Herbed Chicken Salad (makes one)

Protein 46 g

Carbs 25 g

Fat 20 g

- 2 cups mixed greens
- 1 chicken breast
- 1/2 sliced avocado
- 1/2 cup chopped broccoli
- 2 tbsp chopped red onion
- 1/2 chopped tomato
- 1 tbsp pumpkin seeds
- 1 tsp dried parsley
- 1/2 tsp dried thyme
- 1 tsp dried garlic powder



1. Sprinkle the chicken with salt and pepper, dried parsley, dried garlic powder and thyme. Bake at 325 for 15-20 minutes. Once cooked slice into thin strips.
2. In a bowl add the mixed greens (I like a spinach, arugula and baby kale mix) and add the avocado, broccoli, red onion and tomato.
3. Once the chicken has slightly cooled place on top of the salad and sprinkle on 1 tbsp pumpkin seeds for additional nutrients and texture.
4. Serve with one of my homemade healing salad dressings which pairs with this together perfectly!

<https://www.missemmatroupe.com/single-post/2017/01/24/Homemade-Healthy-Salad-Dressings>

## Spicy Salmon (makes one)

Protein 47 g  
Carbs 65 g  
Fat 37 g

- 1 cup brown rice
- 1 piece of salmon (6-8 oz)
- 2 cups green and yellow beans
- 1 tsp chilli flakes
- 1/2 tbsp lemon zest
- 1 lemon juiced
- 1 cloves minced garlic
- Salt and pepper
- 1 tbsp olive oil



1. Coat the salmon with salt and pepper, garlic, lemon zest, lemon juice and chilli flakes. Bake with the olive oil at 325 for 15-20 minutes or until flaky. Use meal prepped protein for easy convenience and no baking.
2. In a pot steam the green beans for 10-15 minutes so they are still crunchy! I like mix of green and yellow for a different variety.
3. Serve the salmon and green beans with 1 cup cooked brown rice (use meal prepped rice for each convenience). This is a super basic meal to whip up - similar to a meat, potato and veg but the healthier fitter version!

## Vegan Lentil Curry (makes 3)

Protein 20 g  
Carbs 34 g  
Fat 21 g

- 1 can brown or red lentils
- 2 cups veggie stock
- 1 can of coconut milk
- 1 can diced tomatoes
- 1 small onion chopped
- 2 cloves minced garlic
- 2 tbsp minced ginger
- 1 tsp chilli flakes
- 1 lime juiced
- 1 cloves minced garlic
- 2.5 tbsp curry powder
- 1 tbsp cumin



Macro Guidelines are based on 1/3 of the recipe and including 1 cup of cooked rice.

1. In 1 tbsp of coconut oil start to cook the onion with the garlic, ginger for 2-3 minutes. Add the curry powder, cumin some salt & pepper and mix until fully combined.
2. Once the onion has cooked down add the coconut milk, tomatoes and veggie stock. Then add the drained and rinsed lentils to the sauce. Let simmer for 15 minutes until lentils have absorbed majority of the liquid.
3. Serve with 1 cup of cooked rice and finish off with fresh lime juice, 2 tbsp of hummus and chutney on the side.

## Turkey Stuffed Peppers (makes 2)

Protein 43 g

Carbs 44 g

Fat 24 g

- 2 cups ground turkey
- 2 bell peppers (cleaned and tops removed)
- 1 small onion diced
- 2 cloves minced garlic
- 1 cup drained and rinse black beans
- 1/2 cup frozen corn
- 1 small can diced tomatoes
- Salt and pepper
- Cheese as topping (optional)
- Spices: 1 tbsp chilli powder, 1 tsp paprika, 1 tbsp garlic powder, 1 tbsp cumin



Photo provided by Chef Savvy

Macro Guidelines are based on 1/2 of the recipe

1. Bake the whole peppers for 10-15 minutes at 375 degrees until they are slightly soft. In a large pan start to cook the ground turkey for a few minutes then add the spices, onion and garlic - mix until fully combined.
2. Cook until the meat is no longer pink, stir in corn, black beans and tomatoes. Stuff the peppers tightly with the turkey mix, sprinkle on 1 tbsp of cheese on each pepper (optional) place on a baking sheet and bake for another 15 minutes at 325.
3. Serve with your side of choice like a mixed green salad or sweet potato fries - although the pepper is super filling! Feel free to substitute the recipe with quinoa and chickpeas for a plant based version.



## One Pan Chicken Dinner (makes one)

Protein 45 g  
Carbs 45 g  
Fat 32 g

- 1 chicken breast
- 2 cups mixed vegetables of your choice (green beans, small tomatoes, carrots etc.)
- 1 tbsp balsamic vinegar
- 2 cups halved mini potatoes
- Olive oil
- Potato seasoning: olive oil, 2 cloves minced garlic, 2 tsp Italian seasoning, salt and pepper)
- Chicken seasoning: salt and pepper, 1 tsp garlic powder, 1 tsp paprika, 1 tsp dried parsley



Photo provided by Tip Buzz

1. Drizzle 1 tbsp olive oil and the potato seasoning over the halved mini potatoes.
2. Coat the chicken with salt and pepper, garlic powder, paprika and dried parsley. Feel free to use meal prepped protein for easy convenience and no baking. Drizzle 1 tbsp olive oil over your mixed vegetables.
3. Add the veggies, chicken and potatoes to a large pan and cook everything at 325 for approximately 20-25 minutes. Until the chicken is cooked and a fork can go through the potatoes. Add 1-2 tbsp balsamic vinegar to the vegetables at the last 5 minutes so it doesn't burn but caramelizes the veggies.

## 20 minute GF Pasta (makes 2)

Protein 45 g  
Carbs 45 g  
Fat 32 g

- 1 chicken breast
- 2 cups brown rice pasta (spaghetti or fusilli)
- 2 cups chopped zucchini
- 1 cup frozen peas (or veg of your choice)
- Lemon garlic sauce: 2 tbsp olive oil, 1 lemon squeezed, 1 tbsp lemon zest, 2 cloves minced garlic
- Chicken seasoning: salt and pepper, 1 tsp garlic powder, 1 tsp dried thyme, 1 tsp dried parsley



Photo provided by Family Food on the Table

Macro Guidelines are based on 1/2 of the recipe

1. Coat the chicken with salt and pepper, garlic powder, thyme and dried parsley. Feel free to use meal prepped protein for easy convenience and no baking. Cook the chicken at 325 for 15-20 minutes or until fully cooked.
2. While the chicken is cooking boil 2 cups of brown rice pasta. Prep the lemon garlic sauce by combining all ingredients in a bowl - the key for the sauce is to save 1 cup of pasta water, this helps the sauce thicken and bind to the noodles.
3. Once pasta is cooked, strain \*saving 1 cup of the pasta water\*. Once chicken is cooked slice into thin strips or bite sized cubes. Toss the zucchini and frozen peas in the pot over medium heat and cook for 5 minutes. Now add the pasta, chicken, garlic sauce & pasta water. Gently stir the pasta to fully coat with the sauce. Optional: serve with 1 tbsp parmesan cheese.

# **21 DAYS COMPLETE!**

This meal plan may be repeated throughout the use of the  
New Year Fit Challenge!

For any questions or concerns, feel free to contact Miss Emma.

[www.missemmatroupe.coaching@gmail.com](mailto:www.missemmatroupe.coaching@gmail.com)

The background of the slide is a large, stylized Instagram logo. It consists of a white rounded square with a thick white border, set against a gradient background that transitions from purple at the top to orange at the bottom. Inside the white square is a pink-to-orange gradient circle, which contains a white circle in the center, mimicking the Instagram camera icon.

**Stay in touch with myself via  
Instagram**

**@missemmatroupe**

**Share your recipes, workouts and  
progress during the New Year Fit  
Challenge on Instagram to have a  
high chance of winning!**



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