

## MONDAY, WEDNESDAY & FRIDAY

### **BREAKFAST: BACON, EGGS, SPINACH AND TOAST**

- 1 poached or boiled egg
- **2 grilled bacon medallions**
- 1 Slimster bread roll
- 1 Tsp butter
- Steamed Spinach

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### **SNACK 1: PROTEIN BAR**

- Fulfil Nutrition or Barbells protein bar

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### **LUNCH: TURKEY BURGER, FETA SALAD AND BABY ROAST POTATOES**

- **1 x Kerrigans BK Turkey Burger fried in 1tsp coconut oil**
- Mixed Salad: leaves, mixed peppers, cucumber, celery etc
- 35g feta cheese
- **100g Kerrigans Foods for Fitness - Garlic & Herb Roast Potatoes**

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### **DINNER: CHICKEN AND CASHEW STIR FRY WITH RICE**

- **1 Skinless boneless chicken fillet**
- **1/2 of a container of Kerrigans Foods for Fitness - Stir Fry Mix**
- 20g cashew nuts
- 1 Tsp coconut oil
- 30g basmati rice (uncooked weight)
- **Seasoning- Gym chef, herbs, spices etc**
- Add any additional veg you want, broccoli, sugar snap peas etc

Pan Fry all of the ingredients in coconut oil and add your chosen seasoning.

## TUESDAY & Thursday

### **BREAKFAST: BLUEBERRY, BANANA AND CINNAMON PANCAKES WITH GREEK YOGHURT, WALNUTS AND SUGAR FREE SYRUP**

- **Wyldsson Buckwheat Pancake Mix** + 1 banana, milk and 1 egg
- 50g high protein low fat greek yoghurt
- 50g blueberries
- 1 Tsp coconut oil
- **Sugar free syrup- optional**
- A sprinkle of cinnamon

Cook the pancakes as per the instructions and either add the blueberries and cinnamon to the mix or top the finished pancakes with the blueberries and cinnamon along with the greek yoghurt, walnuts and syrup. The pancake mix will make 5 servings, so save one serving for Thursdays breakfast and freeze the other three for next week.

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### **SNACK 1: CHICKEN SIZZLER SKEWERS**

- **3 Grilled Kerrigans chicken sizzler skewers**

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### **LUNCH: PIRI PIRI BEEF FILLET KEBABS WITH COUS COUS & SALAD**

- **2 x Kerrigans Peri Peri Beef fillet kebabs**
- 25g cous cous- uncooked weight
- Mixed Salad: leaves, mixed peppers, cucumber, celery etc

Grill or BBQ the beef skewers, cook the cous cous as per the instructions on the pack and serve with a side salad.

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### **DINNER: MEATZZA AND SWEET POTATO FRIES**

- **1 x Kerrigans Meatzza: NBF Turkey Burger with Ham, Mozzarella and peppers**
- 100g Strong roots sweet potato fries
- Mixed Salad: leaves, mixed peppers, cucumber, celery etc

## SATURDAY & SUNDAY

### BREAKFAST: SAUSAGE & BACON ROLL

- 2 x Kerrigans chicken sausages- Grilled
- 1 Slimster
- 1 Tsp butter
- Steamed spinach

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### SNACK 1: RICE CAKES WITH PEANUT BUTTER

- 2 plain rice cakes
- 15g peanut butter (can be substituted for other nut butter)

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### LUNCH: CHICKEN FAJITA SALAD

- 100g of skinless boneless chicken fillet
- 1/2 of a container of Kerrigans Foods for Fitness - Stir Fry Mix
- 1 Tsp coconut oil
- 50g low fat high protein greek yoghurt
- 30g grated cheddar cheese
- Iceberg lettuce
- A handful of cherry tomatoes- chopped
- Spicy seasoning

Chop the chicken into strips and stir fry in the coconut oil with the stir fry mix and spicy seasoning. Construct a salad with the ice burg lettuce, top with the stir fry mix and then top that with the grated cheese, avocado, chopped tomatoes and a large dollop of greek yoghurt.

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### DINNER: FAKE OUT

- Taco Fries by Kerrigans

**OR**

- Spice Box by Kerrigans

## KERRIGAN'S BOX

- Bacon medallions x 1 Pack
- Turkey Burgers x 1 pack
- Garlic and herb potatoes (600g) x 1 pack
- Chicken Fillets x 5 Pack
- Stir fry Veg Mix x 2 packs
- Wylldsson buckwheat pancake mix
- Peri Peri Beef fillet kebabs x 1 pack
- Meatzza NBF- Ham, passata, peppers & Mozzarella x 2
- Chicken Sausages x 1 pack
- Kerrigans chicken sizzler skewers x 1 pack
- Taco Fries x 1
- Spice box x1
- Fulfil Bars or Barbells Bars x 3

### Optional extras available to 'add-on':

- Peanut Butter
- Gym Chef Seasoning
- Sugar Free Syrup
- Flav Drops

## SHOPPING LIST

- Eggs
- Real butter
- Feta Cheese
- Cheddar Cheese
- Blueberries- 1 punnet or Frozen
- Bananas
- A Bag of spinach leaves
- Low fat high protein greek yoghurt

### Salad ingredients:

- Iceberg lettuce
- mixed leaves
- peppers
- Cucumber
- Cherry Tomatoes
- Onion

### Any additional veg you would like to add:

- broccoli, green beans, cabbage etc
- Cashew nuts
- Peanut Butter (100% nuts)
- Basmati rice
- Cous Cous
- Coconut oil
- Seasonings
- Sweet potato Fries
- Plain rice cakes
- Slimsters or slimbo Bread Rolls - Pack of 6