

**28 DAY**

**BLAST**

**MEAL PLAN**

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# 28 Day Blast (MEAT) Meal Plan

Lunch and Dinner Options can be swapped about throughout the 28 days.

Pick 3 meals and two snacks a day. Lunch and dinner prions can be swapped about.

## Breakfast Choices

### A Omelette > 1 Portion

Two Tomatoes

Half cup Spinach

30g Feta Cheese

2 eggs

Omelette: crack eggs in pan, whisk and add ingredients. If it sticks, then turn it into scrambles egg.

### B Porridge > 1 Portion

30g Oats

150ml Coconut or unsweetened Almond Milk

50g Raspberries

Add milk to the oats and either cook on the hob or in the microwave. Add the raspberries while hot and mash then up.

### C Smoothie > 1 Portion

Apple

Spinach

Lime

Avocado

150ml coconut milk

Add everything to a blender and blitz it. No excuse NOT to have time to eat.

### **D Pancakes > 1 Portion**

Small banana

2 eggs

Small knob of coconut oil

Mass the banana into the eggs and whisk away. Place the coconut oil in a frying pan and place the ingredients in the pan. You are about to make a massive pancake which tastes gorgeous.

### **E Blueberry Loaf > 2 slices per portion**

3 bananas

2 eggs

Half cup Greek yogurt

1/3 cup honey

1 tsp vanilla essence

1 tsp baking soda

1.5 cups wheat or coconut flour

1 cup blueberries

Mash the banana, whisk in the eggs, add the yogurt, honey, essence, baking soda and mix. Then mix in the flour and add the blueberries. Spray a loaf tin with coconut oil, add the mixture. Cook 50 minutes at 350oF/180oC

### **F Savoury Oatmeal with cheese and Egg > 1 Portion**

1/4 cup dry quick-cooking steel cut oats

3/4 cup water

salt and pepper

2 Tbsp. Feta Cheese

1 tsp coconut oil, divided

1/4 cup diced red peppers

2 Tbsp. finely chopped onions

1 large egg

Top with nuts

1. **Stove Top Method:** Bring water to boil. Add oatmeal, reduce heat a little and let it cook for about 3 minutes, until all liquid is absorbed. Turn off heat and stir in cheese, a small pinch of salt, and pepper.

2. **Microwave Method:** Place oats and water in a microwave-safe bowl. Microwave at a high setting (but not the highest, about 8/10 power setting) at one-minute intervals for a total of 3 minutes. If you want a softer texture, continue microwaving at 30-second intervals. Give the oats a little stir between intervals. When the oatmeal is done, stir in cheese, a small pinch of salt, and pepper.
3. Heat a non-stick pan with 1/2 teaspoon of coconut oil over medium-high heat. Add vegetables and cook for 2 to 3 minutes, until they soften. Spoon vegetables over cooked oats. Reduce heat to medium.
4. Add remaining 1/2 teaspoon of oil and fry egg. Cook until the whites are no longer translucent and serve over oatmeal.
5. Top with chopped nuts

## Lunch Choices

### A Chicken Cous Cous Salad > 1 Portion

- 35g raw cous cous
- 1 grilled chicken breast
- Chicken stock cube (low sodium)
- Cherry tomatoes
- Cucumber
- 150g asparagus and broccoli (cooked)

Cover the cous cous as per cooking instruction and add in the vegetable stock cube. Cut up rest of ingredients and add to cous cous once ready. Eat hot or cold.

### B Beef and Rice > 1 Portion

- 150g Beef Strips
- 150g asparagus and broccoli
- 1 cup of cooked rice
- Half tbsp. coconut oil

Fry the Beef Strips with the coconut oil. Cook the rice and vegetables. Add together and season with salt and pepper. Eat hot or cold.

## **C Spicy Thai Peanut Sauce over Roasted Sweet Potatoes > 4 Portion**

½ cup creamy peanut butter

¼ cup reduced-sodium tamari or soy sauce

3 tablespoons apple cider vinegar

2 tablespoons honey or maple syrup

1 teaspoon grated fresh ginger

2 cloves garlic, pressed

¼ teaspoon red pepper flakes

2 tablespoons water

*Roasted vegetables*

2 sweet potatoes, peeled and sliced into 1 inch long, ½ inch wide chunks

1 red bell pepper, cored, deseeded, and sliced into bite-sized strips

about 2 tablespoons coconut oil (or olive oil)

¼ teaspoon cumin powder

Sea salt, to taste

1. Roast the vegetables: On a large, rimmed baking sheet, toss the sweet potato with a generous tablespoon of coconut oil, the cumin and a sprinkle of salt. Arrange them in a single layer, and set aside.
2. On a separate, smaller baking sheet, toss the bell pepper with about 1 teaspoon of coconut oil and a sprinkle of salt. Toss until lightly coated, and arrange them in a single layer.
3. Roast the sweet potatoes on the middle rack for about 35 minutes, tossing halfway, and roast the peppers on the top rack for about 20 minutes, tossing halfway. The vegetables will be tender and caramelized on the edges when they are ready.
4. Make the sauce: In a bowl, whisk together the sauce ingredients. If the sauce is too thick or too spicy, whisk in a little more water.
5. Serve: In bowls, with choice of green vegetables.

### **D Curried Squash and Coconut Soup > 6 Portion**

- 1 tbsp. coconut oil
- 1 butternut squash, deseeded and diced
- 200g carrots diced
- 1 tbsp. curry powder
- 1 tsp turmeric
- 100g red lentils
- 700ml vegetable stock (low sodium)
- 1 can reduced fat coconut milk

1. Heat the oil in a large saucepan, add the squash and carrots, sizzle for 1 min, then stir in the curry powder and cook for 1 min more. Tip in the lentils, the vegetable stock and coconut milk and give everything a good stir. Bring to the boil, then turn the heat down and simmer for 15-18 mins until everything is tender.
2. Using a hand blender or in a food processor, blitz until as smooth as you like. Season and serve scattered with roughly chopped coriander.

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### **E Mexican Chicken Soup with Pinto Beans > 4 Portion**

- 1.5 cup cooked pinto beans
- 1 lb. boneless skinless chicken breast
  
- 1tsp. oregano
  
- 1 clove garlic
  
- dash pepper
  
- 1 cube chicken stock (low sodium)
  
- 1 tsp. cumin
  
- chopped onion
  
- 1 tbsp. red dried chilli flakes (optional depending on your taste buds)

Boil beans until tender, sauté garlic and onion, add chicken breast, season with the seasonings and cook until done. Add chicken to the beans, add **water** to soup as desired, add chilli flakes, blend to liquify and then add to beans and chicken.

### **F Spicy Avocado Wrap > 1 Portion**

Chicken Breast, sliced and squeeze a lime over it

½ tsp mild chilli powder

1 garlic clove, chopped

1tsp coconut oil

2 wraps

1 avocado halved and stoned

1 roasted red pepper

Few sprigs coriander, chopped

1. Mix the chicken pieces with the lime juice, chilli powder and garlic.
  2. Heat the oil in a non-stick frying pan then fry the pieces for a couple of mins, while you warm the wraps following the pack instructions. Do not let them dry out or they are difficult to roll.
  3. Squash half an avocado onto each wrap, add the peppers to the pan to warm them through then pile onto the wraps with the chicken-style pieces, and sprinkle over the coriander. Roll up, cut in half and eat with your fingers.
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## **Dinner Choices**

### **A Salmon Delight > 1 Portion**

Salmon Fillet

Green Salad (more the merrier)

Half an avocado

Tomato

Cucumber

25g Feta Cheese

Cook the Salmon Fillet in the oven. Mix the salad together and add the Fillet. Make sure that the salad is BIG.

## **B Sloppy Joe > 4 Portion**

Minus the bun, you can have it in a wrap or leave it on the plate and add in lots of green veggies.

1-pound ground turkey (94% lean preferred)

1 cup tomato sauce

1 carrot, peeled and chopped small

1 stalk celery, chopped small

1/2 an onion, chopped small

2 cloves garlic, minced

1 tsp. mustard

1.5 teaspoons chili powder

1 teaspoon apple cider vinegar

1 tablespoon honey

Salt and pepper, to taste

1. In a large pan over medium heat, sauté the carrots, celery, and onion in a swirl of coconut oil until translucent, about 5-8 minutes.
2. Add the garlic, and cook for 30 seconds.
3. Add the ground turkey and break it up with a spoon. Increase the heat to medium-high and cook, stirring often, until the turkey is no longer pink.
4. Add the tomato sauce, vinegar, mustard, honey, and chili powder to the pan. Stir well to combine, then cover and simmer for 5 minutes.
5. Remove the lid, and simmer five minutes more, uncovered, until the sauce is thickened
6. Add salt and pepper to taste, then spoon the hot filling onto a wrap or the plate

### **C Creamy Chicken and Asparagus > 1 Portion**

1 tbsp. coconut oil

Chicken breast

5 asparagus spears

1 Leek sliced

1 celery stick, sliced

100ml vegetable stock (low sodium)

70g frozen peas

1 egg yolk

2 tbsp. Greek Yogurt

1 garlic clove grated

Fresh tarragon

Green Vegetables to serve

1. Heat the oil in a large non-stick frying pan and fry the chicken for 5 mins, turning to brown both sides.
  2. Add the asparagus (reserve the tips), leeks and celery, pour in the stock and simmer for 10 mins. Add the asparagus tips and peas, and cook for 5 mins more.
  3. Meanwhile, stir the egg yolk with the yogurt and garlic. Stir the yogurt mixture into the vegetables and add the tarragon.
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## **D Spicy Fish Dish > 1 Portion**

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200g Halibut cut into large slices  
1/2 tsp ground turmeric  
1 tbsp. yellow mustard seeds  
70g tomatoes  
1 clove garlic  
2 whole green chillies  
1 tbsp. coconut oil  
Handful coriander leaves  
Green Veggies to serve

1. In a bowl, marinate the fish in 1/4 tsp turmeric and a good pinch of salt, tossing to coat, then set aside. Grind the mustard seeds to a fine powder. Put the tomato, garlic, 1 or 2 green chillies, the powdered mustard seeds, 1/4 tsp turmeric, a pinch of salt and 75ml water in the small bowl of a food processor and blitz to a smooth paste.
2. Heat 1 tbsp. of the oil in a medium-sized non-stick pan until smoking, then take off the heat and wait for 30 secs, then add the paste. Cook over a medium heat, stirring occasionally, until all the excess liquid has evaporated, and the paste releases its oil. Lower the heat and continue cooking for another 4 mins or so, until it darkens a little. Add 200ml water and the remaining chillies, bring to a boil and simmer for 7-8 mins until it has a medium consistency, not too watery. Check the seasoning and keep on a low heat while you fry the fish.
3. Heat the remaining oil in a frying pan until smoking. Add the fish and fry on all sides for around 6 mins until golden brown. Add the fish to the mustard sauce, bring back to the boil and cook for 2 mins. Sprinkle on the coriander leaves and serve.

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## **E Spicy Meatballs and Black Bean Chilli For the Sauce > 6 Portion**

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1 red onion, halved and sliced  
2 garlic cloves, sliced  
1 large yellow pepper deseeded and sliced  
1 tsp ground cumin  
2-3 tsp chilli paste  
300ml chicken stock (low sodium)  
400g can chopped tomatoes  
400g can black beans or kidney beans drained  
1 avocado stones, peeled and chopped  
Juice of 1 lime

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## **For the Meatballs**

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500g lean turkey mince

50g porridge oats

2 spring onions, chopped

1 tsp ground cumin

1 tsp coriander

Small bunch of coriander. Chopped

1 tsp coconut oil

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1. First make the meatballs. Tip the mince into a bowl, add the oats, spring onions, spices and the coriander stalks, then lightly knead the ingredients together until well mixed. Shape into 12 ping-pong- sized balls. Heat the oil in a non-stick frying pan, add the meatballs and cook, turning them frequently, until golden. Remove from the pan.
  2. Tip the onion and garlic into the pan with the pepper and stir-fry until softened. Stir in the cumin and chilli paste, then pour in the stock. Return the meatballs to the pan and cook, covered, over a low heat for 10 mins. Stir in the tomatoes and beans, and cook, uncovered, for a few mins more. Toss the avocado chunks in the lime juice and serve the meatballs topped with the avocado and coriander leaves.
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## **F Lemon Chicken Stew with Giant Cous Cous > 5 Portion**

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1 tbsp. coconut oil

2 onions chopped

500g skinless chicken thighs, cut into 2-3 chunks

2 x 400g chopped tomatoes

Olives, if you wish

Fresh oregano chopped

2 lemons, remove flesh and finally chop

2 tbsp. honey

1 chicken stock cube (low sodium)

200g giant cous cous

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Heat the oil in a large flameproof casserole dish with a lid. Add the onions and cook for 10 mins until starting to caramelise. Push the onions to one side of the dish and add the chicken. Cook over a high heat for 5 mins or so until the chicken is browning.

Add the tomatoes, oregano, preserved lemons and honey, and crumble in the stock cube. Fill one of the tomato cans halfway with water and pour this into the dish. Season with a little salt and plenty of black pepper. Give everything a good stir, then cover with a lid and simmer for 40 mins, on a gentle bubble, or for up to 4 hrs over a very low heat if you're eating at different times.

Add the couscous 10 mins before you're ready to serve, cover and simmer for 10 mins or until cooked. If you're eating at different times, scoop your portion into a pan, add 50g couscous and cook in the same way.

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## **SNACKS (All are 1 Portion)**

### **A Tomato, Avocado & Egg Salad**

Cooked egg, mashed

Avocado slices

2 tomatoes

Salt and pepper

Mix together

### **B Chickpea Pesto Salad**

Small tin chickpeas

2 chopped tomatoes

25g feta cheese

1 tbsp. pesto

Mix together

### **C Apple Dippers**

Apple

Mix together 150g Greek Yogurt, 1 tbsp. Honey, pinch of cinnamon

Dip the apple

### **D Black Bean Quinoa Salad**

Cup of Cooked Quinoa  
Small tin Black Beans  
Raw Red Onion  
Juice of a Lime  
Salt and Pepper  
Mix all the ingredients together

### **E Berry Smoothie**

150g Coconut Milk  
100g Greek Yogurt  
Cup of Frozen Berries  
Blitz together

### **F Lemon and Coriander Humous**

2 x 400g cans chickpeas in water, drained  
2 fat garlic cloves, roughly chopped  
3 tbsp. Greek Yogurt  
3 tbsp. tahini paste  
3 tbsp. extra-virgin oil, plus zest and juice of 2 lemons  
20g pack coriander

Put everything but the coriander into a food processor, then whizz to a smooth mix. Scrape down the sides of the processor if you need to. Season the houmous generously, then add the coriander and pulse until roughly chopped. Spoon into a serving bowl, drizzle with olive oil, then serve with vegetables.

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### **G Greek Yogurt and Berries**

150g Greek Yogurt  
50g mixed berries  
Mix together