

# 2300 CALORIE MEAL PLAN

Two options for every meal.  
Built for clear choices and consistent execution.

## 14 RECIPES

INGREDIENTS + DIRECTIONS

## 7 MEAL OCCASIONS

FROM BREAKFAST TO DESSERT

## 2 ROUTES

MIX OR MATCH



NUI BROTHERS COACHING



BUILT. EARNED. EXECUTED.

# CHOOSE YOUR ROUTE

Choose one option at each meal. Route A uses every Option 1; Route B uses every Option 2. Mix options if needed, knowing your daily totals will change.

## ROUTE A

### Option 1 at every meal



**151.4 g**

PROTEIN

**289.6 g**

CARBS

**49.8 g**

FATS

Totals reproduced from the supplied meal plan.

## ROUTE B

### Option 2 at every meal



**151.9 g**

PROTEIN

**271.8 g**

CARBS

**55.2 g**

FATS

Totals reproduced from the supplied meal plan.

## YOUR DAY AT A GLANCE

ROUTE A / ROUTE B

|                   |                                    |                |
|-------------------|------------------------------------|----------------|
| ● 01 Breakfast    | About 30 minutes after waking      | 500 / 502 kcal |
| ● 02 Morning Tea  | About 3 hours after breakfast      | 244 / 230 kcal |
| ● 03 Lunch        | About 3 hours after morning tea    | 363 / 368 kcal |
| ● 04 Pre-Workout  | About 60 minutes before training   | 310 / 311 kcal |
| ● 05 Post-Workout | About 30-45 minutes after training | 204 / 211 kcal |
| ● 06 Dinner       | About 2-3 hours before bed         | 583 / 578 kcal |
| ● 07 Dessert      | About 1.5 hours before bed         | 96 / 91 kcal   |

### THE SIMPLE RULE

Use the listed quantities. Images are illustrative, not a serving-size reference.



## OPTION 1

## Overnight Oats

Dark chocolate, blueberries and almond



SERVING IMAGE IS ILLUSTRATIVE

A creamy, high-protein oat bowl that pairs steady carbohydrates with fruit and a measured chocolate finish.



36.2 g

PROTEIN

51.9 g

CARBS

13.8 g

FATS

## INGREDIENTS

## QUANTITY

|                                          |       |
|------------------------------------------|-------|
| Rolled oats                              | 55 g  |
| Coles Perform High Protein Greek Yoghurt | 100 g |
| Whey protein - half scoop                | 17 g  |
| Skim milk                                | 150 g |
| Lindt 85% extra dark chocolate           | 15 g  |
| Frozen blueberries                       | 75 g  |

## SIMPLE DIRECTIONS

- 1 Stir oats, yoghurt, whey and milk together.
- 2 Refrigerate overnight; top with blueberries and chocolate.

## OPTION 2

## Bacon and Egg Sandwiches

A familiar savoury start



SERVING IMAGE IS ILLUSTRATIVE

A satisfying breakfast built around eggs and lean bacon, with bread supplying useful morning energy.



37.4 g

PROTEIN

47.5 g

CARBS

17 g

FATS

## INGREDIENTS

## QUANTITY

|                                         |          |
|-----------------------------------------|----------|
| Buttercup Country Split white bread     | 4 slices |
| Eggs                                    | 2 medium |
| Coles rindless short-cut bacon          | 100 g    |
| Heinz 50% Less Added Sugar tomato sauce | 20 g     |

## SIMPLE DIRECTIONS

- 1 Cook the bacon and eggs; toast the bread.
- 2 Assemble the sandwiches and add the measured sauce.

## WANT A PLAN BUILT AROUND YOU?

Get targets, foods and adjustments matched to your goals, training and schedule.

GET A TAILORED PLAN



## OPTION 1

## Chobani Flip and Fruit

Creamy, crunchy and fresh



SERVING IMAGE IS ILLUSTRATIVE

A convenient yoghurt-and-fruit pairing that adds protein, fruit carbohydrates and satisfying texture.



11.4 g

PROTEIN

40 g

CARBS

4.1 g

FATS

## INGREDIENTS

## QUANTITY

Chobani Flip yoghurt - any flavour

140 g

Apple or 80 kcal serving of fruit

1 serving

## SIMPLE DIRECTIONS

- 1 Open the yoghurt and mix through the crunchy topping.
- 2 Serve with the measured fruit portion.

## OPTION 2

## Rokeby Yoghurt and Fruit

A higher-protein grab-and-go option



SERVING IMAGE IS ILLUSTRATIVE

A simple portable snack that combines a protein drink with fruit for balanced energy between meals.



15.4 g

PROTEIN

33 g

CARBS

3 g

FATS

## INGREDIENTS

## QUANTITY

Rokeby Protein Snack - any flavour

160 g

Apple or 80 kcal serving of fruit

1 serving

## SIMPLE DIRECTIONS

- 1 Shake the protein snack well and serve chilled.
- 2 Pair with the measured fruit portion.

## WANT A PLAN BUILT AROUND YOU?

Get targets, foods and adjustments matched to your goals, training and schedule.

[GET A TAILORED PLAN](#)



## OPTION 1

## Grilled Perinaise Chicken Wrap

Lean chicken, greens and creamy chilli



SERVING IMAGE IS ILLUSTRATIVE

A portable high-protein lunch with crisp vegetables and a measured sauce for flavour without excess.



36.1 g

PROTEIN

25.3 g

CARBS

11.2 g

FATS

## INGREDIENTS

## QUANTITY

|                                           |           |
|-------------------------------------------|-----------|
| Coles white soft wrap                     | 1 serving |
| Chicken breast - yields about 75 g cooked | 100 g     |
| Nando's mild Perinaise                    | 20 g      |
| Lettuce, shredded                         | 1 cup     |
| Spinach                                   | 20 g      |
| Cucumber or tomatoes - optional           | 100 g     |

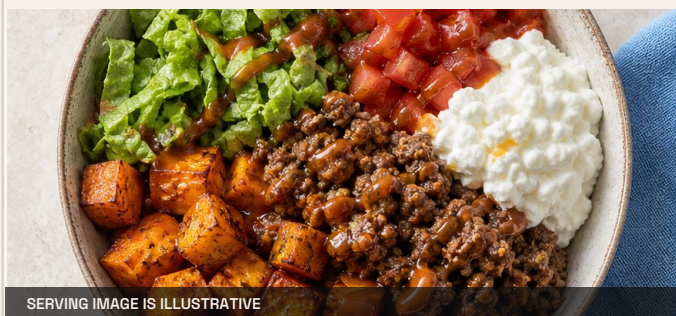
## SIMPLE DIRECTIONS

- 1 Season and grill the chicken; warm the wrap.
- 2 Layer greens, chicken and Perinaise, then roll firmly.

## OPTION 2

## Honey Taco Bowl

Lean beef, sweet potato and fresh crunch



SERVING IMAGE IS ILLUSTRATIVE

A colourful bowl that brings together lean beef, fibre-rich vegetables and sweet potato with a light honey accent.



32.5 g

PROTEIN

39.3 g

CARBS

6.6 g

FATS

## INGREDIENTS

## QUANTITY

|                                    |             |
|------------------------------------|-------------|
| Orange sweet potato                | 150 g       |
| Premium beef mince - 5% fat        | 125 g       |
| Bulla low-fat cottage cheese       | 25 g        |
| Lettuce, shredded - desired amount | 1 cup       |
| Tomatoes, diced - desired amount   | 0.5 serving |
| Seasoning of choice                | 1 serve     |
| 100% pure honey                    | 7 g         |

## SIMPLE DIRECTIONS

- 1 Roast or air-fry the sweet potato; brown the seasoned mince.
- 2 Build the bowl with vegetables and cottage cheese; drizzle honey.

## WANT A PLAN BUILT AROUND YOU?

Get targets, foods and adjustments matched to your goals, training and schedule.

GET A TAILORED PLAN

## PRE-WORKOUT

CHOOSE ONE

About 60 minutes before training



## OPTION 1

## Strawberry Jam Muffin, Fruit and Juice

Quick, familiar training fuel



SERVING IMAGE IS ILLUSTRATIVE

A low-fuss combination of easy-to-use carbohydrates designed to feel light before a training session.



8.7 g

PROTEIN

61 g

CARBS

3 g

FATS

## INGREDIENTS

## QUANTITY

|                                 |          |
|---------------------------------|----------|
| Tip Top Original English muffin | 1 muffin |
| Strawberry jam                  | 15 g     |
| Kiwifruit                       | 1 fruit  |
| Orange juice                    | 150 ml   |

## SIMPLE DIRECTIONS

- 1 Toast the muffin and spread with the measured jam.
- 2 Serve with kiwifruit and orange juice.

## OPTION 2

## Berry Banana Smoothie

Fluid, fast and easy to consume



SERVING IMAGE IS ILLUSTRATIVE

A fruit-forward smoothie delivering mostly carbohydrates when a lighter pre-training option is preferred.



2.5 g

PROTEIN

67 g

CARBS

1.2 g

FATS

## INGREDIENTS

## QUANTITY

|                         |          |
|-------------------------|----------|
| Cocobella coconut water | 250 ml   |
| Frozen berries          | 150 g    |
| Banana                  | 1 medium |
| 100% pure honey         | 20 g     |

## SIMPLE DIRECTIONS

- 1 Add every ingredient to a blender.
- 2 Blend until smooth and drink soon after making.

## WANT A PLAN BUILT AROUND YOU?

Get targets, foods and adjustments matched to your goals, training and schedule.

GET A TAILORED PLAN

# POST-WORKOUT

CHOOSE ONE

About 30-45 minutes after training



## OPTION 1

## Blueberry Yoghurt Bowl

Cool, creamy and protein-rich



SERVING IMAGE IS ILLUSTRATIVE

A simple recovery bowl with high-protein yoghurt, blueberries and a measured honey drizzle.



19.8 g  
PROTEIN

26 g  
CARBS

1.3 g  
FATS

## INGREDIENTS

## QUANTITY

|                                          |       |
|------------------------------------------|-------|
| Coles Perform High Protein Greek Yoghurt | 200 g |
| Frozen blueberries                       | 100 g |
| 100% pure honey                          | 10 g  |

## SIMPLE DIRECTIONS

- 1 Spoon the yoghurt into a bowl and stir until smooth.
- 2 Top with blueberries and the measured honey.

## OPTION 2

## Biscoff Ninja Creami

Dessert-style recovery



SERVING IMAGE IS ILLUSTRATIVE

Milk and whey create a high-protein frozen base, while two biscuits provide a controlled indulgent finish.



19.5 g  
PROTEIN

23.5 g  
CARBS

4 g  
FATS

## INGREDIENTS

## QUANTITY

|                           |            |
|---------------------------|------------|
| Skim milk                 | 200 g      |
| Whey protein - half scoop | 17 g       |
| Splenda                   | 1 packet   |
| Lotus Biscoff biscuits    | 2 biscuits |

## SIMPLE DIRECTIONS

- 1 Blend milk, whey and sweetener; freeze in the Creami tub until solid.
- 2 Spin until creamy, then crumble through the biscuits.

## WANT A PLAN BUILT AROUND YOU?

Get targets, foods and adjustments matched to your goals, training and schedule.

[GET A TAILORED PLAN](#)



## OPTION 1

## Burger and Potato Mix

A balanced take on a comfort-food favourite



SERVING IMAGE IS ILLUSTRATIVE

Lean beef and a measured bun keep the burger familiar, while mixed potatoes add volume and variety.



37 g

PROTEIN

74.7 g

CARBS

11.6 g

FATS

## INGREDIENTS

## QUANTITY

|                                      |             |
|--------------------------------------|-------------|
| Toscano brioche burger bun           | 1 bun       |
| Premium beef mince - 5% fat          | 125 g       |
| Diced onion                          | 0.25 medium |
| Lettuce, shredded                    | 1 cup       |
| Sliced gherkins                      | 25 g        |
| Wattie's 50% Less Sugar tomato sauce | 10 g        |
| Woolworths mild American mustard     | 10 g        |
| Spud Lite potatoes - raw weight      | 150 g       |
| Orange sweet potato - raw weight     | 150 g       |

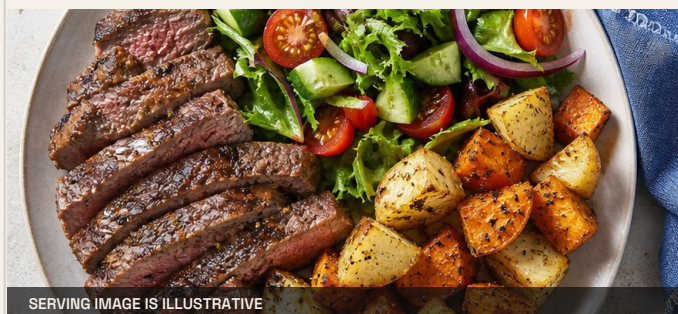
## SIMPLE DIRECTIONS

- 1 Roast or air-fry both potatoes; cook the beef patty through.
- 2 Build the burger with vegetables and measured sauces; serve together.

## OPTION 2

## Steak, Potato Mix and Salad

Protein-rich and generously plated



SERVING IMAGE IS ILLUSTRATIVE

Rump steak anchors this dinner, with mixed potatoes for energy and a fresh salad for colour and crunch.



43.4 g

PROTEIN

45.5 g

CARBS

21.4 g

FATS

## INGREDIENTS

## QUANTITY

|                                                |          |
|------------------------------------------------|----------|
| Olive oil spray - about 3 seconds              | 3 ml     |
| Rump steak                                     | 180 g    |
| Mixed salad - lettuce, tomato, onion, cucumber | 1.5 cups |
| Spud Lite potatoes - raw weight                | 150 g    |
| Orange sweet potato - raw weight               | 150 g    |
| Sauce of choice - 25 kcal                      | 1 serve  |

## SIMPLE DIRECTIONS

- 1 Roast or air-fry the potatoes until tender and crisp.
- 2 Cook and rest the steak; plate with salad and measured sauce.

## WANT A PLAN BUILT AROUND YOU?

Get targets, foods and adjustments matched to your goals, training and schedule.

GET A TAILORED PLAN



## OPTION 1

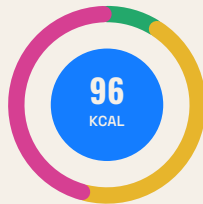
## Freddo Frog and Hot Chocolate

A small, warm finish



SERVING IMAGE IS ILLUSTRATIVE

A portion-controlled chocolate pairing that keeps dessert intentional while still feeling satisfying.



2.2 g

PROTEIN

10.7 g

CARBS

4.8 g

FATS

## INGREDIENTS

## QUANTITY

Cadbury Freddo Frog

1 frog

Avalanche 99% Sugar Free hot chocolate

1 sachet

## SIMPLE DIRECTIONS

- 1 Prepare the hot chocolate according to the packet directions.
- 2 Serve with one Freddo Frog.

## OPTION 2

## Rainbow Paddle Pop

A refreshing sweet finish



SERVING IMAGE IS ILLUSTRATIVE

A simple single-serve dessert for the nights when something cool and uncomplicated suits best.



1.2 g

PROTEIN

16 g

CARBS

2 g

FATS

## INGREDIENTS

## QUANTITY

Streets Rainbow Paddle Pop

1 serving

## SIMPLE DIRECTIONS

- 1 Keep frozen until you are ready to eat.
- 2 Serve one measured portion.

## WANT A PLAN BUILT AROUND YOU?

Get targets, foods and adjustments matched to your goals, training and schedule.

GET A TAILORED PLAN

# CONSISTENCY MAKES THE PLAN USEFUL

The best plan is the one you can execute, review and refine.

## THREE TIPS THAT MAKE THE PLAN EASIER

01

### PLAN TOMORROW TODAY

Choose tomorrow's meal options before the day begins. Defrost, portion and pack anything you will need.

02

### KEEP SIMPLE STAPLES READY

Batch-cook a protein and carbohydrate, wash produce and keep grab-and-go options available. Convenience makes consistency easier.

03

### MEASURE THE EASY-TO-MISS EXTRAS

Measure cooking oils, sauces, spreads and drinks. Small untracked extras can change the day's calories quickly.

### IMPORTANT / GENERAL EXAMPLE ONLY

This resource is a general example only. It is not a medical prescription, diagnosis or substitute for individual care. Energy needs, allergies, health conditions and medications vary. Consult your doctor or an Accredited Practising Dietitian before changing your diet, especially if you have a medical condition, are pregnant or breastfeeding, take medication, or have a history of disordered eating.

## READY FOR A PLAN BUILT AROUND YOU?

Get nutrition targets, food choices and adjustments matched to your body, goals and schedule.

[MESSAGE NUI BROTHERS](#)