

SLENDERIIZ NUTRITION

YOUR GUIDE TO INCREASING ENERGY AND SUPPORTING
MAINTAINABLE WEIGHT LOSS.

SLENDERIIZ™

Estimated Daily Calories: 1200

BREAKFAST OPTIONS

EGGS 2-3 scrambled eggs
1/2 avocado
1 cup spinach

SMOOTHIE 1 scoop PURE NOURISH protein
1 scoop POWER BOOST
250 mls almond milk
1/2 frozen banana
1 tsp chia seeds

QUIONA PORRIDGE 1/2 cup quinoa flakes
1/2 cup coconut milk
1 cup water
1 tbsp almond meal
1 scoop BEAUTY BOOST
1/2 cup berries

LUNCH & DINNER OPTIONS

OPTION 1 Grilled Vegetable and Lentil Salad

OPTION 2 Bowl of Abundance

OPTION 3 Healthy Nachos

CHOOSE ONE FROM THIS SECTION

LUNCH & DINNER OPTIONS

OPTION 1 Mexican Chicken Salad

OPTION 2 Curried Pumpkin and Cauliflower

OPTION 3 Tofu and Broccoli Stir Fry

CHOOSE ONE FROM THIS SECTION

SNACK OPTIONS

Choose 1 option per day

OPTION 1 50g mixed nuts
80g coconut yoghurt
1 scoop PURE NOURISH protein
1/2 cup frozen berries

OPTION 2 30g nuts/ seeds
1 scoop PURE NOURISH protein
shake

OPTION 3 2 Carrot sticks
30g natural peanut butter

OPTION 4 Any smoothie from below

SMOOTHIE GUIDE

MACRONUTRIENT BALANCED SMOOTHIES

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Choose 1-2 smoothies per day to promote satiety and support weight management.

ROYAL GREEN

Cals: 250 Protein: 18g Fats: 7g Carbs: 30g

2 scoops GIVING GREENS
2 scoops PURE NOURISH protein
1 frozen zucchini
1/2 frozen banana
1 tsp coconut oil
1 cup almond milk

HAPPY HORMONES

Cals: 314 Protein: 18g Fats: 15g Carbs: 29g

1 scoop POWER BOOST
2 scoops PURE NOURISH protein
1 tsp pepitas (pumpkin seeds)
1/4 avocado
1 tsp chia seeds
1 cup almond milk

DETOX DELICIOUS

Cals: 146 Protein: 2 g Fats: 1 g Carbs: 42g

1 scoop BEAUTY BOOST
1/2 cup frozen raspberries
1/2 lemon
1/4 tsp cayenne pepper
2 celery stalks
1/2 green apple
1 cup coconut water

STRAWBERRIES & CREAM

Cals: 247 Protein: 18g Fats: 9g Carbs: 32g

1 scoop BEAUTY BOOST
2 scoops PURE NOURISH protein
1 cup fresh strawberries
2 tbsp cashews
1/2 zucchini
1 cup coconut milk

APPROVED FOOD LIST

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VEGETABLES

Asparagus
Bean Sprouts
Beet Greens
Brussels Sprouts
Broccoli
Bamboo Shoots
Bok Choy
Cabbage
Carrots
Cauliflower
Chili Peppers
Cucumbers
Green Beans
Leafy greens
Kale
Greens Onions
Peas
Zucchini
Sea Vegetables: Nori Kelp
Wakame

FRUITS

Organic fruits are best.
Best Choice for lowest sugar
content:

Apples
Strawberries
Blueberries
Blackberries
Raspberries
Tomatoes

Other options:

Pears
Peaches
Plums
Fresh Figs
Kiwi
Oranges
Tangerines
Nectarines

PROTEIN

Chicken (free-range, raised without hormones is best)
Eggs (free-range)
All vegetarian proteins
Quinoa
Organic Tofu
Raw or Sprouted Nuts (not as low in calories, or as filling as quinoa and tofu)
Vegan protein powder
Low-carb Protein Bar

HEALTHY FATS

You should reserve a minimum of 250-300 of your calories for these fats.

Coconut Oil
Chia seeds
Hemp seeds
Raw pumpkin seeds
Raw walnuts

*** Avoid vegetable and other seed oils completely ***

HERBS AND SPICES

Salt and sugar free spices are a great option to liven up your meals
Here are some options:

Black Pepper	Turmeric
Cayenne	Basil
Cumin Curry	Bay Leaf
Dulse Flakes	Chives
Garlic	Coriander
Kelp Flakes	Mint
Lemon Lime	Oregano
Mustard	Parsley
Onion Powder	Rosemary
Sea Salt	Thyme
	Sage



RECIPES

6 NUTRIENT DENSE MEAL PREP RECIPES
SERVES 1

MEXICAN CHICKEN SALAD

390 cals 18g fat 42g protein 10g carbs 8g fibre

INGREDIENTS:

- 120g chicken breast, cooked
- 2 cups baby spinach
- 1/4 avocado, sliced

TOMATO SALSA

- 2 medium tomatoes, finely diced
- 1/2 small red onion, finely diced
- 1 clove of garlic, crushed
- 1 tbsp. fresh coriander, chopped
- Juice from 1/2 a lime
- 1/4 tsp. ground cumin
- 1/4 tsp. ground coriander

Salt, pepper and fresh chilli to taste

METHOD:

Mix all ingredients for tomato salsa together in a bowl.

To serve place chicken, avocado and salsa over bed of spinach and allow juices from salsa to dress leaves and chicken.



RECIPES

6 NUTRIENT DENSE MEAL PREP RECIPES
SERVES 1

HEALTHY NACHOS

Per serve: 590 cals 31g fat 17g protein 60g carbs 8g fibre

INGREDIENTS

- 1/2 sweet potato, sliced into thin discs
- 1 tbsp. olive oil
- 1/4 cup black beans
- 1/2 cup corn
- 2 tomatoes, diced
- 1 zucchini, grated
- 1 tsp. paprika, 1 tsp. cumin, 1/2 tsp. chilli (optional)
- 3 spring onions, thinly sliced
- 1/2 avocado + 1/2 lime + 1/2 for serving

METHOD

1. Preheat oven to 180°C.
2. Place the sweet potato on a baking tray, lined if needed, and drizzle with olive oil. Cook until discs are crispy.
3. Mash the avocado and add lime juice and set aside.
4. In a saucepan or frypan, heat black beans, corn, tomato and zucchini over a low to medium heat. Add spices and stir through. Season to taste with salt & pepper.
5. Divide mix between bowls and top with spring onion, coriander, avocado and a squeeze of lime juice. Serve alongside the sweet potato chips.



RECIPES

6 NUTRIENT DENSE MEAL PREP RECIPES
SERVES 1

GRILLED VEGETABLE AND LENTIL SALAD

410 cals 15g fat 32g protein 35g carbs 8g fibre

INGREDIENTS:

- 200g brown lentils (organic tinned - macro organic)
- 1/4 red onion (small)
- 1/2 cup mushrooms (grilled)
- 4 asparagus spears (steamed)
- 1/2 red capsicum (grilled)
- 2 tbsp cottage cheese
- 1/2 tbsp balsamic vinegar (to serve)
- 1 tbsp olive oil (for cooking)

METHOD:

Add all cooked ingredients (lentils, mushrooms, asparagus and red onion) to a bowl + top with cottage cheese and balsamic vinegar.



RECIPES

6 NUTRIENT DENSE MEAL PREP RECIPES
SERVES 1

BOWL OF ABUNDANCE

370 cals 22g fat 20g protein 25g carbs 11g fibre

INGREDIENTS:

- 1 cup spinach
- 1/2 capsicum
- 1/2 carrot, cut into match sticks
- 1/2 cup edamame bean (or chickpeas)
- 1/2 cup red cabbage
- 1/2 cup avocado
- 1 tbsp hummus
- 2 boiled eggs

METHOD:

Add all ingredients to a bowl and serve with fresh lemon or lime.



RECIPES

6 NUTRIENT DENSE MEAL PREP RECIPES
SERVES 1

CURRIED PUMPKIN AND CAULIFLOWER

500 cals 34g fat 31g protein 26g carbs 8g fibre

INGREDIENTS:

- 1/2 cup diced pumpkin, roasted
- 150g tofu, diced
- 1 cup spinach
- 1tbsp pepitas
- 1 tsp sesame oil or olive oil
- 1 cup cauliflower cut into florets fried w/ 1 tsp curry powder + dash water

METHOD

Add sesame oil to a wok or large fry pan and cook the tofu.

Boil cauliflower for 3 minutes or until tender but not too soft.

Add cauliflower, curry powder and roasted pumpkin to the wok and cook for a further 5 minutes.

To serve place spinach at the base of a bowl and top with the warm curried pumpkin and cauliflower.



RECIPES

6 NUTRIENT DENSE MEAL PREP RECIPES
SERVES 1

TOFU AND BROCCOLI STIR FRY

500 cals 36g fat 32g protein 23g carbs 5g fibre

INGREDIENTS:

- 150g tofu
- 1/2 cup broccoli, chopped
- 1/2 onion, sliced
- 1 garlic clove, crushed
- 2 tbsp soy sauce (or tamari)
- 1 tsp mayonnaise
- 2 tbsp cashews

METHOD:

Stir fry all ingredients and top with cashews and lime.



EXERCISE

A modest aerobic exercise program is good for your health. Start walking, hiking, swimming, jogging, biking, etc. for 15–30 minutes, five times per week.

If you have not been getting much exercise prior to this program, it is important to begin slowly and build up to our recommended level of exercise over the next few weeks.

Note: When you exercise, you lose fat and gain muscle which slows the appearance of your weight loss on the scale, because muscle weighs more than fat but takes up less space. Be sure to keep measurements to track your progress if you are active with weight bearing exercises.

A handy tip is to aim for 8 000 - 10 000 steps per day, this will optimise fat burning potential!

