Recipe Book

RM PERFORMANCE

2026

This book features meals, snacks, and desserts

all designed to taste incredible while helping you stay on track to smash your fitness goals.

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Adjusting Recipe Example

Choc Strawberry Overnight Oats

Ingredient	Calories	Protein	Carbs	Fat
Rolled oats (45 g)	170 kcal	6 g	27 g	3 g
Chia seeds (15 g)	60 kcal	2 g	0 g	4 g
Chocolate whey protein (1 scoop)	129 kcal	24 g	2.6 g	2.4 g
Yopro (175 g)	128 kcal	17.5 g	14 g	0 g
75% Lindt dark chocolate (2 squares)	127 kcal	1.3 g	6.7 g	10 g
Strawberries (50 g)	13 kcal	0.3 g	3.2 g	0.1 g

ADJUST CARBS

Change the rolled oats portion to adjust the main carbohydrate source.

ADJUST PROTEIN

Change the whey protein or Yopro portion to adjust protein intake.

ADJUST FATS

Change the dark chocolate or chia seed portion to adjust fat intake.

Swap foods to suit your preferences

You can swap protein, carbohydrate and fat sources for foods you enjoy. For example, swap oats for Weet-Bix. Recheck portions and macros after any swap. Foods are not always equivalent gram for gram.

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Breakfast







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Choc Strawberry Overnight Oats

627 Calories | 51.1g Protein | 53.5g Carbs | 19.5g Fat



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Rolled Oats (45g)	170 kcal	6g	27g	3g
Chia seeds (15g)	60 kcal	2g	0g	4g
Whey Protein Chocolate (1 scoop)	129 kcal	24g	2.6g	2.4g
Yopro (175g)	128 kcal	17.5g	14g	0g
75% Lindt Dark Choc (2 squares)	127 kcal	1.3g	6.7g	10g
Strawberries (50g)	13 kcal	0.3g	3.2g	0.1g
TOTAL	627 kcal	51.1g	53.5g	19.5g

Method

- Blend oats & chia seeds lightly and add into a jar or container
- Add water and mix until it forms a wet dough consistency and level it forming the base.
- In a separate bowl, combine yoghurt with 1 scoop of chocolate protein. mix well
- pour yoghurt over the oat base
- Dice up 2 pieces of lindt 75% dark chocolate. sprinkle over the top of the yoghurt and then top with strawberries
- Cover and refrigerate overnight OR you can eat it straight away.

***TIP* Add strawberries before consuming (So they aren't soggy)**

Berry Overnight Oats

380 Cal ‖ 38.5g Protein ‖ 46g Carbs ‖ 4.5g Fat



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Rolled Oats (45g)	170 kcal	6g	27g	3g
Vanilla Protein (30g)	110 kcal	24g	2g	1.5g
Greek Yogurt (80g)	45 kcal	8g	3g	0g
Mixed Berries (50g)	25 kcal	0.5g	6g	0g
Honey (10g)	30 kcal	0g	8g	0g
TOTAL	380 kcal	38.5g	46g	4.5g

Method

- Blend oats lightly
- Add Oats and Protein Powder to a jar or container.
- Add water and mix until it forms a wet dough consistency and level it forming the base.
- Slightly blend berries (frozen is great) and add to the base.
- Mix honey into the yoghurt.
- Add the yoghurt onto the berries.
- Cover and refrigerate overnight OR you can eat it straight away.

Biscoff Overnight Oats

415 Cal ‖ 38.5g Protein ‖ 41g Carbs ‖ 10.5g Fat



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Rolled Oats (45g)	170 kcal	6g	27g	3g
Vanilla Protein Powder (30g)	110 kcal	24g	2g	1.5g
Greek Yogurt (80g)	45 kcal	8g	3g	0g
Biscoff Spread (15g)	90 kcal	0.5g	9g	6g
TOTAL	415 kcal	38.5g	41g	10.5g

Method

- Blend oats lightly
- Add Oats and Protein Powder to a jar or container.
- Add water and mix until it forms a wet dough consistency and level it forming the base.
- Add 15g Biscoff Spread to the greek yoghurt and mix well.
- Add the yoghurt onto the base.
- Cover and refrigerate overnight OR you can eat it straight away.

Chia Pudding

366 Kcal | 36g P | 36g C | 9g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Chia Seeds (20g)	97 kcal	3g	8g	6g
Altered vanilla protein (1 scoop)	133 kcal	25g	3g	2g
Skim milk (200ml)	68 kcal	7g	10g	0g
Frozen mixed berries (150g)	68 kcal	1g	15g	1g
TOTAL	366 kcal	36g	36g	9g

Method

- Mix the protein powder and milk together in a jar until smooth.
- Stir in the chia seeds, wait 5 minutes, then stir again so they don't clump.
- Seal and refrigerate for at least 4 hours, or overnight.

Top with the berries before eating. Frozen berries thaw nicely in the fridge if you add them the night before.

Protein Pancake Bowl

371 Kcal | 38g P | 38.5g C | 6.8g F



Ingredients

Ingredient	Amount	Calories	Protein	Carbs	Fat
Egg (large)	1 (50g)	78 kcal	6g	1g	5g
Skim Milk	50g	17 kcal	2g	3g	0g
WPI (ANY)	1 scoop (30g)	120 kcal	26.0g	1.5g	0.8g
Banana	50g	45 kcal	1g	11g	0g
Self raising flour	30g	106 kcal	3g	22g	1g
Queen sugar free maple syrup	4g	5kcal	0g	0g	0g
Total		371 kcal	38g	38.5g	6.8g

Method

- In a non stick oven proof ramekin, add flour, egg, milk and protein. Mix well
- Top the pancake batter with banana slices
- Place into oven for 20 mins at 180 degrees celsius
- Once cooked through, top with sugar free maple syrup

Blueberry Muffin Protein Bowl

458 Kcal | 58.2g P | 43.1g C | 4.5g F



Ingredients

Ingredient	Calories	Protein	Carbs	Fat
Rolled oats (40g)	152 kcal	5g	24g	3g
Sunny queen egg whites (100g)	47 kcal	11g	0g	0g
WPI (vanilla 1 scoop)	121 kcal	26g	1g	1g
Yopro Vanilla (160g)	91 kcal	15.2g	6.1g	0.5g
Blueberries (75g)	43 kcal	1g	11g	0g
Baking Powder (5g)	4 kcal	0g	1g	0g
Total	458 kcal	58.2g	43.1g	4.5g

Method

- Mix everything except the blueberries until smooth, then fold them in. Pour into a sprayed ramekin and bake at 180 degrees for 20-25 mins until golden and set, or microwave for 2-3 mins

Banana Bread Baked Oat Bowl

424 kcal | 49g P | 43g C | 4g F



Ingredients

Ingredient	Calories	Protein	Carbs	Fat
Rolled oats (40g)	152 kcal	5g	24g	3g
Banana (60g)	53 kcal	1g	14g	0g
WPI (vanilla 1 scoop)	121 kcal	26g	1g	1g
Yopro plain (50g)	35 kcal	6g	2g	0g
Egg whites (100g)	47 kcal	11g	0g	0g
Cinnamon (5g)	12 kcal	0g	1g	0g
Baking Powder (5g)	4 kcal	0g	1g	0g
Total	424 kcal	49g	43g	10g

Method

- Mash the banana and mix in the remaining ingredients until smooth. Pour into a sprayed ramekin and bake at 180 degrees for 20-25 min until set, or microwave for 2-3 mins

Oreo Overnight Weetbix

434 Kcal ‖ 46g Protein ‖ 41g Carbs ‖ 8g Fat



Ingredients

Ingredient	Amount	Calories	Protein	Carbs	Fat
Weet-Bix	2 biscuits*	110 kcal	3.8g	20g	0.5g
YoPRO Vanilla	160g	91 kcal	15.2g	4.6g	0.7g
Vanilla WPI	1 scoop (30g)	120 kcal	26.0g	1.5g	0.8g
oreo cookie	1	50 kcal	0.3g	8g	2.3g
Cadbury dream white chocolate	12.5g	63.5 kcal	0.6g	7g	3.68g
Total		434 kcal	46g	41g	8g

Method

- Crush weetbix into a bowl or container. Add water / low fat milk until softened
- in a separate bowl, mix 140g yopro with vanilla WPI until combined. Spread evenly over the weetbix base.
- Melt the white chocolate in a small bowl, stir through remaining 20g vanilla yoghurt, add a splash of low fat milk and 1 crushed oreo. Then spread over the yoghurt layer.
- Cover and refrigerate overnight or consume immediately.

Breakfast Tacos

452 Kcal | 36g P | 29g C | 21g F



Ingredients

Ingredient	Amount	Calories	Protein	Carbs	Fat
Mission Tortilla (white corn)	2 wraps	111 Kcal	2g	23g	1g
Shortcut Bacon	50g	73 Kcal	11g	0g	3g
Egg	1 large	78 Kcal	6g	1g	5g
Egg whites	80g	42 Kcal	9g	1g	0g
Woolworths mild salsa	50g	22 Kcal	1g	4g	1g
light tasty mozzarella	25g	84 kcal	7g	0g	6g
Olive Spray Oil	5g	41 Kcal	0g	0g	5g
Total		452 Kcal	36g	29g	21g

Method

- Heat a pan over medium heat
- Cook bacon until lightly browned. Spray Olive oil then pour egg + egg whites and stir until scrambled
- Turn off heat and add light tasty mozzarella and mix in until melted.

Evenly separate mixture between 2 tortillas then top with salsa

Breakfast Muffins

355 Kcal | 31g P | 27g C | 14g F



Ingredients

Ingredient	Amount	Calories	Protein	Carbs	Fat
Tip Top English Muffins Wholemeal	1 muffin	139 Kcal	6g	23g	2g
Shortcut Bacon	40g (about 2 rashers)	67 kcal	7g	2g	4g
Egg	1 large	78 Kcal	6g	1g	5g
Egg whites	50g	26 kcal	6g	0g	0g
50% less cheese slice (bega)	1 slice	45 kcal	6g	1g	3g
Total		355 kcal	31g	27g	14g

Method

Spray an egg ring in a non-stick pan over medium heat, pour in the whisked egg and egg whites, cover with a lid and cook for 3-4 minutes until set. Crisp the bacon in the same pan and toast the muffin. Layer the egg, bacon and cheese in the muffin.

Loaded Bacon Hash Bowl

451 Kcal | 45g P | 25g C | 16g F



Ingredients

Ingredient	Calories	Protein	Carbs	Fat
Spudlite (200g)	100 kcal	3g	18g	0g
Egg (1 large)	78 kcal	6g	1g	5g
Egg whites (120g)	62 kcal	13g	1g	0g
Chobani plain greek yoghurt (40g)	23 kcal	4g	2g	0g
Light & tasty mozzarella (25g)	53 kcal	6g	0g	3g
Tabasco Hot sauce (5g)	1 kcal	0g	0g	0g
Shortcut Bacon (80g)	134 kcal	13g	3g	8g
Total	451 kcal	45g	25g	16g

Method

Air fry the diced potato with salt, pepper and a spray of oil at 200°C for 18–20 minutes until crispy. While it cooks, trim and dice the bacon, then crisp it in a non-stick pan. Add the egg and egg whites to the same pan and scramble until just set. Layer the potato, eggs and bacon, then top with the mozzarella. Serve with the yoghurt and hot sauce.

Ham & Cheese Quiche

341 kcal | 35g P | 11g C | 12g F



Ingredients

Ingredient	Calories	Protein	Carbs	Fat
Mission carb balance wrap (1)	95 kcal	6g	4g	2g
Egg (1 large)	78 kcal	6g	1g	5g
Egg whites (80g)	38 kcal	9g	0g	0g
Cottage Cheese bulla (30g)	25 kcal	4g	1g	0g
Light & tasty mozzarella (15g)	50 kcal	4g	0g	4g
D'Orsogna 97% Fat Free Shaved	32 kcal	6g	1g	1g
Red onion (20g)	8 kcal	0g	2g	0g
Cherry tomatoes (30g)	5 kcal	0g	1g	0g
Italian herb (2.5g)	8 kcal	0g	1g	0g
Spinach (10g)	2 kcal	0g	0g	0g
Total	341 kcal	35g	11g	12g

Method

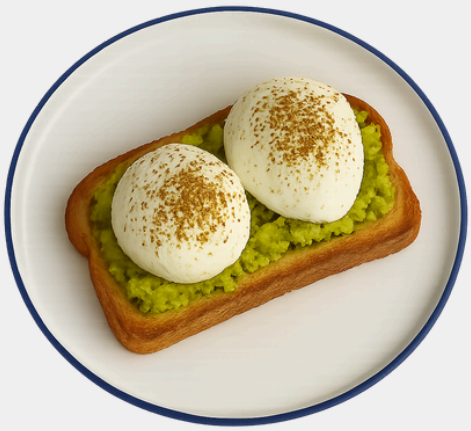
Press wrap into air fryer basket and form a bowl shape (can use oven safe dish)

Whisk egg, egg whites, chopped ham, cottage cheese, onion, spinach , cherry tomatoes, herbs, salt and pepper and mix until well combined

Pour mixture into wrap bowl & top with shredded cheese. Then air fry at 180 degrees for 10-15 mins or until eggs are set and top is golden.

Eggs on Toast

421 Cal ‖ 25.2g Protein ‖ 25.7g Carbs ‖ 22.2g Fat



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Large Eggs (3)	210 kcal	18g	1.2g	15g
Wholemeal Bread (2 slices)	160 kcal	7g	24g	2g
Butter (5g / ~1 tsp)	36 kcal	0g	0g	4g
Spray Olive Oil (2 sec spray)	10 kcal	0g	0g	1g
Everything Egg Seasoning (2g)	5 kcal	0.2g	0.5g	0.2g
TOTAL	421 kcal	25.2g	25.7g	22.2g

Method

- Add oil to a pan and fry your eggs.
- Toast bread and add butter.
- Add eggs to bread and season.

Optional: Add Bacon or Avocado if calorie goals allow it

Protein French Toast

499 Kcal | 56g P | 55g C | 4g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Sourdough (2 slice)	208 kcal	7g	40g	2g
egg whites (150g)	78 kcal	16g	1g	0g
Altered vanilla ice cream WPI (1 scoop)	133 kcal	25g	3g	2g
cinnamon (1g)	2 kcal	0g	0g	0g
Frozen mixed berries (80g)	36 kcal	1g	8g	0g
Yopro (any 60g)	42 kcal	7g	3g	0g
TOTAL	499 kcal	56g	55g	4g

Method

Whisk the egg whites, protein powder and cinnamon until completely smooth, with no clumps.
Soak each slice of bread in the mix for about 20 seconds per side.
Cook in a non-stick pan with oil spray over medium heat for 2–3 minutes per side until golden.
Pour any leftover mix over the bread as it cooks.
Microwave the berries for 30–40 seconds until jammy.
Top the toast with the yoghurt and warm berries.





Lunch + Dinners



Make fresh





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Beef Mince Taco

407 Kcal | 32g P | 44g C | 13g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
1 large white wrap	186 kcal	5g	31g	5g
100g beef mince (raw)	148 kcal	23g	0g	6g
Seasoning (paprika, Onion powder, garlic powder) 5g Each	48 Kcal	3g	11g	1g
parsley (5g)	2kcal	0g	0g	0g
Fat reduced Tzatziki (30g)	23 kcal	1g	2g	1g
TOTAL	407 kcal	32g	44g	13g

Method

Add beef mince and all seasoning into a bowl and mix together.

Spread the mixture evenly onto the wrap and pat down

Heat a pan over medium-high heat. Lightly spray olive oil and then place the wrap mince side down.

Once mince is browned, flip. Once the wrap is golden remove from the heat and top with tzatziki.

Tuna Sushi Tacos

227 Kcal | 25g P | 24g C | 2.5g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Rice (30g raw)	106 kcal	2g	23g	0.5g
Yaki Nori Seaweed (5g)	20 kcal	1g	0g	1g
Tuna (Canned in springwater) - 95g	95 kcal	22g	0g	1g
Light soy sauce (5g)	4 kcal	0g	1g	0g
Spring Onion (5g)	2 kcal	0g	0g	0g
TOTAL	227 kcal	25g	24g	2.5g

Method

Cook Rice (According to packet instructions)

Slightly wet seaweed (allowing it to be shaped without tearing)

Mould each rice-covered seaweed sheet over an inverted heatproof ramekin in the air fryer basket. Air fry at 180°C for about 6 minutes, until crispy, and watch closely so it doesn't burn.

While the seaweed is in the airfryer, mix drained tuna with fat free mayo, soy sauce and chopped spring onions

Once seaweed is ready, remove from airfryer and allow them to cool so they can set their shape. Once ready, fill taco with rice and top with the mayo mix

Cheeseburger Tacos

465 Kcal | 47g P | 35g C | 14g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
SIMSON'S PANTRY WHITE PREMIUM WRAPS (2)	170 kcal	5g	28g	4g
Extra lean beef mince (150g)	222 kcal	35g	0g	9g
Cottage cheese (50g)	41 kcal	6g	2g	1g
Lettuce (100g)	14 kcal	1g	3g	0g
Fropro burger mayo sauce (20g)	18 kcal	0g	2g	0g
TOTAL	**465 kcal**	**47g**	**35g**	**14g**

Method

season beef mince to your liking. Add onto 2 small wraps, and top with lettuce , cottage cheese and Fropro burger mayo sauce.

Protein Gyros

491 Kcal | 39g P | 48g C | 16g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Mission Souvlaki Wrap (1)	207 Kcal	6g	32g	6g
Extra lean beef mince (125g)	163 kcal	27g	1g	6g
Mingles greek style seasoning (10g)	31 kcal	1g	6g	0g
South Cape Crumbled Feta (15g)	41 kcal	3g	1g	3g
Black Swan Skinny Tzatziki (30g)	23 kcal	1g	2g	1g
Lettuce (30g)	4 kcal	0g	1g	0g
Tomato (80g)	14 kcal	1g	3g	0g
Red Onion (20g)	8 kcal	0g	2g	0g
TOTAL	491 kcal	39g	48g	16g

Method

- Mix Mingles Greek seasoning through the mince. combine well
- Flatten the mixture on top of a souvlaki wrap and cook.
- heat a pan over medium high heat and cook the wrap mince side down until browned. Then flip and cook until wrap side is golden.
- Once cooked through, take the wrap off the pan. spread the tzatziki evenly and top with lettuce, tomato, onion and crumbled feta.

Roll into a wrap

Pesto Chicken Wrap

517 Cal ‖ 54.5g P ‖ 30.5g C ‖ 18g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Cooked Chicken Breast (150g)	250 kcal	46g	0g	6g
Large Wholegrain Wrap (1)	170 kcal	5g	28g	4g
Basil Pesto Sauce (15g / 1 tbsp)	80 kcal	1g	1g	8g
Baby Spinach (Handful)	5 kcal	0.5g	0.5g	0g
Low Fat Greek Yogurt (20g)	12 kcal	2g	1g	0g
TOTAL	517 kcal	54.5g	30.5g	18g

Method

- In a small bowl, mix the Pesto and Greek Yogurt together.
- Lay the Wrap flat and spread the sauce across the center.
- Shred or slice the Cooked Chicken Breast and place it on top of the sauce.
- Add a large handful of Baby Spinach for crunch and micronutrients.

Optional: Add salad/ vegetables of choice to increase volume of meal . Cheese as well for taste if calories allow it

Cali Burrito & Chips

572 Kcal | 56.5g P | 30.5g C | 18g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Diced Chicken breast (150g Raw)	180 kcal	34g	0g	4g
Light & tasty Mozzarella (25g)	84 kcal	7g	0g	6g
Mission Low carb wrap (1)	139 kcal	9g	6g	3g
Guacamole (25g)	40 kcal	1g	2g	4g
DORITOS MILD SALSA (20g)	8 kcal	0g	2g	0g
Spudlite - 150g	72 kcal	2g	13g	0g
Lettuce (iceberg) 25g	5 kcal	0.5g	0.5g	0g
Mingles Chipotle seasoning (10g)	32 kcal	1g	6g	1g
Low fat Greek yoghurt (20g)	12 kcal	2g	1g	0g
TOTAL	572 Kcal	56.5g	30.5g	18g

Method

- Season Chicken breast with chipotle seasoning. heat a pan over medium-high heat then spray with light olive oil and cook
- Cut spudlite into chips. Spray with light olive oil and then cook in an airfryer at 200C for 20 mins. Flip halfway through and toss in chipotle seasoning while it's still warm
- Once Chips and Chicken is ready, assemble by adding shredded lettuce, chips, guacamole, Greek yoghurt and chicken.
- Fold the wrap tightly

OPTIONAL - Toast on a pan

Meatlovers Pizza

518 Kcal | 40.5g P | 40.5g C | 21g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Souvlaki bread (mission 1 wrap)	207 kcal	6g	32g	6g
Leggos pizza sauce squeeze (20g)	24 kcal	1g	5g	0g
Chicken breast (75g cooked)	124 kcal	23g	0g	3g
light tasty shredded cheese (20g)	68 kcal	6g	1g	5g
onions (raw 30g)	12 kcal	0g	2g	0g
spinach (20g)	5 kcal	0g	0g	0g
pepperoni slices (20g)	78 kcal	4.5g	0.5g	7g
TOTAL	518 kcal	40.5g	40.5g	21g

Method

- On your souvlaki base, spread your sauce, add shredded chicken, onions, spinach, pepperoni and top with cheese. Cook in airfryer / oven to your liking

Note: Can change toppings .

Marry Me Chicken & Rice

567 Kcal | 44g P | 75g C | 9g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Diced Chicken breast (125g Raw)	150 kcal	28g	0g	3g
Light & Creamy evaporated milk (85g)	82 kcal	6g	12g	1g
Olive Spray Oil (1g)	9 kcal	0g	0g	1g
Sundried tomatos (15g)	39 kcal	2g	8g	1g
Minced Garlic (1 clove)	4 kcal	0g	1g	0g
Mingles italian herb (5g)	16 kcal	1g	3g	0g
Light Cream Cheese (15g)	30 kcal	1g	1g	2g
Baby Spinach (30g)	5 kcal	1g	0g	0g
Jasmine Rice (60g Raw)	232 kcal	5g	50g	1g
TOTAL	567 kcal	44g	75g	9g

Method

Cook the rice. Season the chicken with salt, pepper, chilli and half the herbs, then sear in a sprayed pan until golden and cooked through, and set aside. In the same pan, cook the garlic and sundried tomatoes until fragrant. Add the evaporated milk, stock and remaining herbs, and simmer for 3–4 minutes until slightly reduced. Stir in the cream cheese until smooth and thick, then wilt the spinach. Return the chicken, coat it in sauce and serve over the rice.

Smash Burger

377 kcal | 33g P | 28g C | 16g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Extra lean beef mince (100g)	148 kcal	23g	0g	6g
Brioche Bun (50g)	170 kcal	4g	24g	7g
50% less fat cheese bega (17g)	45 kcal	6g	1g	3g
Masterfoods Mustard (5g)	6 kcal	0g	1g	0g
Masterfoods salt & sugar reduced tomato sauce (5g)	4 kcal	0g	1g	0g
Iceberg lettuce (30g)	4 kcal	0g	1g	0g
Total	377 kcal	33g	28g	16g

Method

Smash mince into a thin patty, season with salt & pepper then put on a hot pan.
Once side is browned flip, add cheese and let it melt. While the cheese is melting toast your bun.
Once patties are done cooking, build your burger by saucing the bottom, adding your patties and topping with lettuce. top with more sauce.

Crispy Chicken Burger

501 kcal | 51g P | 38g C | 17g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Fropro southern style breast fillet (1)	269 Kcal	41g	11g	6g
Brioche Bun (50g)	170 kcal	4g	24g	7g
50% less fat cheese bega (17g)	45 kcal	6g	1g	3g
Fropro fit sauce - pepper mayo (10g)	13 kcal	0g	1g	1g
Iceberg lettuce (30g)	4 kcal	0g	1g	0g
Total	501 kcal	51g	38g	17g

Method

airfry breast fillet following packet instructions. flip halfway through to ensure even cooking
When chicken is 3-5 mins from finished, heat your brioche buns on a pan.
Assemble Burger by saucing bottom bun, adding slice of cheese, chicken fillet, lettuce and topping with mayo.

Steak w/ Chips & Salad

514 kcal | 55g P | 25g C | 20g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Rump Steak (250g)	326 kcal	50g	0g	14g
Olive Spray Oil (5g)	41 kcal	0g	0g	5g
Spudlite (250g)	125 kcal	4g	22g	1g
Spinach (30g)	5 kcal	1g	0g	0g
Onion (30g)	12 kcal	0g	2g	0g
Tomatoes (30g)	5 kcal	0g	1g	0g
TOTAL	**514 kcal**	**55g**	**25g**	**20g**

Method

Heat a pan over medium - high heat. Lightly spray pan with olive oil and cook steak to your liking

For the chips , cut spudlite into chips and lightly spray with olive oil and mix with seasoning of choice

(I recommend mingles taco seasoning or McCormick's Italian herb potatoes)

Put potatoes in airfryer for 20 mins at 180-200C or until golden brown on the outside and fluffy on inside. Flip halfway through to ensure even cooking

Once potatoes are ready, serve on a plate with salad (this adds extra volume to meal)

Fish & Chips

318 kcal | 42g P | 25g C | 4g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Cod (skinless 200g)	170 kcal	38g	0g	2g
Masterfoods lemon herb seasoning (5g)	5 kcal	0g	1g	0g
Spudlite (250g)	125 kcal	4g	22g	1g
Fropro fitsauce (garlic aioli 20g)	18 kcal	0g	2g	1g
TOTAL	**318 kcal**	**42g**	**25g**	**4g**

Method

Cut potatoes into chips, spray with oil, sprinkle seasoning of choice and airfry at 200 degrees for 20-25 mins, shaking halfway

Spray cod lightly with oil and coat it with lemon herb seasoning. When the chips have about 10 mins left, add the cod on baking paper and air fry for 8-10 mins or until it flakes easily

Chicken Caesar Salad

427 kcal | 47g P | 13g C | 21g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Diced Chicken Breast (150g)	180 kcal	34g	0g	4g
Egg (1 large)	78 kcal	6g	1g	5g
Lettuce (60g)	8 kcal	1g	2g	0g
Croutons (7.5g)	30 kcal	1g	6g	1g
Cucumber (30g)	5 kcal	0g	1g	0g
Parmesan (10g)	43 kcal	4g	0g	3g
Caesar dressing (30g)	83 kcal	1g	3g	8g
TOTAL	**427 kcal**	**47g**	**13g**	**21g**

Method

Season diced chicken with salt and pepper and grill until fully cooked.

In a pan , bring water to a boil. Add egg and cook until soft boiled / hard boiled. Once done, put egg in bowl of ice water, peel and slice in half.

shred / dice vegetables & combine with cheese in a large bowl.

add protein and egg. toss to combine.

Drizzle salad dressing over top of salad and mix again. then top with croutons

Tuna Pasta

505 Cal ‖ 50.1g Protein ‖ 61.5g Carbs ‖ 5.1g Fat



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Tuna in Springwater (2x	180 kcal	40g	0.5g	1g
White Pasta (80g dry weight)	285 kcal	10g	58g	1g
Low Fat Mayonnaise (20g	35 kcal	0g	2g	3g
MasterFoods Lemon Pepper	5 kcal	0.1g	1g	0.1g
TOTAL	**505 kcal**	**50.1g**	**61.5g**	**5.1g**

Method

- Boil the 80g Pasta in salted water according to the packet instructions, then drain.
- Drain the water thoroughly from the 2 tins of Tuna.
- In a bowl, mix the cooked pasta, tuna, and 20g Low Fat Mayo.
- Shake over a generous amount of Lemon Pepper Seasoning and stir until everything is coated.





Lunch & Dinner



Meal prep



RM PERFORMANCE

Meal Prepping Tips



Have convenient options on standby

Keep easy, high-protein foods ready to go, like precooked chicken, tuna cans, microwavable carbs or microwave meals in the freezer.



Keep it simple & repeatable

Use a few go-to meals you enjoy and can make on repeat each week.



Time block to prep

Set aside 1–2 hours each week in your calendar to cook, portion and get organised.



Cook in batches

Make larger amounts at once (e.g. chicken, rice, mince, veggies) and portion them into individual meals.



Aim for consistency

If you find you get off track, focus on getting the next meal right so a bad meal doesn't turn into a bad day.



For these meals, multiply the ingredients by how many serves you want to make.

RMPERFORMANCE

Chicken Stir-Fry

566 kcal | 40g P | 77g C | 10g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Chicken Breast (125g)	150 kcal	28g	0g	3g
Spices (paprika, pepper, garlic) 1 tsp each	49 kcal	3g	7g	1g
Soy Sauce (5g)	3 kcal	0g	0g	0g
Spray olive oil (5g)	41 kcal	0g	0g	5g
Onion (50g)	20 kcal	1g	5g	0g
Capsicum (50g)	16 kcal	1g	3g	0g
Broccoli (85g)	29 kcal	2g	6g	0g
Jasmine Rice (200g cooked)	258 kcal	5g	56g	1g
TOTAL	566 kcal	40g	77g	10g

Method

- cook rice (microwave , rice cooker , boil)
- Season Diced chicken breast with paprika, garlic powder, black pepper and 1 tsp soy sauce. mix until well combined.
- Spray olive oil on a pan and then cook the chicken for 3 mins each side (make sure you don't overcook it)
- Set the chicken aside, then in the same pan add onion and capsicum. season with same seasonings and add another tsp of soy sauce. mix
- add broccoli - cook for another minute before adding the chicken back as well as the cooked rice and then mix for a minute.
- Then it's ready to serve! refrigerate for meal prep or eat straight away (top with some sesame seeds)

Chicken Fajita Bowl

369 kcal | 57g P | 18g C | 7g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Chicken Breast (200g)	240 kcal	45g	0g	5g
Capsicum (100g)	31 kcal	1g	6g	0g
Red onion (50g)	20 kcal	1g	5g	0g
Cauliflower Rice (150g)	30 kcal	3g	3g	1g
Paprika (4g)	11 kcal	1g	2g	1g
Yopro plain (60g)	36 kcal	6g	2g	0g
Lime juice (10g)	1 kcal	0g	0g	0g
TOTAL	369 kcal	57g	18g	7g

Method

Slice the chicken, capsicum and onion and toss with the paprika, salt and oil spray. Air fry at 200°C for 12–15 minutes. Microwave the cauli rice. Mix the yoghurt with the lime juice and serve it on top.

Chicken Souvlaki Bowl

500 kcal | 54g P | 50g C | 9g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Chicken Breast (150g)	180 kcal	34g	0g	4g
lemon juice (half a lemon)	1 kcal	0g	0g	0g
Garlic (1 clove)	7 kcal	0g	2g	0g
oregano 1g	3 kcal	0g	0g	0g
Basmati Rice (150g)	195 kcal	5g	42g	1g
Yopro plain (75g)	52 kcal	9g	3g	1g
Cucumber (75g)	8 kcal	1g	1g	0g
Cherry tomatoes (60g)	13 kcal	1g	2g	0g
Fat reduced fetta (15g)	41 kcal	4g	0g	3g
TOTAL	500 kcal	54g	50g	9g

Method

- Cook rice (microwave, rice cooker or boil).
- Toss the diced chicken with lemon juice, garlic, oregano, salt and pepper.
- Cook in a hot non-stick pan for 6–8 mins until cooked through.
- Dice the cucumber and halve the cherry tomatoes.
- Build the bowl: rice, chicken, cucumber, tomatoes and crumbled fetta, then top with the Yopro.
- Refrigerate for meal prep or eat straight away.

Chicken Fried Rice

512 Cal ‖ 50g Protein ‖ 53g Carbs ‖ 10g Fat



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Chicken breast (120g cooked)	198 kcal	37g	0g	4.3g
Jasmine Rice (60g)	213 kcal	4g	48g	0g
Frozen mixed veg	23 kcal	1.7g	2.7g	0.8g
1 large egg	70 kcal	6g	0g	5g
soy sauce (10g)	5 kcal	0.8g	0.4g	0.1g
Sriracha (10g)	3 kcal	0g	2g	0g
TOTAL	512 kcal	49.5g	53.1g	10.2g

Method

- Cook rice (rice cooker / Microwave / steamed) + whisk 1 egg.
- Cook Diced chicken well, then add mixed veg and mix well.
- Once combined , add rice and whisked egg into the pan then top with sriracha and soy sauce and mix until egg cooks through

Prawn Poke Bowl

460 kcal | 46g P | 62g C | 3g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Prawn (raw 175g)	149 kcal	35g	0g	1g
Sushi Rice (50g Raw)	176 kcal	3g	39g	1g
Shelled Edamame (50g)	65 kcal	5g	7g	1g
Cucumber (75g)	8 kcal	1g	1g	0g
Carrot (30g)	12 kcal	0g	3g	0g
Mango (70g)	42 kcal	1g	11g	0g
Soy Sauce (15g)	8 kcal	1g	1g	0g
TOTAL	460 kcal	46g	62g	3g

Method

Cook the rice. Pan-fry the prawns in a hot pan with oil spray for 2–3 minutes until pink. Boil the edamame for 3 minutes. Dice the cucumber and mango and grate the carrot. For the dressing, mix the soy with the lime juice. Assemble, keeping the dressing on the side.

Chipotle Potato Bowl

390 Cal ‖ 30.8g Protein ‖ 28.5g Carbs ‖ 15.2g Fat



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Spud Lite Potatoes (250g)	125 kcal	3.5g	22g	0.5g
Extra Lean Beef Mince (125g)	170 kcal	26g	0g	7g
Avocado (40g / ~1/4)	65 kcal	0.8g	3.5g	6g
Spray Olive Oil (3 sec)	15 kcal	0g	0g	1.5g
Chipotle Seasoning (5g)	15 kcal	0.5g	3g	0.2g
TOTAL	390 kcal	30.8g	28.5g	15.2g

Method

- Cut the Spud Lite Potatoes into small, even cubes.
- Toss the cubes with Spray Olive Oil and Chipotle Seasoning until well coated.
- Roast in the oven for 20–25 minutes until the insides are soft/mushy and the edges are slightly golden.
- While potatoes roast, pan-fry the Beef Mince with a pinch of salt until browned and cooked through.
- Place the roasted potatoes in a bowl, top with the mince, and add the Mashed Avocado on top.

TIP - to add extra flavour - add fropro fitsauce (I recommend burger mayo or chipotle mayo)

Honey BBQ Chicken Mac & Cheese

636 Kcal | 52g P | 66g C | 16g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Dry Macaroni (75g)	267 kcal	9g	54g	1g
Diced Chicken breast (150g)	180 kcal	34g	0g	4g
Salt & Sugar reducedBBQ Sauce (20g)	7 kcal	0g	1g	0g
Honey (5g)	15 kcal	0g	4g	0g
Skim Milk (62.5ml)	21 kcal	2g	3g	0g
light cream cheese (15g)	30 kcal	1g	1g	2g
Light shredded cheddar (25g)	102 kcal	6g	0g	9g
Cornflour (3.75g)	14 kcal	0g	3g	0g
paprika, garlic powder, onion				
TOTAL	636 kcal	52g	66g	16g

Method

- cook macaroni 1 min short of the packet time and drain
- season chicken with the spices. pan-fry or air fry at 200C for 12-14 min, then toss in bbq sauce and honey
- Whisk Cornflour into cold milk, heat in a sauce pan while stirring until it thickens, then melt in cream cheese and cheddar
- Stir pasta through the cheese sauce, loosening with a splash of pasta water if needed

Divide into 4 containers and top with the bbq chicken. Add a splash of milk when reheating

Honey Butter Chicken Alfredo Pasta

653 Kcal | 54g P | 71g C | 15g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Penne Pasta (80g)	293 kcal	10g	58g	2g
Diced Chicken breast (150g)	180 kcal	34g	0g	4g
Butter (3.75g)	28 kcal	0g	0g	3g
Honey (5g)	15 kcal	0g	4g	0g
Skim Milk (75ml)	26 kcal	3g	4g	0g
light cream cheese (25g)	50 kcal	2g	2g	3g
Parmesan (10g)	43 kcal	4g	0g	3g
Cornflour (3.75g)	14 kcal	0g	3g	0g
Baby Spinach (20g)	4 kcal	1g	0g	0g
paprika, garlic powder, salt &				
TOTAL	653 kcal	54g	71g	15g

Method

- 1. Cook pasta and reserve a cup of pasta water.
- 2. Season chicken, pan-fry 8–10 min until golden, then add butter and honey and toss for 1 min until glazed. Set aside.
- 3. In the same pan, cook garlic 30 sec. Whisk cornflour into cold milk, add with chicken stock, and stir until thickened.
- 4. Melt in cream cheese and parmesan, then wilt the spinach through.

5. Toss pasta through the sauce, divide into 4 containers and top with the honey butter chicken.

One-Pan Butter Chicken

584 Kcal | 40g P | 64g C | 16g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Diced Chicken Breast (125g)	150 kcal	28g	0g	3g
Butter (5g)	37 kcal	0g	0g	4g
Minced garlic (1 clove)	4 kcal	0g	1g	0g
Patak's Butter Chicken Curry paste (39g)	105 kcal	1g	6.3g	8g
Tomato Passata (100g)	24 kcal	1g	4g	0g
Plain Low fat Greek yoghurt (50g)	30 kcal	5g	2g	0g
Basmati Rice (60g Dry weight)	234 kcal	5g	51g	1g
TOTAL	584 kcal	40g	64.3g	16g

Method

- Cook 60 grams dry basmati rice following packet instructions (can use microwave rice to save time)
- melt 5 grams of butter over medium-high heat. Add your diced chicken breast and season with salt. cook until browned all over. Then stir in 1 minced garlic clove and your butter chicken curry paste. Cook until fragrant.

Once fragrant, add in 100g tomato passata, stir and simmer until the chicken is cooked through and the sauce thickens. Take off the heat and stir through the Greek yoghurt. Serve over the rice.

Loaded Sweet Potato

485 Cal ‖ 34.5g Protein ‖ 42g Carbs ‖ 18.5g Fat



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Sweet potato (1 medium / 180g)	155 kcal	3g	36g	0g
Extra Lean Beef Mince (125g)	170 kcal	26g	0g	7g
Fat-free cheese (20g)	20 kcal	4g	1g	0g
Avocado (70g / ~1/2)	110 kcal	1g	2g	10g
Spray Olive Oil (3 sec)	15 kcal	0g	0g	1.5g
Taco Seasoning (5g)	15 kcal	0.5g	3g	0.2g
TOTAL	**485 kcal**	**34.5g**	**42g**	**18.5g**

Method

Preheat air fryer to 200°C. Pierce the sweet potato several times with a fork. Lightly spray with olive oil and season with salt.

Place sweet potato in the air fryer and cook for 30 minutes, turning halfway through to ensure even cooking.

With 10 minutes remaining on the sweet potato, heat a pan over medium-high heat. Add the beef mince and cook
until browned, then stir in taco seasoning. If adding beans, mix them in at this stage and heat through.

Remove sweet potato from the air fryer and slice lengthwise like a jacket potato.

Sprinkle fat-free cheese over the sweet potato halves, then spoon the seasoned beef mince on top.

Serve with sliced or mashed avocado.

Garlic Butter Steak & Sweet Potato

657 Kcal | 58g P | 51g C | 24g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Beef Rump (250g)	326 kcal	50g	0g	14g
Sweet potato (250g)	215 kcal	4g	50g	0g
Light tasty cheddar (15g)	61 kcal	4g	0g	5g
Butter (5g)	37 kcal	0g	0g	4g
Minced Garlic (1 clove)	4 kcal	0g	1g	0g
Olive Spray Oil (2 sprays)	9 kcal	0g	0g	1g
Paprika & Garlic powder (5g) each)	5 kcal	0g	0g	0g
TOTAL	657 kcal	58g	51g	24g

Method

1. Toss sweet potato in oil, paprika, garlic powder and salt. Air fry or roast at 200°C for 20–25 min.
2. Season steak and sear in a very hot pan 2–3 min per side for medium. Rest 5 min, then slice or cube.
3. In the same pan, melt butter with garlic for 1 min and toss the steak through.
4. Divide sweet potato into 4 containers, sprinkle with cheddar, and top with the garlic butter steak.

Taco Bowl

562 Kcal | 41g P | 64g C | 14g F



Ingredients:

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Extra lean beef mince (125g)	163 kcal	27g	1g	6g
Jasmine Rice (Cooked 125g)	161 Kcal	3g	35g	0g
Black beans (old el paso 100g)	110 kcal	8g	16g	0g
Mingle taco seasoning (5g)	25 kcal	1g	4g	1g
Tomatoes (50g)	19 kcal	1g	3g	0g
Mild salsa (doritos) 10g	4 kcal	0g	1g	0g
hass avocado (50g)	80 kcal	1g	4g	7g
TOTAL	562 kcal	41g	64g	14g

Method

- Cook Rice (microwave / boiled etc.)
- Heat up a pan over medium-high heat.
- Add beef mince and lightly season with salt. Cook until browned then stir in mingles seasoning and black beans
- Add Rice + mince into a container. Top with salsa, avocado and diced tomatoes.

Bolognese Protein Pasta

542 Kcal | 42g P | 71g C | 10g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
San Remo Pasta Penne (80g)	293 Kcal	10g	58g	2g
Beef mince (125g)	185 kcal	29g	0g	8g
Leggo's Sauce for Bolognese with red wine, chunky tomato & herbs	47 Kcal	2g	9g	0g
Italian herbs (masterfoods) 5g	1 kcal	0g	0g	0g
Garlic powder (5g)	16 Kcal	1g	4g	0g
TOTAL	542 Kcal	42g	71g	10g

Method

- Bring a heavily salted pot of water to boil. Cook pasta 1-2 mins less than packet instructions. Save about a cup of pasta water before straining
- While the water heats up , cook beef mince on a non-stick pan over medium, high heat. cook until browned then season with salt, pepper. Italian herbs and garlic powder before flipping.
- Add bolognese sauce, stir it around and bring heat down to low so it can simmer.
- Throw in the strained pasta into the sauce & stir it around while adding reserved pasta water.

TIP - 4 x ingredients to meal prep 4 meals

Protein Pasta Bake

580 kcal | 60g P | 48g C | 16g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Vetta protein pasta (65g)	223 kcal	16g	33g	1g
Beef mince (125g)	185 kcal	29g	0g	8g
Tomatoes, Crushed, Canned (135g)	43 kcal	2g	10g	0g
Brown Onion (25g)	4 kcal	0g	1g	0g
Zucchini (35g)	6 kcal	0g	1g	0g
Cottage Cheese (40g)	33 kcal	5g	2g	1g
Parmesan (20g)	86 kcal	8g	1g	6g
TOTAL	580 kcal	60g	48g	16g

Method

Boil the pasta for 2 minutes under the packet time. Cook the diced onion and garlic, then brown the mince. Stir in the tomatoes, grated zucchini and cottage cheese (mash it in with a fork or use a stick blender) and simmer for 5 minutes. Mix in the pasta, put it in a small oven dish, top with parmesan and bake at 200°C for 15 minutes.

Chicken Pesto Pasta

604 Kcal | 46g P | 64g C | 18g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
San Remo Pasta Penne (80g)	293 Kcal	10g	58g	2g
Chicken Breast (100g)	120 Kcal	23g	0g	3g
Pesto (basil 40g)	128 kcal	2g	2g	12g
Yopro Plain (80g)	55 kcal	10g	3g	1g
Spinach (30g)	5 kcal	1g	0g	0g
Tomatoes (20g)	3 kcal	0g	1g	0g
TOTAL	604 kcal	46g	64g	18g

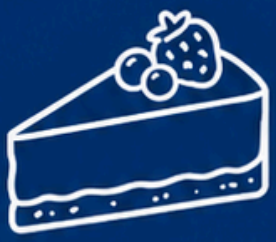
Method

- Cook pasta following instructions. While that's cooking, cook chicken breast well (air fryer / pan). When chicken is cooked, shred it.
- For sauce - mix pesto and greek yoghurt in a bowl and combine well. Once that's done, mix chicken into the sauce.

Once pasta is done , in a jar or container add your pasta, chicken , tomatoes and spinach

Tip: 4 x ingredients to make 4 serves at once





Desserts & Snacks



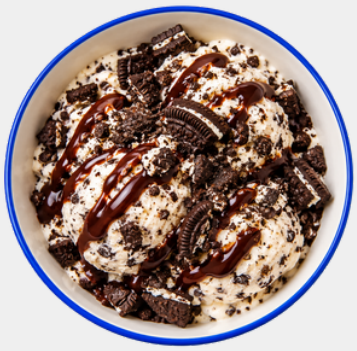




RMPERFORMANCE

Oreo Sundae

233 Kcal | 6g P | 31g C | 7g F



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Peters No Sugar Added Vanilla Low Fat Ice Cream (100g)	122 kcal	5g	16g	2g
Queen Sugar Free Chocolate Fudge Topping (25g)	10 kcal	0g	1g	1g
Mini Oreo (1 pack)	101 kcal	1g	14g	4g
TOTAL	233 kcal	6g	31g	7g

Method

In a bowl, add vanilla icecream and crushed Oreo biscuits. Mix well until combined

drizzle chocolate syrup, spread over ice cream and crush the other Oreo biscuit

Yoghurt Berry Bowl

326 Cal ‖ 31g Protein ‖ 48g Carbs ‖ 0.8g Fat



Ingredients

Ingredient (Amount)	Calories	Protein	Carbs	Fat
Vanilla YoPro (350g)	210 kcal	30g	20g	0.5g
Frozen Mixed Berries (150g)	70 kcal	1g	16g	0.3g
Honey (15g)	46 kcal	0g	12g	0g
TOTAL	326 kcal	31g	48g	0.8g

Method

- Put items in bowl and eat

OPTIONAL: Add dark chocolate.

If having pre workout: Have more honey / add another simple carb item

Desserts



Rokeby Dessert
147 Calories
15g Protein



Skinny Cow
128 Calories per serve



Muscle Nation Cheesecake
256 Calories per serve
21g Protein



Peters no added sugar ice cream
62 calories per 50g
(1 scoop)



Paddle Pop
82 Calories per serve



Mars frozen dessert bar
132 calories per bar



Little Moons
83 Calories per serve



Life Savers
39 Calories per serve



Bulla Split
91 Calories per serve

Savoury Snacks:

(Per serve)



Cobs Popcorn
98 Calories per serve



Bega Stringers
60 calories per stick
5g Protein



Le Snak
82 calories per pack
2.4g Protein



Harvest Snaps
76 calories per serve



Jack Links Original
130 calories per serve
17g Protein



Corn Thins
68 Calories per serve
(3 thins)



Shapes
122 calories per serve



Beef Stick
80 calories per serve
7g Protein



Tuna Snacks Crackers
198 calories per serve
17.5g Protein

Sweet Snacks:

(Per serve)



Pauls Protein Dessert + Strawberries

150 Cal | 16g Protein



Curly Wurly Mini Bar

40 Calories per bar



Zero Sugar Soft Drink:

<10 calories / 600ml



Yopro , Jelly lite + Strawberries

200 Calories | 15g Protein



Funday Lollies

50 - 100 calories per bag



Frozen Mixed berries

65 Calories per serve (150g)



Mini Oreos

100 calories per serve



Milo Bar

78 calories per serve



LCM Bar

95 calories per serve

How to Track Your Food (Properly)

Tracking only works if the numbers are right. Most people who say "tracking doesn't work for me" are under-logging by 300–500 calories a day without knowing it. These seven habits fix that.

1

Weigh it, don't guess it

Get a digital food scale and log in grams. Eyeballing a "serve" of rice, pasta or peanut butter is where most tracking goes wrong. Cups and spoons come a close second.

2

Weigh food raw

Weigh meat, rice, pasta and oats before cooking, and pick the "raw" or "uncooked" entry in your app. Cooking changes the weight but not the calories, so mixing raw and cooked entries throws your numbers right off.

3

Log the hidden extras

Oil in the pan, butter on toast, sauces, dressings and the milk in your coffee all count. A tablespoon of oil is about 120 calories. These extras are usually the gap between "I'm eating well" and "why isn't anything changing?"

4

Choose the right entry

App databases are full of wrong entries. Scan the barcode where you can, choose verified entries, and do a quick check against the nutrition label.

5

Log as you go, not at the end of the day

Log your meal before or right after you eat it. If you leave it until bedtime, you'll forget the handful of chips, the bite of your partner's dessert and the drinks.

6

Track the weekends too

Five good days and two untracked ones can erase your whole week's progress. You don't have to be perfect on weekends, but you do need to be honest.

7

Eating out? Estimate and move on

Find the closest match, add a little extra for oil and sauces, and log it. A rough entry beats no entry. Nights out stay part of the plan.

★

Bonus: batch cooking

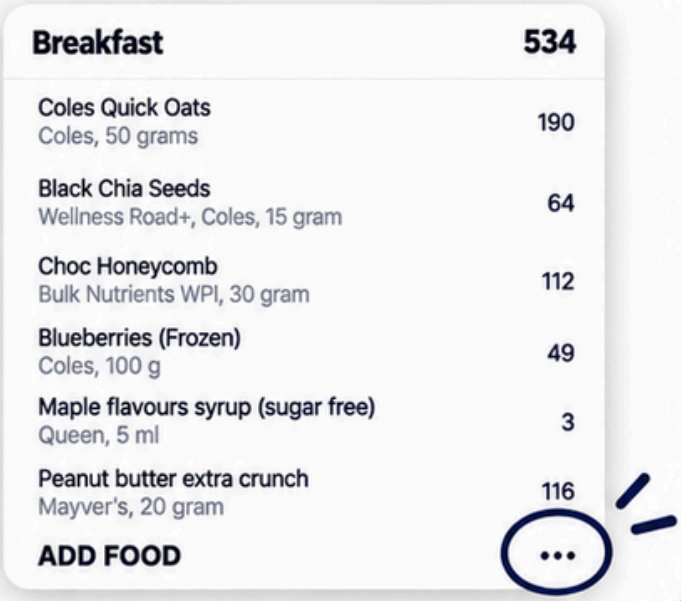
Weigh every ingredient raw and build the meal in your app's recipe feature. Weigh the total cooked batch, then weigh your portion and log that share of the recipe.

Save Time Tracking Your Meals

Save your go-to meals in MyFitnessPal

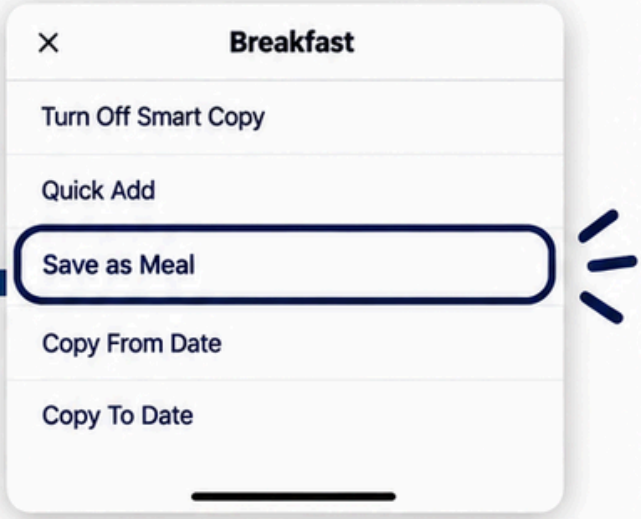
1 Add your ingredients

Log every ingredient and its portion size in MyFitnessPal.



2 Tap the three dots

Open the menu beside your logged meal.



3 Select "Save as Meal"

Save it once so you can log the same meal again without adding each ingredient individually.

Check portions when you reuse a saved meal.

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