

# 28-DAY ..... TOTAL-BODY TRANSFORMATION *Challenge*



MEAL PLANS  
& GROCERY  
LISTS

# TRANSFORMATION CHALLENGE

# MEAL GUIDE

*Week 1*

**WAKE-UP    BREAKFAST    SNACK    LUNCH    DINNER**

	<b>WAKE-UP</b>	<b>BREAKFAST</b>	<b>SNACK</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>MON</b>	Morning Mojo	Chia Berry Smoothie	Apple	Veggie "Detox" Lettuce Wraps	Large Green Salad w/ lots of veggies + Fresh Squeezed lemon for dressing
<b>TUE</b>	Morning Mojo	Chia Berry Smoothie	Apple	Veggie "Detox" Lettuce Wraps	1.5 cups Zucchini & Fennel Soup
<b>WED</b>	Morning Mojo	Brain Booster Smoothie	Apple with 1 Tb Almond Butter	2 Chicken Salad Roll-Ups with 1 cup Zucchini & Fennel Soup	Citrus Fish Tacos + ½ sweet potato
<b>THUR</b>	Morning Mojo	Chocolate Avocado Smoothie	1 cup Zucchini & Fennel Soup	Leftover Citrus Fish Tacos + ½ sweet potato	Hummus Chicken & Veggies
<b>FRI</b>	Morning Mojo	Pumpkin Protein Pancakes w/ ½ cup berries + raw walnuts	Apple with 1 Tb Almond Butter	Leftover Hummus Chicken & veggies + ½ sweet potato	<b>CHEAT MEAL!</b>
<b>SAT</b>	Morning Mojo	Saturday Morning Power Skillet	Chia Berry Smoothie	Leftover Hummus Chicken with veggies + small Green Salad	Bowl of Chili
<b>SUN</b>	Morning Mojo	Veggie Scramble with leftover Hash	Apple	Leftover Chili + Small Green Salad	Kitchen Sink Salad

# TRANSFORMATION CHALLENGE

# MEAL GUIDE

*Week 2*

**WAKE-UP    BREAKFAST    SNACK    LUNCH    DINNER**

	<b>WAKE-UP</b>	<b>BREAKFAST</b>	<b>SNACK</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>MON</b>	Morning Mojo	Vanilla Almond Smoothie	¼ cup Raw, Unsalted Nuts	1 cup Leftover Chili with 1 slice Sprouted Bread and small salad	Salmon Burger with Mango Salsa + Steamed Broccoli
<b>TUE</b>	Morning Mojo	Berry Good Morning Smoothie	1 cup Leftover Chili	Leftover Salmon Burger + Mango Salsa with side of Broccoli	Kitchen Sink Salad
<b>WED</b>	Morning Mojo	Overnight Quinoa + fresh berries	Greek Yogurt w/ Fresh Berries	Leftover Salmon Burger crumbled over a green salad with Veggies	Sesame Crusted Turkey + Sautéed Spinach & Mashed Cauliflower
<b>THUR</b>	Morning Mojo	Pumpkin Smoothie	Apple with 1 Tb Almond Butter	Leftover Turkey with Spinach & Cauliflower	Kitchen Sink Salad
<b>FRI</b>	Morning Mojo	Overnight Quinoa + fresh berries	Greek Yogurt w/ Fresh Berries	2 Veggie "Detox" Lettuce Wraps with Leftover Sesame Turkey	Pork Chops with Steamed Asparagus & leftover Mashed Cauliflower
<b>SAT</b>	Morning Mojo	2 Frittata Muffins with Sliced Avocado & 1 Slice Sprouted Bread	Fresh Cut Veggies	Leftover Pork Chops with Steamed Asparagus and ½ Sweet Potato	<b>CHEAT MEAL!</b>
<b>SUN</b>	Morning Mojo	2 Frittata Muffins with Sliced Avocado & 1 Slice Sprouted Bread	Apple with 1 Tb Almond Butter	Simple Greek Salad with Chicken	Bowl of Mum's Minestrone

# TRANSFORMATION CHALLENGE

# MEAL GUIDE

*Week 3*

	WAKE-UP	BREAKFAST	SNACK	LUNCH	DINNER
<b>MON</b>	Morning Mojo	Sprouted Protein Smoothie	Greek Yogurt w/ Fresh Berries	1 cup Mum's Minestrone with Salad & Veggies	Pan Seared Trout with Zucchini Pasta
<b>TUE</b>	Morning Mojo	2-3 Frittata Muffins with Sliced Avocado	1 cup Mum's Minestrone	Leftover Pan Seared Trout with Zucchini Pasta	Burger (no-bun) w/ Roasted Butternut Pumpkin & Steamed Mixed Veggies
<b>WED</b>	Morning Mojo	Overnight Oats + fresh berries	1 cup Mum's Minestrone	Leftover Burger with Roasted Butternut Pumpkin & Mixed Veggies	Kitchen Sink Salad
<b>THUR</b>	Morning Mojo	Sprouted Protein Smoothie	1 cup Mum's Minestrone	Leftover Burger with Roasted Butternut Squash & Mixed Veggies	Breakfast for Dinner! Veggie Omelet with slice of Sprouted Bread & 1/3 avocado sliced
<b>FRI</b>	Morning Mojo	Chia Berry Smoothie	Greek Yogurt w/ Fresh Berries	Turkey Roll-Ups with Avocado + Fresh Veggies	Sautéed Prawn w/ Zucchini Noodles & Roasted Broccoli
<b>SAT</b>	Morning Mojo	Veggie Scramble with 1 Slice Sprouted Bread	Fresh Cut Veggies	Leftover Prawn + Zucchini Noodles with Broccoli	<b>CHEAT MEAL!</b>
<b>SUN</b>	Morning Mojo	Pumpkin Pancakes w/ ½ banana + raw walnuts	Apple with 1 Tb. Almond Butter	Blueberry, Avocado, & Quinoa Salad	Kitchen Sink Salad

# TRANSFORMATION CHALLENGE

# MEAL GUIDE

*Week 4*

**WAKE-UP    BREAKFAST    SNACK    LUNCH    DINNER**

	<b>WAKE-UP</b>	<b>BREAKFAST</b>	<b>SNACK</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>MON</b>	Morning Mojo	Vanilla Almond Smoothie	Raw Veggies	Turkey Roll-Ups with Small Salad and an Apple	Coriander Lime Chicken & Protein Grain Salad
<b>TUE</b>	Morning Mojo	Berry Good Morning Smoothie	60g smoked salmon + sliced tomato	Leftover Coriander Lime Chicken & Protein Grain Salad	Fennel, Pear, and Rocket Salad with sliced Turkey
<b>WED</b>	Morning Mojo	Brain Booster Smoothie	60g. smoked salmon + sliced tomato	Leftover Coriander Lime Chicken & ¼ cup Protein Grain Salad	Butternut Pumpkin Soup and a small salad
<b>THUR</b>	Morning Mojo	2 Frittata Muffins & Sliced Avocado	Raw Veggies	Leftover Butternut Pumpkin Soup & an Apple	Kitchen Sink Salad
<b>FRI</b>	Morning Mojo	2 Frittata Muffins & 1 Slice Sprouted Bread	Raw Veggies	Chicken Salad Roll-Up with 1 cup Butternut Pumpkin Soup	<b>CHEAT MEAL!</b>
<b>SAT</b>	Morning Mojo	Saturday Morning Power Skillet	Apple with 1 Tb Almond Butter	Chicken Salad Roll-Up with 1 cup Butternut Pumpkin Soup	Grilled Salmon with Sautéed Spinach
<b>SUN</b>	Morning Mojo	Veggie Scramble with Leftover Hash	Raw Veggies	Leftover Grilled Salmon with Sautéed Spinach	Kitchen Sink Salad



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# 28-DAY CHALLENGE

# GROCERY LIST

## Week 1

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### VEGETABLES *Organic if possible!*

- 1 garlic (4 cloves)
- 1 red onion
- 3 yellow onions
- 3 sweet potatoes
- 1 tomato
- 1 carrot
- 1 green capsicum
- 2 red capsicums
- 1 jalapeno (optional)
- Small container sprouts
- ½ cup fresh broccoli
- 5 zucchini
- 1 yellow squash
- 1 fennel bulb
- 1 head of fresh Butter Lettuce (or Cos)
- 1-2kg Kent or Butternut Pumpkin
- Veggies** for 4 salads & 4 wraps: Tomatoes, mushrooms, red capsicum, cucumber, onion, carrots, broccoli, cauliflower, etc.
- Lettuce** – for 4 green salads (I prefer rocket/spinach/mixed greens, anything except Iceberg)
- 3-6 cups spinach (smoothies)

### NUTS & SEEDS

- small container of chia seeds
- small bag raw walnuts
- small bag pumpkin seeds
- small bag almonds

### FRUIT *Organic if possible!*

- 5 apples
- 4 Haas Avocados
- 1 mango (can use frozen mango)
- 6 lemons
- 1 lime
- 2 large oranges
- 10cm of ginger root (optional~mojo)
- 2 bananas
- ½ cup fresh berries
- ¼ cup red seedless grapes
- For smoothies, your choice of frozen berries (meal plan suggests: 1.5 cups mixed berries, ½ cup blueberries, ½ cup strawberries)

### MEAT, PROTEIN & FISH

- 2 strips of bacon
- 3 boneless, skinless chicken breasts (350-680g depending on requirements)
- 500g turkey mince (or chicken)
- 500g beef mince
- 120-250g precooked protein of choice (chicken, fish, turkey)
- 120-250g of precooked chicken breast
- 2 wild-caught Barramundi, Bream etc . (120-250g each depending on protein intake)

### EGGS

- 10 eggs

# 28-Day Challenge Grocery List: Week 1

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## MISCELLANEOUS

- Almond Butter (100% almonds)
- Extra Virgin Olive Oil
- Cold-Pressed Coconut Oil
- Vanilla Extract
- 1 container Coconut milk OR almond milk
- Cacao powder (raw, unprocessed)
- Raw Honey OR Stevia
- 400g can crushed tomatoes
- 225g tomato passata
- 1 can diced green chilies
- 3 cups Chicken stock
- ½ cup Beef stock
- Aged Balsamic Vinegar
- 1 small container hummus
- Honey Mustard

## SPICES

- Pink Himalayan Salt
- Ground Cumin
- Fresh Ground Pepper
- Cinnamon
- Italian seasoning
- Dried Rosemary
- Dried Parsley
- Smoked Paprika
- Chilli Powder
- Cayenne Pepper
- Granulated Garlic
- Ground Coriander

## SUPPLEMENTS

- Protein Powder** (vanilla and/or chocolate but anything without Soy (or lecithin) and has 5 ingredients or less is fine. Check meal plan FIRST before deciding on which flavor you want. Smoothies are interchangeable on the plan.

***You'll have a few leftover ingredients once this week is over. Make sure to save/freeze unused ingredients for the following weeks.***

## NOTES

# 28-DAY CHALLENGE

# GROCERY LIST

## Week 2

### VEGETABLES *Organic if possible!*

- 2 heads of garlic
- 1 head cauliflower
- 1 head broccoli
- 2 sweet onions (shallots or white onions)
- 1 red onion
- 1 sweet potato
- 1 cup Cherry tomatoes
- 2 tomatoes
- 3 carrots
- 2 red capsicum
- 1 bunch of asparagus
- 1 jalapeno
- Small container fresh sprouts
- 2 zucchini
- 1 cucumber
- 1 large leek
- 2 celery sticks
- 250g mushrooms
- 1 bunch of fresh coriander
- Veggies** for 5 total salads & snacks : Tomatoes, mushrooms, red capsicum, cucumber, onion, carrots, broccoli, cauliflower, etc.
- Lettuce** – for 5 green salads (I prefer rocket/spinach/mixed greens, anything except Iceberg.)
- 2-4 large Butter Lettuce leaves (or Cos) for wraps
- 250g frozen spinach
- 700g baby spinach
- 2 cups kale

### FRUIT *Organic if possible!*

- 2 apples
- 2 Haas Avocados
- 2 mangos (can use frozen mango)
- 5 lemons
- 2 limes
- 2 kiwi
- 1 banana
- 10cm of ginger root (optional~mojo)
- 1 cup fresh berries (blueberries, raspberries, blackberries, strawberries)
- 1 cup frozen berries

### MEAT & PROTEIN

- 250g sliced Prosciutto di Parma (*at the deli counter*)
- 450g turkey tender loin
- 2 pork chops (150-250g each)
- 225-450g precooked protein of choice (chicken, fish, turkey)

### FISH & SEAFOOD

- 450g salmon (*wild if possible*)

### EGGS & DAIRY

- 9 eggs
- 2 servings full-fat Greek Yogurt
- Optional:** Rind from a chunk of Parmesan Cheese (for minestrone)



## 28-Day Challenge Grocery List: Week 2

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### NUTS & SEEDS

- 1 Tbsp. Flax seeds
- 45g sesame seeds
- ½ cup ground almonds (if you want to make this you'll need 1 cup whole almonds)
- Also- small bag almonds if you don't already have them

### MISCELLANEOUS

- 3 cups Unsweetened Vanilla Almond Milk
- Loaf Sprouted Bread (Alpine Breads has a Spelt & Sprouted variety in Coles)
- Almond Extract
- 1 can Coconut milk
- 2 Tbsp. Coconut flour
- 1 can kidney beans
- ½ cup of Pumpkin Puree
- Maple Syrup
- 400g can diced tomatoes
- 1 Tbsp. Tomato paste
- 7-9 cups reduced-sodium Chicken stock
- Pepperoncini / Banana peppers (1/4 cup, optional for Greek Salad)
- Kalamata olives (1/4 cup, optional for Greek Salad)
- Wholegrain Mustard
- Dijon mustard
- Red Wine Vinegar
- 1 small can chipotle peppers in adobo sauce
- Small box uncooked quinoa

### SPICES

- Crushed Red Chilli Flakes
- Oregano
- Bay Leaves
- Basil
- Lemon pepper
- Onion powder

### ITEMS YOU SHOULD ALREADY HAVE

*Replace as necessary*

- Vanilla Protein Powder
- Almond Butter (100% almonds)
- Raw Honey or Stevia
- Cinnamon
- Chia Seeds
- Vanilla Extract (NO HFCS)
- Cold-Pressed Coconut Oil
- Pink Himalayan Sea Salt
- Freshly Ground Pepper
- ¼ cup raw, unsalted nuts
- Extra Virgin Olive Oil
- Ground Cumin
- Pumpkin Seeds
- Balsamic Dressing (recipe page 3)

### NOTES

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# 28-DAY CHALLENGE

# GROCERY LIST

## Week 3

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### VEGETABLES *Organic if possible!*

- 2 heads of garlic
- 1 medium onion
- 2 tomatoes
- 1 medium carrot
- 1 green capsicum
- 2 red or yellow capsicums
- 1 cup fresh sprouts
- 1 whole fresh broccoli
- 1 small container sprouts
- 6-8 zucchini
- 1 cup Cherry tomatoes
- 1 small butternut pumpkin
- Veggies** for 4 salads/wraps + 2 snacks/sides + 3-5 cups veggies to steam as a side: Tomatoes, mushrooms, capsicum, cucumber, onion, carrots, broccoli, cauliflower, etc
- Lettuce** – for 3 green salads + 1-2 wraps (I prefer rocket/spinach/mixed greens, anything except Iceberg lettuce.)
- 5-6 cups organic baby spinach

### NUTS & SEEDS

- ¼ cup oat groats
- ¼ cup steel-cut oats
- ¼ cup pecans
- ¼ cup roasted unsalted almonds
- Quinoa (if you don't have any left)

### FRUIT *Organic if possible!*

- 1 apple
- 3 Haas Avocados
- 5 lemons
- 1 lime
- 2 bananas
- 1.5 cup fresh berries (need ¼ cup blueberries, raspberries, blackberries, strawberries)
- 10cm of ginger root (optional~mojo)
- For smoothies, your choice of frozen berries (meal plan suggests: ½ cup mixed berries, ½ cup blackberries, ½ cup blueberries)

### MEAT & PROTEIN

- 30g pancetta
- 120-250g sliced turkey
- 225-450g protein of choice (chicken, fish, turkey)
- 450g beef mince

### FISH & SEAFOOD

- 225-450g prawns
- 2 trout fillets (340-450g total)

### EGGS & DAIRY

- 6 eggs
- 2 servings full-fat Greek Yogurt

## 28-Day Challenge Grocery List: Week 3

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### MISCELLANEOUS

- Butter
- 1 cup Almond milk
- Unsweetened shredded coconut
- ¼ cup sundried tomatoes

### SPICES & FRESH HERBS

- 1 Tsp. ground vanilla beans (optional – for Overnight Oats)
- 1 large bunch fresh basil
- fresh thyme

### ITEMS YOU SHOULD ALREADY HAVE

*Replace as necessary*

- Protein Powder (Vanilla / Chocolate)
- Almond Butter (100% almonds)
- Sprouted Bread
- Cold-Pressed Coconut Oil
- Extra Virgin Olive Oil
- Balsamic Dressing (recipe page 3)
- Maple Syrup
- Chia seeds
- Pumpkin Seeds
- Raw Chopped Nuts / Walnuts (1/2 cup)
- Cinnamon
- Pink Himalayan Salt
- Freshly Ground Pepper

### NOTES

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# 28-DAY CHALLENGE

# GROCERY LIST

## Week 4

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### VEGETABLES *Organic if possible!*

- 1 garlic
- 1 sweet onion (shallot or white onion)
- 1 red onion
- 3 tomatoes
- 4 carrots
- 1 red capsicum
- 1 green capsicum
- Small container of fresh sprouts
- 1 sweet potato
- 1 large butternut pumpkin (1-1.5kg.)
- 1 small fresh broccoli
- 1 zucchini
- 1 fennel bulb ½
- 1 jalapeno (optional- for chicken)
- 1 head Butter lettuce (or Cos)
- Veggies** for 3 salads/wraps + 4 snacks:  
Tomatoes, mushrooms, red peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.
- Lettuce** – for 4 green salads + 1 wraps (I prefer capsicum/spinach, mixed greens, anything except Iceberg lettuce.)
- 800g fresh baby spinach
- 1 cup rocket

### NUTS & SEEDS

- ¼ cup steel cut oats
- ¼ cup steel-cut oats (gluten-free)
- ¼ cup pecans
- ¼ cup roasted unsalted almonds
- Quinoa (if you don't have any left)

### FRUIT *Organic if possible!*

- 4 apples
- 1 pear
- 3 Haas Avocados
- 5 lemons
- 1 lime
- 10cm of ginger root (optional~mojo)
- 2 bananas
- Small bag of red seedless grapes
- For smoothies, your choice of frozen berries (meal plan suggests: 1 cup mixed berries, ½ cup blueberries)

### MEAT & PROTEIN

- 340g bacon
- 225-450g pre-cooked protein of choice (chicken, fish, turkey)
- 225-450g pre-cooked sliced turkey
- 450g chicken breasts
- 225-450g chopped chicken breast (precooked)

### FISH & SEAFOOD

- 115g Smoked Salmon
- 2 x 170g Salmon Fillets

### EGGS & DAIRY

- 6 eggs

## 28-Day Challenge Grocery List: Week 4

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### NUTS & SEEDS

- Raw walnuts (1 small bag)
- Almonds (1 small bag)
- 1/4 cup quinoa
- 1/4 cup brown rice
- 1/4 cup red rice
- 1/4 cup roasted pine nuts

### MISCELLANEOUS

- 1.5 cups Vanilla Unsweetened Almond Milk
- 1.5 cans Coconut milk
- 1 can chickpeas
- 1 jar roasted red capsicum
- 1 jar marinated artichoke hearts
- 2 cups Chicken stock (low-sodium)

### SPICES & FRESH HERBS

- Nutmeg
- Fresh coriander
- Fresh parsley

### ITEMS YOU SHOULD ALREADY HAVE

*Replace as necessary*

- Protein Powder (Vanilla / Choc)
- Extra Virgin Olive Oil
- Cold-Pressed Coconut Oil
- Almond Butter (100% almonds)
- Sprouted Bread
- Raw Honey or Stevia
- Cinnamon
- Cumin
- Rosemary
- Pink Himalayan Salt
- Freshly Ground Pepper
- Pumpkin Seeds
- Balsamic Dressing (recipe page 3)

### NOTES