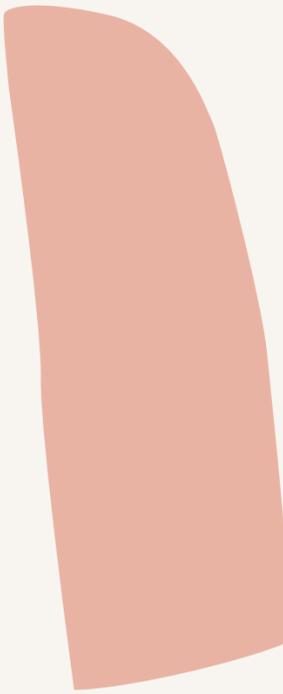
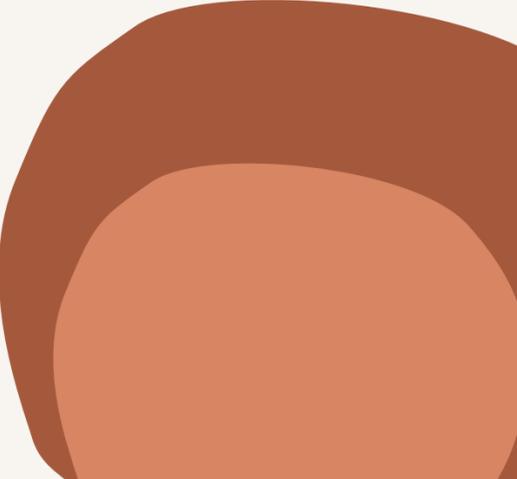
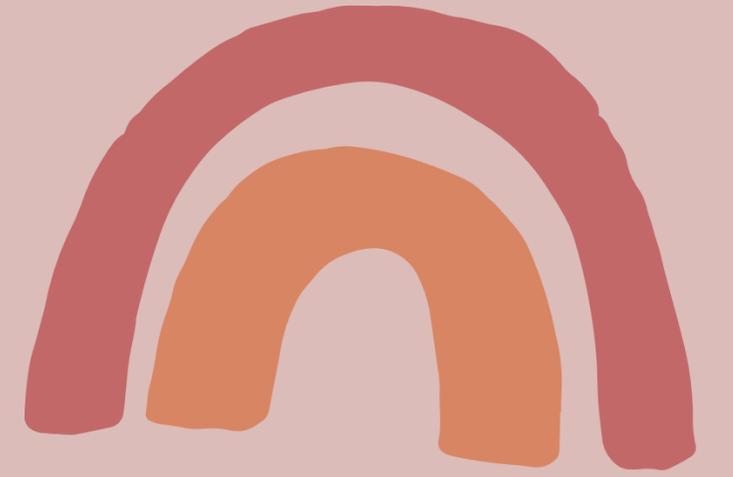


# Spring into Summer!



*Belle Movement x Jo Kate Nutrition*

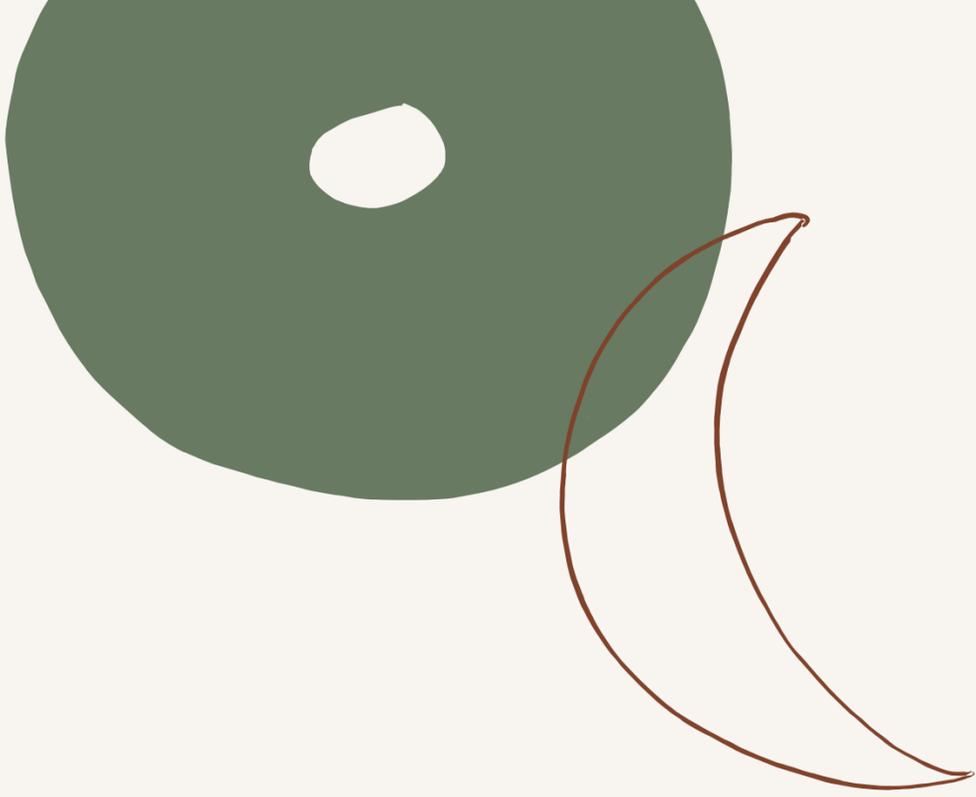




**Welcome.**  
**We are so happy**  
**you have joined us!**

Get ready to leave behind those winter blues and step forward feeling more confident into the warmer months!





# Weeks 1–2 Meal Plan

## What are your goals??

A chance to reset and create new habits?

Maybe you want to start a proper exercise routine?

Do you want to tone up?

Are you wanting to lose a few or more kilos?

Are you wanting someone to keep you accountable?

Do you need some inspiration in the kitchen?

Whatever your goal - you've got this.

Lean on the challenge group for support, ask questions, challenge yourself to progress further than you think you can!

# Menu

## Breakfast

Pina Colada smoothie  
Breakfast omelette  
Green goodness bowl  
Breakfast wrap  
Sweet or savoury sourdough toppings

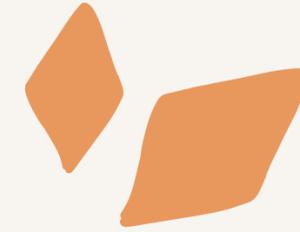
## Dinner

Japanese wellness bowl  
Salmon & potato salad  
Greek poke bowl  
Beef & broccoli stirfry  
Fish with mango & mint salsa

## Lunch

Zucchini & corn fritters  
Sweet potato, brown rice & butter bean balls  
Spring chicken wrap  
Mediterranean salad  
Spring Frittata

# Shred Meal Plan



## DAY 1

Pina Colada Smoothie  
Sweet potato, brown rice & butter bean balls  
Beef & broccoli stirfry  
Snacks: 1 tub Yopro/Chobani Fit, 30g nuts

## DAY 2

Breakfast omelette  
Beef & broccoli stir fry  
Fish w mango & mint salsa  
Snack: piece of fruit

## DAY 3

Green goodness bowl  
Sweet potato, brown rice & butter bean balls  
Salmon Potato Salad  
Snack: Piece of fruit, tub of Yopro/Chobani Fit

## DAY 4

Breakfast wrap  
Spring Chicken Wrap  
Mediterranean salad  
Snacks: piece of fruit

## DAY 5

Sweet or savoury sourdough  
Spring frittata  
Greek Poke bowl  
Snacks: piece of fruit, tub of Yopro/Chobani Fit

## DAY 6

Pina Colada smoothie  
Zucchini & corn fritters  
Japanese wellness bowl  
Snacks: tin of tuna on 2x rice cakes with salad





# Maintenance Meal Plan



## DAY 1

Pina Colada Smoothie  
Sweet potato, brown rice & butter bean balls  
Beef & broccoli stirfry  
Snacks: 1 tub Yopro/Chobani Fit, 30g nuts

## DAY 2

Breakfast omelette  
Beef & broccoli stir fry  
Fish w mango & mint salsa  
Snack: piece of fruit

## DAY 3

Green goodness bowl  
Sweet potato, brown rice & butter bean balls  
Salmon Potato Salad  
Snack: Piece of fruit, tub of Yopro/Chobani Fit

## DAY 4

Breakfast wrap  
Spring Chicken Wrap  
Mediterranean salad  
Snacks: piece of fruit

## DAY 5

Sweet or savoury sourdough & a protein shake  
Spring frittata  
Greek Poke bowl  
Snacks: piece of fruit, tub of Yopro/Chobani Fit

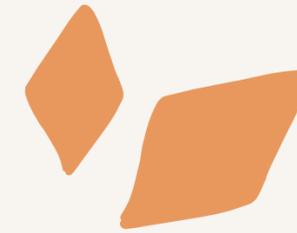
## DAY 6

Pina Colada smoothie  
Zucchini & corn fritters  
Japanese wellness bowl  
Snacks: tin of tuna on 2x rice cakes with salad





# Tone Muscle Meal Plan



## DAY 1

Pina Colada Smoothie  
Sweet potato, brown rice & butter bean balls  
Beef & broccoli stirfry  
Snacks: 1 tub Yopro/Chobani Fit, 30g nuts

## DAY 2

Breakfast omelette  
Beef & broccoli stir fry  
Fish w mango & mint salsa  
Snack: piece of fruit, 30g nuts

## DAY 3

Green goodness bowl  
Sweet potato, brown rice & butter bean balls  
Salmon Potato Salad  
Snack: Piece of fruit, tub of Yopro/Chobani Fit

## DAY 4

Breakfast wrap  
Spring Chicken Wrap  
Mediterranean salad  
Snacks: piece of fruit

## DAY 5

Sweet or savoury sourdough & a protein shake  
Spring frittata  
Greek Poke bowl  
Snacks: piece of fruit, tub of Yopro/Chobani Fit

## DAY 6

Pina Colada smoothie  
Zucchini & corn fritters  
Japanese wellness bowl  
Snacks: tin of tuna on 2x rice cakes with salad



# Pina Colada Smoothie

1 handful of ice  
1 cup frozen pineapple chunks  
1/4 cup coconut yogurt  
1/2 cup coconut milk  
1/2 tablespoon coconut (shredded/flakes/desiccated)  
1 serve vanilla protein powder

Place all of the ingredients into a blender or nutribullet and blend until smooth

## Notes/dietary swaps:

Makes 1 serve

Vegan/gluten free/dairy free

## Goals:

*Shred:* leave as is

*Maintain healthy weight:* add an extra scoop of protein powder

*Tone muscle:* add an extra scoop of protein powder



# Breakfast Omelette

2 eggs  
1/2 cup choice of veg: egg mushrooms, spinach, capsicum, kale etc  
1/4 cup cheese: cheddar, fetta, haloumi, Goat's etc  
Freshly chopped herbs such as: mint, basil, parsley, oregano, thyme  
Serve with 1/4 avocado

Whisk the eggs in a bowl. Add in the chopped vegetables and herbs. Melt some butter in a frypan and pour in the egg and vegetable mixture. Cook until the bottom is set then add the cheese to half and flip over onto itself. Cook for a further 30 seconds then remove and serve.

## Notes/dietary swaps:

Gluten free  
Makes 1 serve

## Goals:

*Shred:* leave as is

*Maintain healthy weight:* add an extra egg and serve with 1 slice sourdough

*Tone muscle:* add an extra egg and serve with 1 slice sourdough



# Green Goodness Bowl

1 egg  
1 cup spinach or kale (fresh or cooked in a pan with some butter)  
1 tbsp hummus  
1 tbsp pumpkin seeds  
1 tbsp sunflower seeds  
1/2 cup cooked quinoa (soak and cook the day before)  
1/4 avocado  
1 tsp Dukkah  
1 wedge roasted pumpkin  
Lemon wedge to serve

The day before, soak the quinoa for at least 4-6 hours, then drain, rinse and cook. Keep in the fridge overnight. The next morning, cook the eggs to your liking (poached, fried or boiled) and serve in a bowl with the kale or spinach, hummus, quinoa, pumpkin, avocado and sprinkle with the seeds and lemon juice.

## Notes/dietary swaps:

Makes 1 serve

Gluten free/dairy free

Makes 1 serve

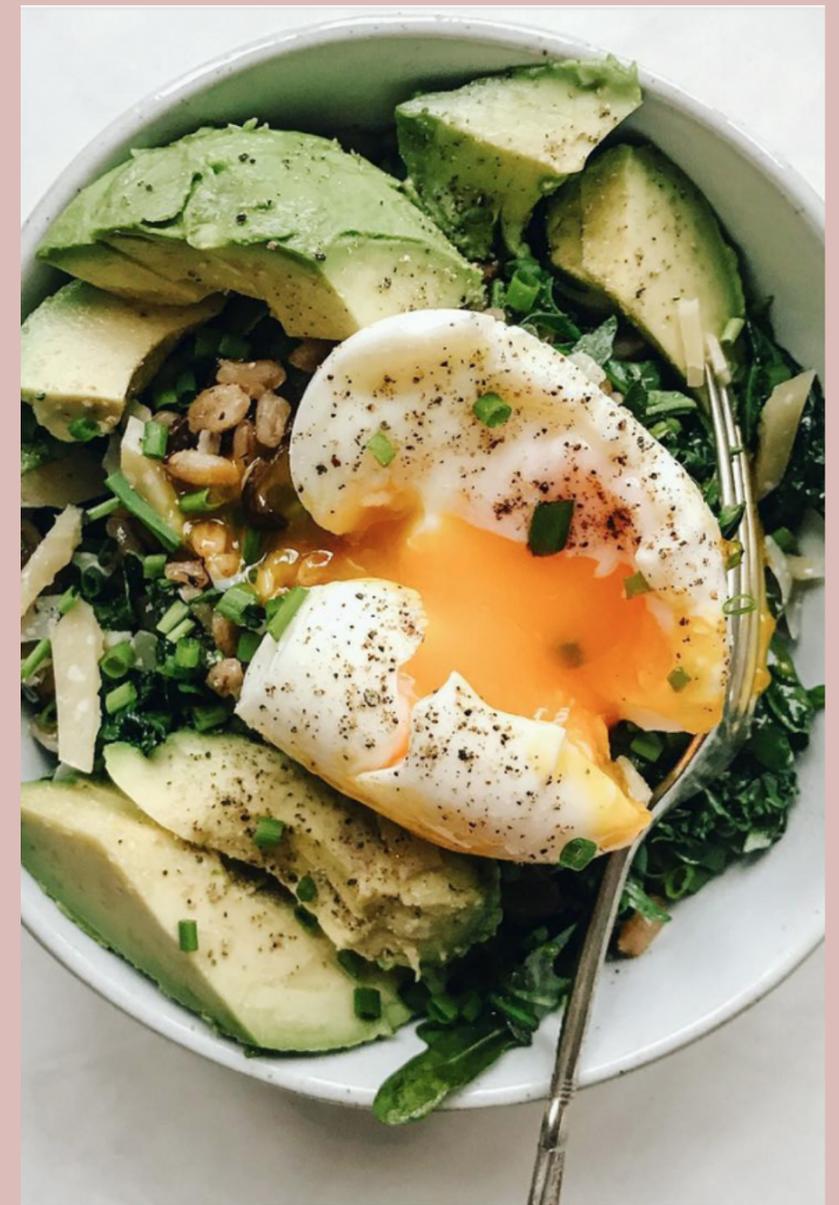
Vegan: swap the egg for some tofu or tempeh

## Goals:

*Shred:* leave as is

*Maintain healthy weight:* add an extra egg

*Tone muscle:* add an extra egg



# Breakfast Wrap

2 eggs  
1 cup spinach  
1/2 cup mushrooms  
1 tbsp tomato relish  
2 tbsp tasty cheese  
Tortilla/Mountain Bread wrap

Heat 1 tsp butter in a frypan. In a bowl, whisk the eggs. Add the mushrooms to the pan until cooked, add the spinach until wilted and the eggs until scrambled. Remove and add to the tortilla along with the cheese and relish.

## Notes/dietary swaps:

Makes 1 serve

Dairy free: omit the cheese, or use lactose free cheese

Gluten free: use corn tortillas

Vegan: tofu scramble using 100g tofu. Here is how to make it <https://simpleveganblog.com/simple-tofu-scramble/>

## Goals:

*Shred:* leave as is

*Maintain healthy weight:* add an extra egg

*Tone muscle:* add an extra egg



# Sweet/Savoury Sourdough

2 slices sourdough (either rye, spelt or wholemeal)  
Your choice of toppings. Here are some suggestions:

## Savoury:

- ~ avocado, tomato, feta
- ~ spinach, leek & mushroom
- ~ tuna, avocado & tomato
- ~ baked beans
- ~ scrambled egg/tofu & spinach

## Sweet:

- ~ ricotta, berries & cinnamon
- ~ peanut/almond butter & banana
- ~ cream cheese, peach, walnuts
- ~ ricotta, chia jam & blueberries

## Notes/dietary swaps:

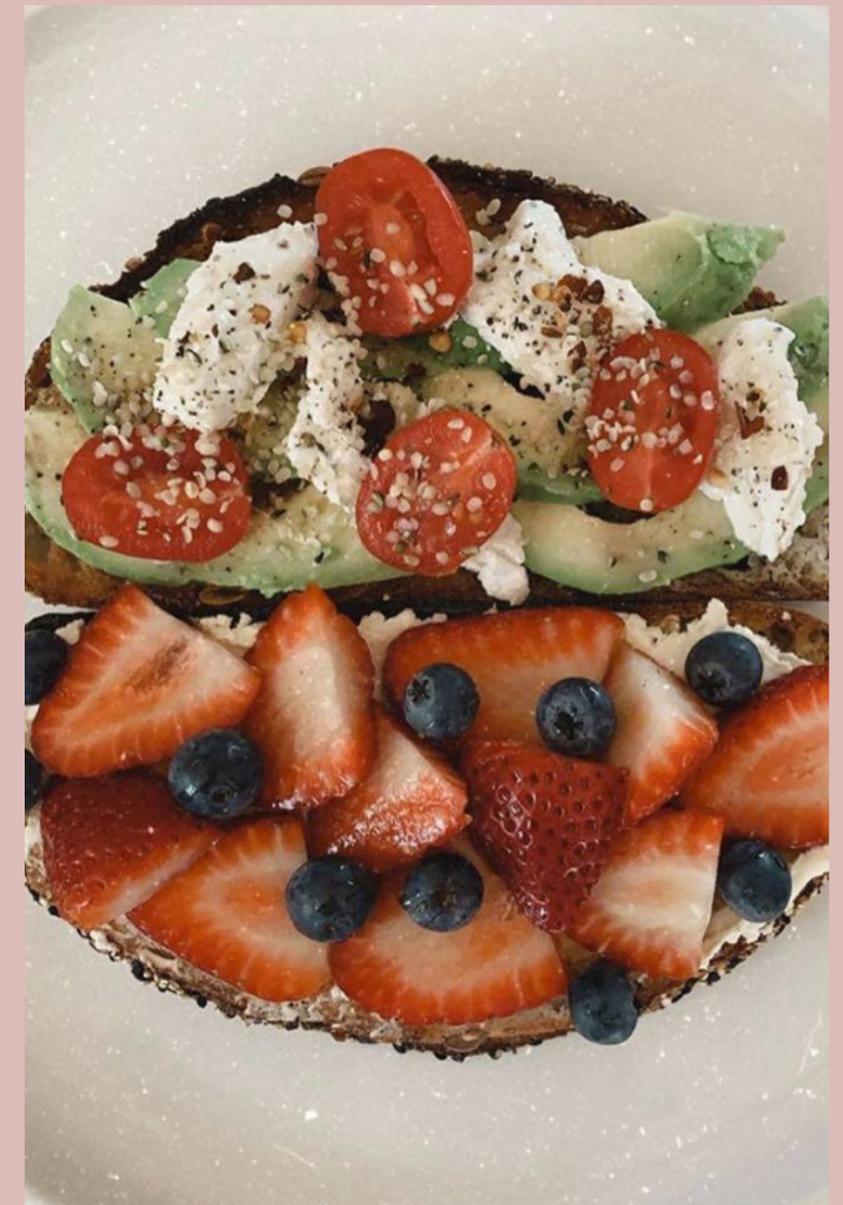
Select toppings that suit your requirements

## Goals:

*Shred:* have one slice and a piece of fruit on the side (if you chose a savoury option)

*Maintain healthy weight:* have two slices and a piece of fruit on the side (if you chose a savoury option)

*Tone muscle:* have two slices and a protein shake on the side



# Zucchini & Corn Fritters

1 1/2 cups sweet corn kernels or 2 corn cobs  
2 medium/large zucchinis, washed and grated (with excess liquid squeezed out)  
3 large spring onion stalks, sliced  
2 tsp garlic powder  
1 1/2 tsp ground cumin  
Salt and Pepper, to taste  
Small handful fresh herbs, parsley, mint, basil etc, roughly chopped  
1 egg, whisked  
1 1/2 cups oat/buckwheat/spelt flour

Combine the corn and grated zucchinis. Add the spring onion, spices and herbs to the bowl and mix until well combined. Stir through the egg and flour.

Heat 2 tablespoons of olive oil in a large frypan. Spoon in about 3 tbsp worth for each fritter and cook on medium to high for 1-2 minutes on each side or until golden brown and crispy. Repeat with remaining mixture. Once cooked, remove fritters from pan and place on a plate with paper towel, allowing fritters to drain. Serve with a side salad and tzatziki.

## Notes/dietary swaps:

Makes 10-12 fritters

Vegan: use a "chia egg" and serve with cashew cheese and salad

Gluten free: use your choice of gluten free flour

## Goals:

*Shred:* serve two fritters with a side salad

*Maintain healthy weight:* serve three fritters with a side salad

*Tone muscle:* serve 3 fritters with a side salad and a boiled egg



# Sweet Potato, Brown Rice & Butter Bean Balls

2 cups roasted sweet potato  
1 tin butter beans (drained and rinsed)  
2 cups cooked brown rice  
1 onion, diced  
1 tbsp Garam Masala spice blend  
1 tbsp lemon juice  
2 tbsp coriander, chopped  
Sesame seeds (to roll the balls in)

Preheat oven to 200 C.

Mash the roasted sweet potato, cooked rice and butter beans in a bowl. In a frypan, cook the onion in a little olive oil until soft, then add the Garam Masala. Add the onion to the bowl along with the lemon juice and coriander. Roll into 15 balls, the mixture will be sticky, then roll in the sesame seeds. Place on a tray lined with baking paper and cook in the oven for 25-30 minutes. Serve in the fridge for up to 5 days. Also suitable for freezing. Serve with a fresh salad and some Greek yoghurt with lemon zest, juice and coriander.

## Notes/dietary swaps:

Gluten/dairy free/vegan

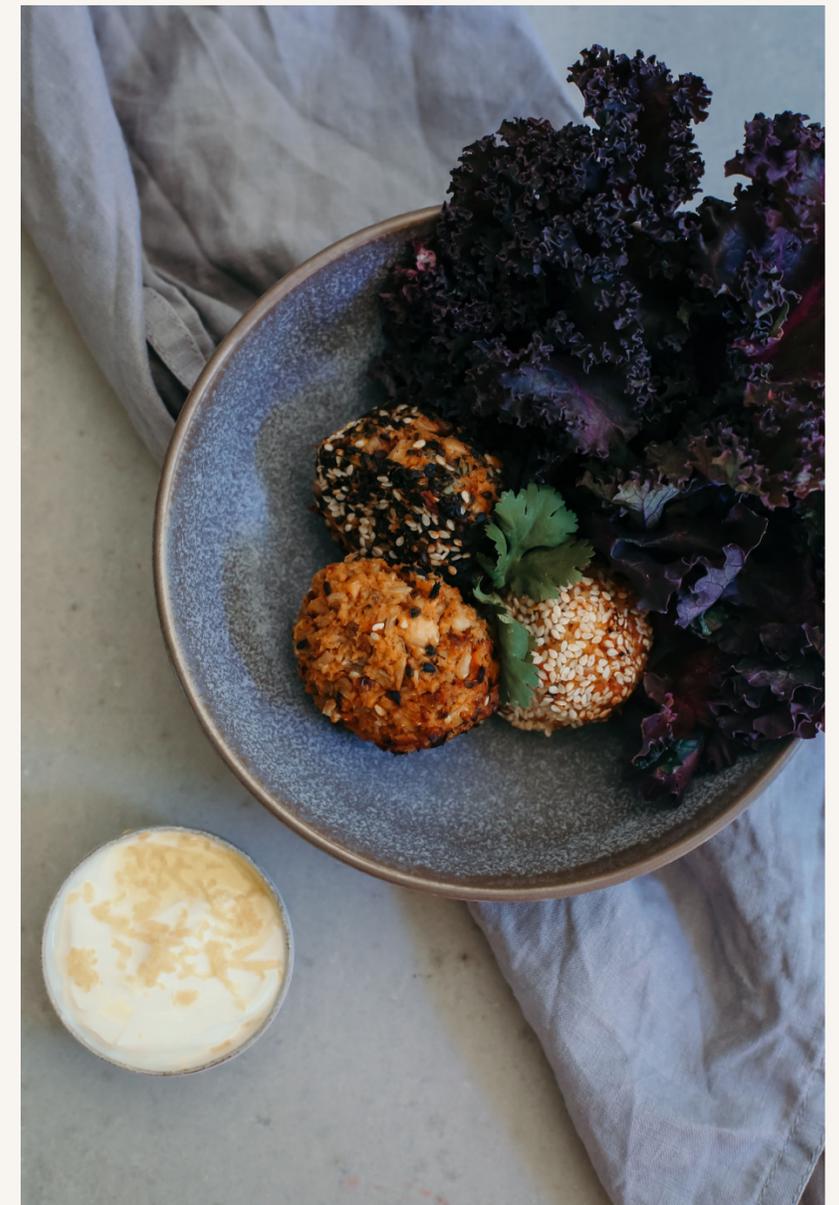
Makes 15 balls (depending on size)

## Goals:

*Shred:* serve two balls with a side salad and 1 tbsp hummus

*Maintain healthy weight:* serve three balls with a side salad and 1 tbsp hummus

*Tone muscle:* serve 3 balls with a side of 150g chicken



# Spring Chicken Wrap

3 chicken thighs or 1 large chicken breast  
3 tbsp good quality mayonnaise  
3 tbsp Greek yoghurt  
2 stalks celery, thinly sliced  
1/4 cup pine nuts, toasted  
2 tbsp chopped mint  
Zest of 1 lemon  
1 tbsp lemon juice  
Salt & pepper  
Mountain Bread Wraps

To poach the chicken, add the thighs to a saucepan and cover with water. Add in a garlic clove, fresh herbs (such as rosemary or thyme) and salt. Place over a medium heat until it reaches a simmer, then reduce to low-medium heat. Cook for 10-15 minutes, then remove from the heat and place a lid on the pot and allow to rest for 10 minutes before shredding.

To make the chicken mix, combine the mayonnaise and yoghurt in a bowl and add the lemon zest, lemon juice, celery, mint and pine nuts. Add the chicken (once cooled) and mix. Store in the fridge for up to 3 days.

## Notes/dietary swaps:

Makes 3 serves

Gluten free: serve with a gluten free wrap

Dairy free: use a dairy free or vegan based mayo

Vegan: swap the chicken for butter beans

## Goals:

*Shred:* omit the mayo and add in more Greek yoghurt, make 1 wrap and serve it with a side salad

*Maintain healthy weight:* make 1 wrap and serve it with a side salad

*Tone Muscle:* make 1 wrap and serve it with a side salad and a boiled egg



# Mediterranean Salad

1/4 cup chickpeas (drained and rinsed)  
1 medium tomato, diced  
1/8 red onion, finely chopped  
1/2 cucumber, diced  
2 tbsp Feta or goats cheese  
1/4 cup olives  
1 tbsp hummus  
Lemon juice or balsamic vinegar to serve

Simply add all of the ingredients into a bowl along with your chosen protein such as tuna, chicken, falafel, salmon or lamb

## Notes/dietary swaps:

Makes 1 serve

Dairy free: swap the cheese for a lactose free version or cashew cheese

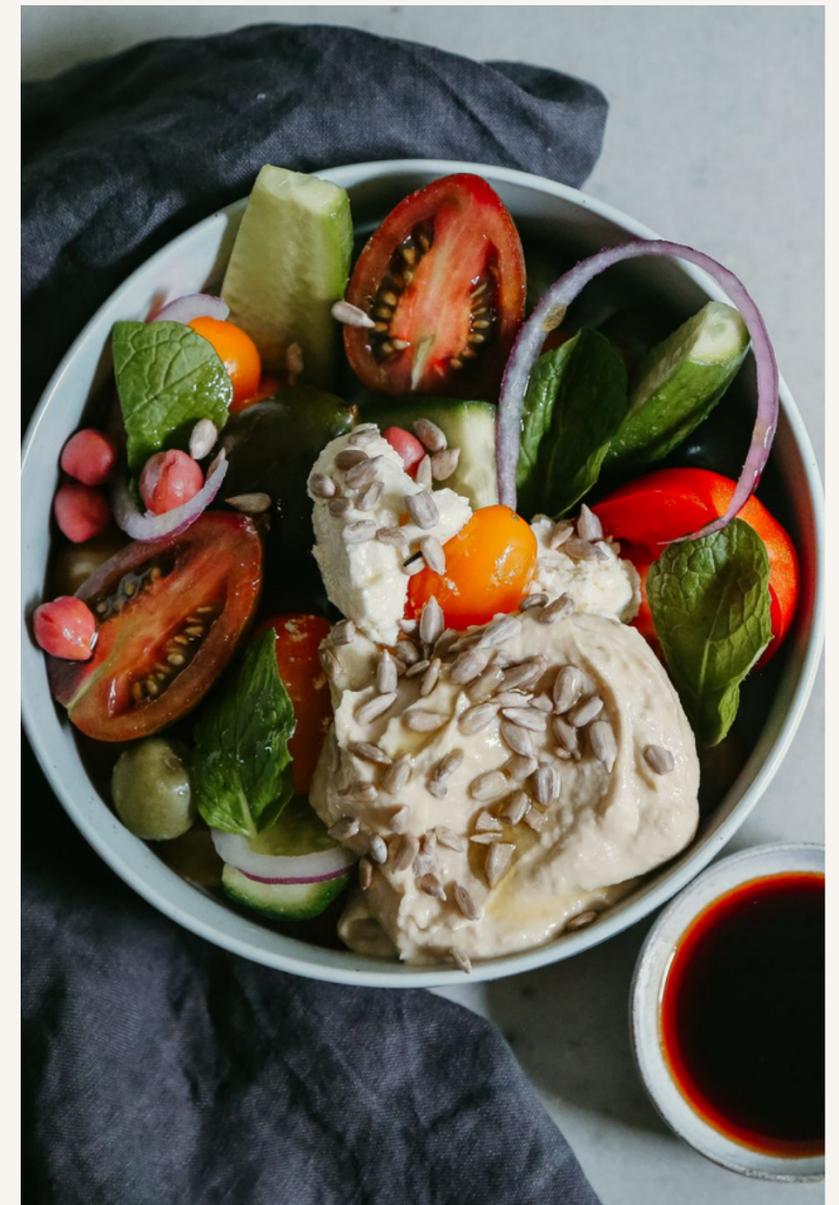
Vegan: serve with falafel and cashew cheese

## Goals:

*Shred:* serve with 75g lean protein, such as tuna or chicken breast

*Maintain healthy weight:* serve with 100g protein of choice

*Tone Muscle:* add in 1/2 cup cooked brown rice and serve with at least 150g choice of protein



# Spring Frittata

10 eggs  
Splash of milk  
1 brown onion, diced  
1 clove garlic  
2x chicken breasts, diced and precooked  
1/2 punnet cherry tomatoes, cut in half  
1/2 bunch basil  
1 x zucchini, diced  
1 cup spinach leaves  
1/2 cup cheese (fetta, tasty, haloumi)  
Salt and pepper

Preheat oven to 200 degrees. Place the onion and garlic in a pan with a little organic butter and cook through. Add the chicken and cook. Whisk eggs in a bowl and add some salt and pepper. Add the onion, garlic, zucchini, tomatoes, basil, spinach leaves and cheese to a greased oven proof tray and pour over the eggs. Bake for 30-35 minutes or until cooked through.

## Notes/dietary swaps:

Makes 4-6 serves

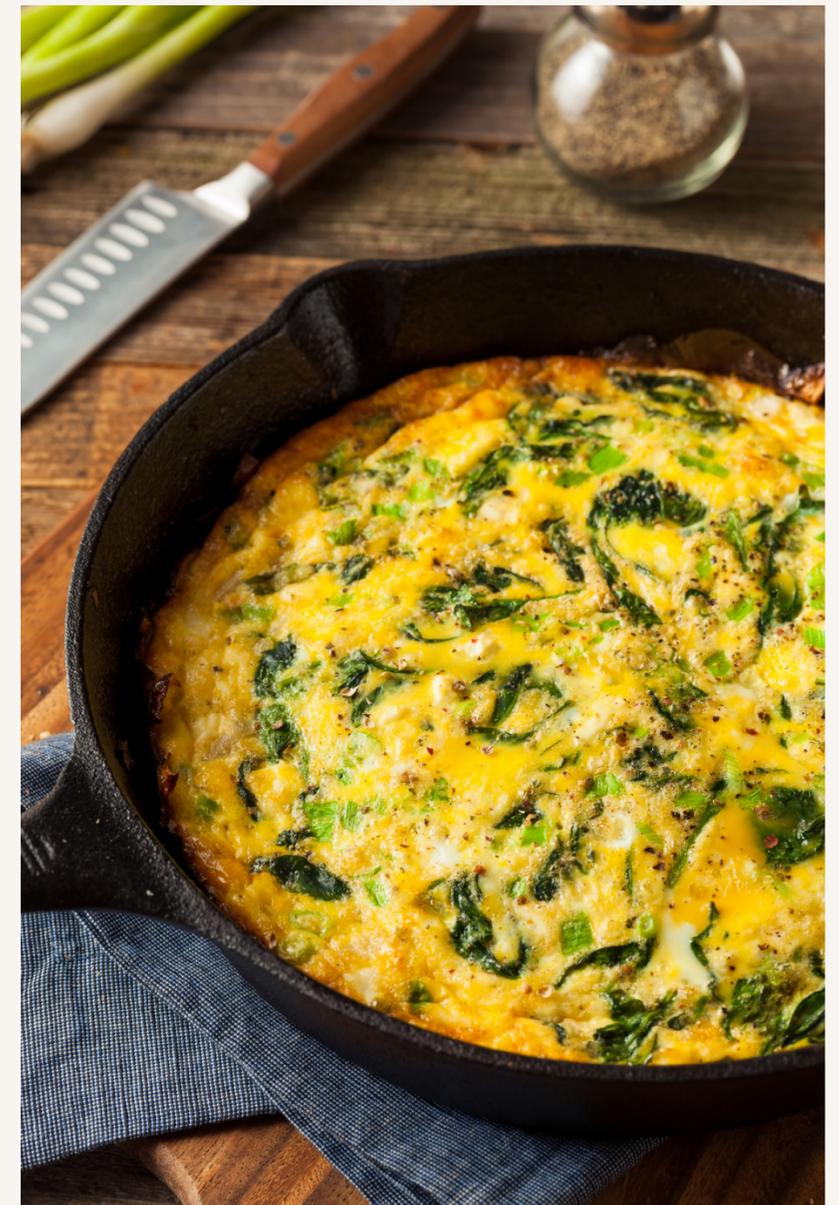
Dairy free: swap the cheese for a lactose free version

## Goals:

*Shred:* serve with a side salad

*Maintain healthy weight:* serve with a side salad

*Tone Muscle:* serve with a side salad



# Japanese Wellness Bowl

1/2 cup edamame  
3/4 cooked brown rice  
60g smoked salmon or chicken  
1/3 cucumber, peeled into ribbons  
1/2 avocado  
1 radish, thinly sliced  
1 tbsp soy sauce  
1 tbsp sesame seeds  
1 sheet nori

In a bowl, place the cooked rice and soy sauce and combine.  
Add to a bowl with the salmon, edamame, radish, cucumber, avocado and top with the sesame seeds and nori. For additional flavour and zing, add in some pickled ginger and wasabi.

## Notes/dietary swaps:

Makes 1 serve

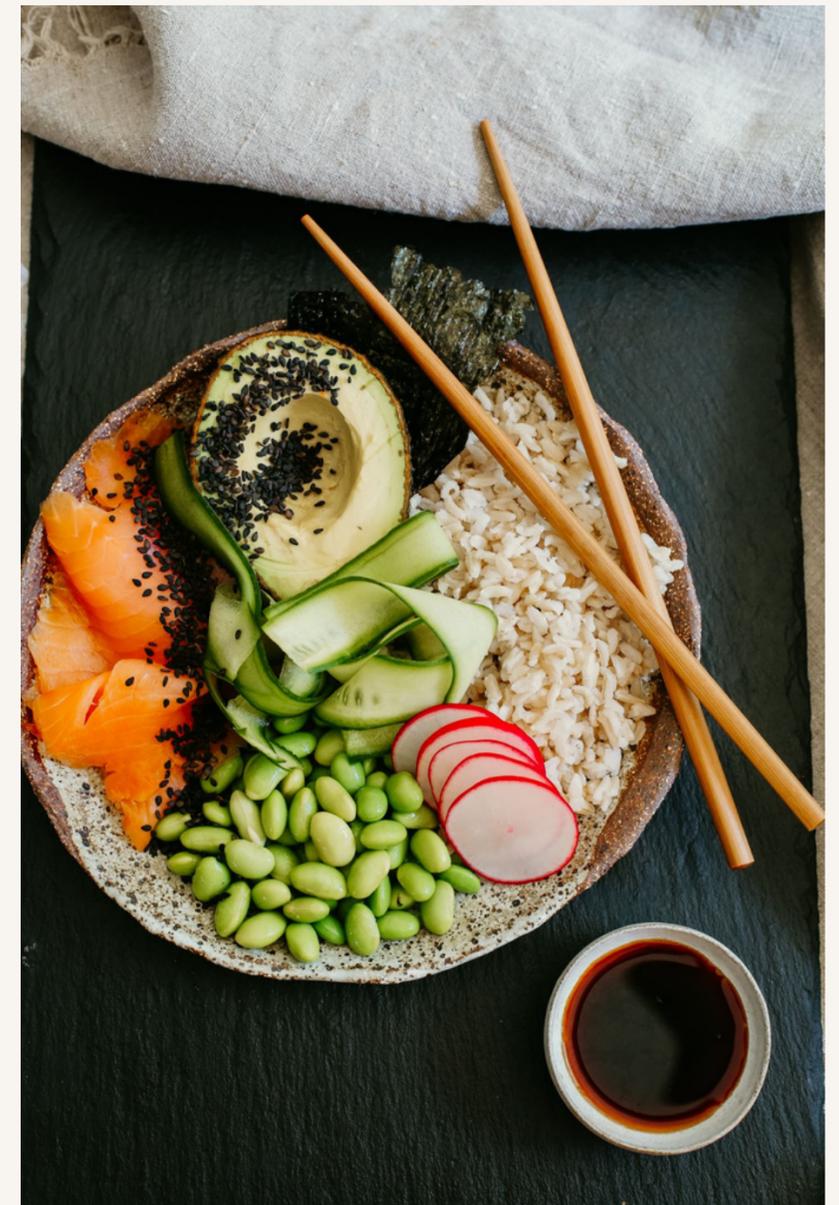
Vegan: Swap the salmon for 100g tofu or tempeh

## Goals:

*Shred:* serve with 1/4 avocado and 1/2 cup brown rice

*Maintain healthy weight:* leave as is

*Tone Muscle:* add a boiled egg



# Salmon & Potato Salad

600g new potatoes  
1 lemon, zest and juice  
1 tbsp red wine vinegar  
3 tbsp extra virgin olive oil  
2 tbsp capers  
1 tsp horseradish  
150 ml Greek yoghurt  
1 small bunch fresh dill  
1/2 bunch fresh mint  
400 g sliced smoked salmon  
2 cups fresh rocket

Roast the potatoes in a 200 C oven until tender. Meanwhile, in a large bowl, combine the olive oil, red wine vinegar, capers, half the lemon juice and the lemon zest. In a small bowl, add the Greek yoghurt, horseradish and the other half of the lemon juice and mix. When the potatoes are cooked, toss them through the olive oil dressing. Serve with the smoked salmon, the yoghurt mixture and some fresh rocket.

## Notes/dietary swaps:

Makes 4-6 serves

Dairy free: swap the yoghurt for lactose free or coconut

Vegan: leave the salmon out and serve with tempeh or beans and make a coconut yoghurt or cashew cheese based dressing

## Goals:

*Shred:* add more rocket and fresh greens to your plate and serve less potatoes

*Maintain healthy weight:* leave as is

*Tone Muscle:* leave as is



# Greek Poke Bowl

75g Yumi's falafel  
30g feta  
1 tbsp hummus  
1 medium tomato, diced (or cherry tomatoes)  
1 medium cucumber, sliced  
1/4 cup olives  
1 cup spinach leaves  
1/2 cup cooked quinoa  
1 tbsp sunflower seeds  
1 tbsp freshly chopped mint

Add all of the ingredients into a bowl and top with the hummus, mint and sunflower seeds.

## Notes/dietary swaps:

Makes 1 serve

Vegan: swap the feta for cashew cheese

## Goals:

*Shred:* add more rocket and fresh greens to your plate and serve less potatoes

*Maintain healthy weight:* leave as is

*Tone Muscle:* leave as is



# Beef & Broccoli Stirfry

800g beef strips  
6 tbsp tamari or soy sauce  
3 tbsp honey  
2 cup steamed broccoli  
2 tbsp sesame seeds  
2 clove garlic  
2 tsp ginger, grated  
2 cup spinach  
Basmati rice, to serve

Mix together all of the sauce ingredients in a small bowl. Heat oil in a frypan and add beef stirring until brown. Pour sauce in pan and stir to coat meat. Once the sauce is bubbling, add the veggies to the pan and stir again to coat. Cook until meat is cooked through and veggies are soft. Serve with steamed rice and sprinkle with sesame seeds.

## Notes/dietary swaps:

Makes 6 serves

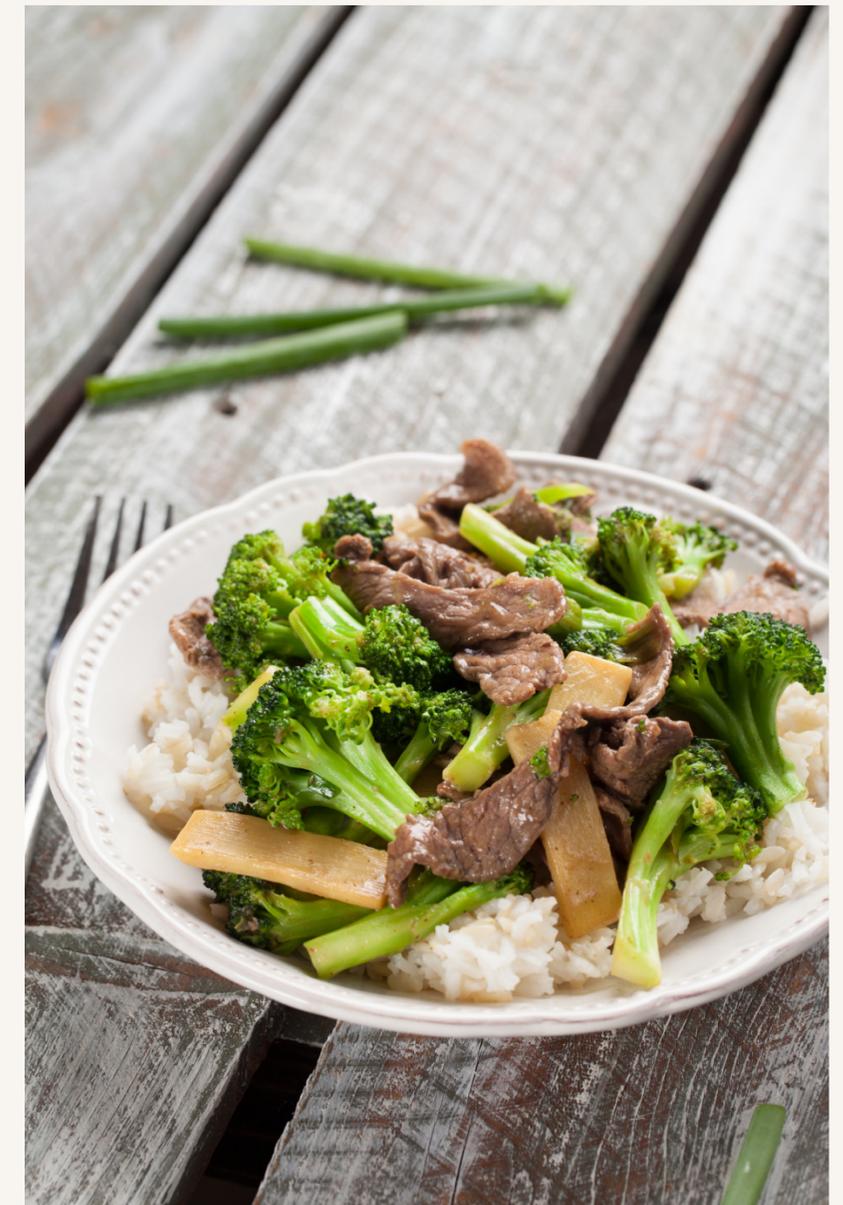
Vegan: serve with tempeh or tofu and use pure maple syrup instead of honey

## Goals:

*Shred:* serve with 1/2 cup steamed rice

*Maintain healthy weight:* serve with 1/2 cup steamed rice

*Tone Muscle:* serve with 3/4 cup steamed rice



# Fish with Mango & Mint Salsa

Choice of fish such as salmon, barramundi, snapper etc  
2 mangoes, de-seeded and diced  
1/2 avocado, diced  
1 small cucumber, diced  
1/2 small red onion, peeled and diced  
1/2 cup freshly chopped mint leaves  
Juice of 1 lime  
Small chilli, thinly sliced (optional)  
Salad to serve

Cook the fish to your liking, seasoning with salt and pepper. Add all of the ingredients for the salsa into a bowl and combine. Serve the fish with the salsa and a fresh side salad.

## Notes/dietary swaps:

Vegan: serve with tempeh or tofu

## Goals:

*Shred:* serve with 1 cup leafy greens

*Maintain healthy weight:* serve with 1 cup leafy greens

*Tone Muscle:* serve with leafy greens and 1 cup roasted sweet potato

