



TNW - Fibre Plan

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Hi,

Welcome to your meal plan from The Nutritious Way - I hope you enjoy it!

Grocery List Tips

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money! Also, feel free to swap in ingredients that you already have or prefer. It's great to use up what you already have and reduce food waste. For example, if the recipe says brown rice pasta feel free to use some wholemeal pasta.

Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list.

Leftovers

If meals on the plan appear to be grey or shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

I'm here to help if you have any questions along the way!

I'd love if you followed me on Instagram @the_nutritious_way.

Good luck!

Nuala

PS Use the code REPEAT15 for 15% off your next meal plan purchase on my website.



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Cinnamon & Banana Protein Oatmeal	 Cinnamon & Banana Protein Oatmeal	 Cinnamon & Banana Protein Oatmeal	 Yogurt with Granola & Banana	 Yogurt with Granola & Banana	 Super Simple French Toast	 Super Simple French Toast
Snack 1	 Peanut Butter Chocolate Protein Balls	 Peanut Butter Chocolate Protein Balls	 Peanut Butter Chocolate Protein Balls	 Peanut Butter Chocolate Protein Balls	 Peanut Butter Chocolate Protein Balls	 Grapefruit Yogurt Parfait	 Grapefruit Yogurt Parfait
Lunch	 Kimchi, Egg & Rice Bowl	 Japanese Omelette Rice	 Tofu Broccoli Pasta	 Spiced Beef & Spinach with Rice	 Red Beans, Rice & Sausage	 Sardine Spaghetti	 Spiced Chickpeas with Spinach & Rice
Dinner	 Japanese Omelette Rice	 Tofu Broccoli Pasta	 Spiced Beef & Spinach with Rice	 Red Beans, Rice & Sausage	 Sardine Spaghetti	 Spiced Chickpeas with Spinach & Rice	 California Naan Pizza

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  30%	Fat  32%	Fat  29%	Fat  27%	Fat  27%	Fat  22%	Fat  24%
Carbs  51%	Carbs  48%	Carbs  48%	Carbs  52%	Carbs  51%	Carbs  56%	Carbs  56%
Protein  19%	Protein  20%	Protein  23%	Protein  21%	Protein  22%	Protein  22%	Protein  20%
Calories 1900	Calories 1748	Calories 1672	Calories 1714	Calories 1703	Calories 1720	Calories 1753
Fat 64g	Fat 64g	Fat 55g	Fat 52g	Fat 53g	Fat 42g	Fat 48g
Carbs 248g	Carbs 216g	Carbs 208g	Carbs 227g	Carbs 222g	Carbs 246g	Carbs 247g
Fiber 22g	Fiber 28g	Fiber 27g	Fiber 25g	Fiber 30g	Fiber 36g	Fiber 33g
Protein 93g	Protein 90g	Protein 98g	Protein 94g	Protein 96g	Protein 98g	Protein 90g



Fruits

- 5 Banana
- 2 Grapefruit
- 1 Lemon
- 125 grams Raspberries

Breakfast

- 70 grams All Natural Peanut Butter
- 80 grams Granola
- 80 grams Maple Syrup

Seeds, Nuts & Spices

- 3/4 tsp Cajun Seasoning
- 1/3 tsp Cinnamon
- 2 1/4 tsps Curry Powder
- 1/2 tsp Garlic Powder
- 3 tbsps Hemp Seeds
- 1/2 tsp Herbes De Provence
- 40 grams Raw Peanuts
- 1/8 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/16 tbsps Taco Seasoning

Frozen

- 40 grams Frozen Peas

Vegetables

- 180 grams Baby Spinach
- 65 grams Bean Sprouts
- 180 grams Broccoli
- 1 stalk Celery
- 8 Cremini Mushrooms
- 1 1/2 Garlic
- 30 grams Matchstick Carrots
- 15 grams Parsley
- 1/2 Red Bell Pepper
- 3/4 Yellow Onion

Boxed & Canned

- 100 grams Basmati Rice
- 235 milliliters Chicken Broth
- 330 grams Chickpeas
- 495 grams Jasmine Rice
- 155 grams Red Kidney Beans
- 160 grams Sardines
- 65 grams Tomato Paste
- 30 milliliters Unsweetened Rice Milk
- 125 grams Whole Wheat Penne
- 130 grams Whole Wheat Spaghetti

Baking

- 1 tbsp Nutritional Yeast
- 155 grams Oats
- 90 grams Pitted Dates

Bread, Fish, Meat & Cheese

- 140 grams Cajun Smoked Andouille Sausage
- 225 grams Extra Lean Ground Beef
- 40 grams Feta Cheese
- 30 grams Mozzarella Cheese
- 1 piece Naan
- 170 grams Tofu
- 4 slices Whole Grain Bread

Condiments & Oils

- 1/2 tsp Avocado Oil
- 35 grams Black Olives
- 3 2/3 tbsps Extra Virgin Olive Oil
- 2 tbsps Kimchi
- 25 grams Sun Dried Tomatoes
- 3 1/16 tbsps Tamari
- 1 tbsp Tomato Sauce

Cold

- 2 tbsps Butter
- 10 Egg
- 900 grams Plain Greek Yogurt
- 715 milliliters Soy Milk

Other

- 40 grams Chocolate Protein Powder
- 3 tbsps Sugar Free Ketchup
- 75 grams Vanilla Protein Powder
- 240 milliliters Water



Cinnamon & Banana Protein Oatmeal

3 servings

15 minutes

Ingredients

715 milliliters Soy Milk
120 grams Oats (rolled)
75 grams Vanilla Protein Powder
3 tbsps Hemp Seeds
1/3 tsp Cinnamon
3 Banana (sliced)

Nutrition

Amount per serving	
Calories	505
Fat	12g
Carbs	69g
Fiber	9g
Protein	35g

Directions

- 1 In a small saucepan, bring the soy milk to a boil. Add the oats and reduce the heat to a steady simmer. Cook, stirring occasionally for about six to eight minutes or until the oats are tender and most of the soy milk is absorbed.
- 2 Stir in the protein powder, hemp seeds, and cinnamon. Add a splash of water or more milk if needed for desired consistency.
- 3 Transfer the cooked oats to a bowl and top with sliced banana. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately 1 1/4 cups.

No Soy Milk: Use other milk alternative.



Yogurt with Granola & Banana

2 servings

5 minutes

Ingredients

450 grams Plain Greek Yogurt
2 Banana (sliced)
80 grams Granola

Nutrition

Amount per serving	
Calories	485
Fat	15g
Carbs	61g
Fiber	7g
Protein	29g

Directions

- 1 Add the yogurt, banana, and granola to a bowl, and enjoy!

Notes

More Flavor: Add maple syrup or vanilla.

Additional Toppings: Nut butter, shredded coconut, chia seeds, and/or hemp seeds.

Gluten-Free: Use gluten-free granola.

Dairy-Free: Use a dairy-free yogurt alternative.



Super Simple French Toast

2 servings

10 minutes

Ingredients

4 Egg
4 slices Whole Grain Bread
80 grams Maple Syrup
125 grams Raspberries

Nutrition

Amount per serving	
Calories	498
Fat	13g
Carbs	71g
Fiber	10g
Protein	24g

Directions

- 1 Whisk the eggs in a shallow bowl. Dip the bread into the mixture, coating both sides evenly.
- 2 Heat a nonstick pan over medium-high heat. Cook the bread slices for about two minutes per side, or until browned and cooked through. Repeat the process until all of the bread is cooked.
- 3 Top with raspberries and maple syrup. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Gluten-Free: Use gluten-free bread instead.

More Flavor: Add cinnamon, nutmeg, vanilla extract and/or a splash of any milk to the egg mixture.

Additional Toppings: Nuts, shredded coconut, nut or seed butter, or cottage cheese.



Peanut Butter Chocolate Protein Balls

5 servings

15 minutes

Ingredients

40 grams Raw Peanuts
35 grams Oats (rolled)
90 grams Pitted Dates
70 grams All Natural Peanut Butter
1/8 tsp Sea Salt
40 grams Chocolate Protein Powder
60 milliliters Water

Nutrition

Amount per serving	
Calories	238
Fat	12g
Carbs	23g
Fiber	4g
Protein	13g

Directions

- 1 Add the peanuts and oats to a food processor and pulse until you get a coarse crumble.
- 2 Add the dates, peanut butter, salt, and protein powder and pulse again until the mixture starts to come together.
- 3 Add the water one tablespoon at a time and pulse until the mixture becomes sticky and holds together when you squeeze it between your hands. You may not need all of the water. The type of protein powder used will affect this.
- 4 Use a one-inch cookie scoop or use a regular teaspoon to scoop out the batter and roll it in your hands to create a ball. Continue until you have used all of the batter. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week.

Serving Size: One serving is approximately four energy balls.

More Flavor: Add mini chocolate chips, cacao nibs, and/or cacao powder as an outer coating.



Grapefruit Yogurt Parfait

1 serving
10 minutes

Ingredients

225 grams Plain Greek Yogurt
1 Grapefruit (peeled, cut into sections)

Nutrition

Amount per serving	
Calories	263
Fat	5g
Carbs	33g
Fiber	3g
Protein	24g

Directions

- 1 In a jar, add half of the yogurt, then half of the grapefruit pieces. Repeat with the remaining yogurt and grapefruit. Enjoy!

Notes

Leftovers: Best assembled fresh. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately two cups.

Make it Vegan: Use a plant-based yogurt alternative.

More Flavor: Add maple syrup or honey.

Additional Toppings: Top with nut butter and/or unsweetened shredded coconut.

More Protein: Mix protein powder into the yogurt before assembling the parfait.



Kimchi, Egg & Rice Bowl

1 serving
15 minutes

Ingredients

100 grams Basmati Rice (uncooked)
2 tsps Extra Virgin Olive Oil
4 Cremini Mushrooms (quartered)
2 Egg
65 grams Bean Sprouts
30 grams Matchstick Carrots
2 tbsps Kimchi
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	627
Fat	19g
Carbs	89g
Fiber	5g
Protein	25g

Directions

- 1 Cook rice according to package instructions.
- 2 Heat the oil in a pan. Add the mushrooms and cook until golden brown, about five minutes. Remove from pan.
- 3 Add the eggs to the pan and cook until the whites are set and the yolks are cooked to your liking. Remove from pan.
- 4 Divide the rice evenly between bowls. Top with mushrooms, bean sprouts, carrots, kimchi, and eggs. Season with salt and pepper and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Cook the eggs in sesame oil. Serve with soy sauce.



Japanese Omelette Rice

2 servings

35 minutes

Ingredients

125 grams Jasmine Rice (dry, uncooked)
3 tbsps Sugar Free Ketchup
3 tbsps Tomato Paste
2 tbsps Water
2 tbsps Butter (divided)
1/4 Yellow Onion (minced)
4 Cremini Mushrooms (chopped)
40 grams Frozen Peas
Sea Salt & Black Pepper (to taste)
4 Egg
30 milliliters Unsweetened Rice Milk (plain)

Nutrition

Amount per serving	
Calories	530
Fat	21g
Carbs	67g
Fiber	4g
Protein	20g

Directions

- 1 Cook the rice according to package instructions.
- 2 In a bowl, whisk together the ketchup, tomato paste, and water. Set aside.
- 3 Heat half the butter in a large nonstick pan over medium-high heat. Cook the onion and mushrooms, for about five to eight minutes or until browned and soft. Add the peas, cooked rice, and half of the tomato sauce. Season with salt and pepper and combine well. Set aside and wipe the pan clean.
- 4 Heat some of the remaining butter in the same pan over medium-high heat. In a bowl, whisk two of the eggs with one tablespoon of milk and pour into the pan. Using chopsticks or the edge of a spatula, gently stir the eggs around for one to two minutes, or until the mixture is set but still runny on top.
- 5 Fill the center of the omelette with some of the rice mixture and fold the sides over the rice. Hold a plate over the omelette and carefully flip the pan to transfer the omelette. Repeat with the remaining butter, eggs, milk, and rice mixture.
- 6 Divide onto plates and serve with the remaining tomato sauce otop. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately two eggs and 1 1/2 cups of the rice mixture.

More Flavor: Add sesame oil, soy sauce, or tonkatsu sauce to the rice. Use Japanese ketchup.

Additional Toppings: Garnish with parsley.



No Rice Milk: Use cow's milk or any milk alternative instead of rice milk.



Tofu Broccoli Pasta

2 servings

15 minutes

Ingredients

- 125 grams Whole Wheat Penne (dry)
- 180 grams Broccoli (chopped into florets)
- 120 milliliters Water (reserved from cooking pasta)
- 2 tbsps Tamari
- 1/2 tsp Garlic Powder
- 2 tbsps Extra Virgin Olive Oil (divided)
- 170 grams Tofu (extra-firm, pressed, cubed)
- 1 tbsp Nutritional Yeast
- 1/2 tsp Herbes de Provence

Nutrition

Amount per serving	
Calories	475
Fat	19g
Carbs	57g
Fiber	11g
Protein	22g

Directions

- 1 Cook the pasta according to the package directions, adding the broccoli to the last two minutes of cooking. Reserve pasta water and drain.
- 2 In a small bowl, mix the tamari and the garlic powder to combine.
- 3 Meanwhile, heat half of the oil in a large pan over medium heat. Add the tofu and the tamari mixture. Cook, stirring, until the tofu has browned on all sides, about five to seven minutes. Remove from the heat.
- 4 Add the cooked pasta and broccoli to the pan along with the remaining oil, nutritional yeast, and Herbes de Provence. Stir to combine then stir in the reserved pasta water one tablespoon at a time until your desired consistency is reached.
- 5 Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add more vegetables like onions and bell peppers.

Additional Toppings: Top with your favorite toasted nuts and/or seeds.



Spiced Beef & Spinach with Rice

2 servings

20 minutes

Ingredients

140 grams Jasmine Rice
225 grams Extra Lean Ground Beef
2 1/4 tsps Curry Powder
Sea Salt & Black Pepper (to taste)
60 grams Baby Spinach

Nutrition

Amount per serving	
Calories	454
Fat	12g
Carbs	59g
Fiber	3g
Protein	28g

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 3 Add the curry powder to the beef and stir to combine. Season with salt and pepper to taste. Add the spinach and stir until the spinach has wilted.
- 4 Divide the rice between plates and top with the beef mixture. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Season the beef with other dried herbs and spices or add fresh garlic and ginger.

Additional Toppings: Cilantro, lime wedges, and/or red pepper flakes.

No Beef: Use ground chicken, turkey, or pork instead.

No Rice: Use quinoa or cauliflower rice instead.



Red Beans, Rice & Sausage

2 servings

40 minutes

Ingredients

140 grams Jasmine Rice
1/2 tsp Avocado Oil
140 grams Cajun Smoked Andouille Sausage (thinly sliced)
1/2 Yellow Onion (diced)
1/2 Red Bell Pepper (diced)
1 stalk Celery (diced)
1 tbsp Tomato Paste
1 1/2 Garlic (cloves, minced)
3/4 tsp Cajun Seasoning
155 grams Red Kidney Beans (from the can, drained and rinsed)
235 milliliters Chicken Broth

Nutrition

Amount per serving	
Calories	537
Fat	13g
Carbs	84g
Fiber	11g
Protein	24g

Directions

- 1 Cook the rice according to package directions
- 2 Meanwhile, in a large dutch oven over medium heat, add the oil. Then add the andouille sausage and fry on both sides until browned, about 4 minutes per side. Remove and set aside on a plate, leaving the oil in the pot.
- 3 Add the onion, pepper and celery and cook over medium heat until tender, about 3 to 4 minutes. Then add the tomato paste, garlic and cajun seasoning and stir to combine, cooking until the garlic is fragrant, about 1 minute more.
- 4 Add the kidney beans and the chicken broth and bring to a simmer. Once simmering, reduce the heat to medium-low. Cover and cook for 15 minutes, then remove the lid and simmer for 10 to 15 minutes longer, until lightly thickened. Serve with rice and enjoy!

Notes

Leftovers: Refrigerate rice and bean mixture in separate airtight containers for up to five days.

Serving Size: One serving is equal to about 1 1/2 cups rice and bean mixture.

Additional Toppings: Top with green onion, or another fresh herb such as parsley.

Make it Vegan: Omit the sausage and use vegetable broth.

No Andouille Sausage: Use smoked chorizo instead.



Sardine Spaghetti

2 servings

20 minutes

Ingredients

130 grams Whole Wheat Spaghetti
160 grams Sardines (packed in oil, drained, chopped)
15 grams Sun Dried Tomatoes (chopped)
1 Lemon (small, juice and zest)
35 grams Black Olives (pitted, sliced)
15 grams Parsley (finely chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	443
Fat	13g
Carbs	54g
Fiber	8g
Protein	30g

Directions

- 1 Cook the spaghetti according to package directions, reserving roughly one cup of cooking water.
- 2 In a bowl, combine the sardines, sun dried tomatoes, lemon zest, juice, olives, and parsley.
- 3 Toss the hot pasta with the sardine mixture. Add some of the reserved pasta water, a little at a time, as necessary. Toss to coat and season with salt and pepper to taste. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Gluten-Free: Use brown rice spaghetti or gluten-free pasta of choice.

More Flavor: Add garlic oil, a pinch of red pepper flakes, and/or pesto.

Additional Toppings: Fresh basil, microgreens, and parmesan cheese.

No Sardines: Use canned tuna.



Spiced Chickpeas with Spinach & Rice

2 servings

20 minutes

Ingredients

90 grams Jasmine Rice
1 tbsp Extra Virgin Olive Oil
330 grams Chickpeas (cooked, rinsed and patted dry)
1 tbsp Taco Seasoning
1 tbsp Tamari
60 grams Baby Spinach (chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	516
Fat	11g
Carbs	88g
Fiber	15g
Protein	20g

Directions

- 1 Cook the rice according to the package directions.
- 2 Heat the oil in a pan over medium heat. Add the chickpeas and cook for three to five minutes or until warmed through.
- 3 Add the taco seasoning and tamari and stir to combine. Add the spinach and stir until wilted. Season with salt and pepper to taste if needed.
- 4 Divide the cooked rice between plates and top with the spiced chickpeas. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/4 cups of the spiced chickpeas and rice.

Additional Toppings: Avocado, cilantro, green onions, red pepper flakes, or hot sauce.

No Spinach: Use kale instead.

No Tamari: Use soy sauce or coconut aminos instead.



California Naan Pizza

1 serving

15 minutes

Ingredients

- 1 piece Naan
- 2 tbsps Water
- 60 grams Baby Spinach
- 1 tbsp Tomato Sauce
- 30 grams Mozzarella Cheese (shredded)
- 3 tbsps Sun Dried Tomatoes (sliced)
- 40 grams Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	476
Fat	19g
Carbs	55g
Fiber	5g
Protein	22g

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
- 2 Meanwhile, heat the water in a pan over medium-high heat. Cook the spinach until wilted, about one to two minutes. Pat dry and set aside.
- 3 Spread the tomato sauce evenly over the naan. Top with mozzarella, sautéed spinach, sun dried tomatoes, and feta cheese. Return to the oven and bake for six to eight more minutes, or until the cheese is melted and the crust is crispy.
- 4 Cut into slices and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Gluten-Free: Use a cauliflower crust or brown rice tortilla instead of naan, and adjust the baking time accordingly.

Dairy-Free: Use vegan cheese.

More Flavor: Add red pepper flakes or top with chili oil.

Naan: One piece of naan is 3.2 oz or 90 grams.