

Weekly Meal Planner

BREAKFASTS

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Day 3	Camel Milk Dream-Bowl
Day 4	
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LUNCHES

Day 1	Papaya Chicken Salad Symphony
Day 2	Wholesome Savoury Delight
Day 3	Rhapsody of Rustic Rye
Day 4	
Day 5	
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Day 7	

DINNERS

Day 1	Anchovy Symphony with Garden Melody
Day 2	Verdant Symphony with Sheep's Delight
Day 3	Lush Lamb and Vibrant Veg Medley
Day 4	
Day 5	
Day 6	
Day 7	

Anchovy - 110 g
Apple - 1 pieces
Avocado - 50 g
Basil
Bok Choy - 40 g
Broccoli - 70 g
Camel milk - 170 g
Celeriac - 20 g
Chanterelle mushrooms - 20 g
Chicken Breast - 100 g
Cinnamon
Coriander Seeds
Cucumber - 80 g
Cumin Powder
Cumin Seeds
Dill
Egg - 2
Eggplant - 15 g
Garlic
Ginger
Ginger Powder
Green Beans - 35 g
Green olives - 20 g
Lamb Fillet - 110 g
Large Mushrooms - 15 g

NOTES

DISCLAIMER: AS CONTENT IS AI-GENERATED, ITS VALIDITY CANNOT BE GUARANTEED. ALWAYS CROSS-REFERENCE WITH YOUR MB PLAN, ENSURING PROTEINS, VEGETABLES, AND WEIGHTS ARE ACCURATE FOR YOU. IN DOUBT? PRIORITISE YOUR MB PLAN AND YOUR MB PRACTITIONER'S GUIDANCE. ALWAYS PRIORITISE PROFESSIONAL ADVICE FOR YOUR HEALTH JOURNEY. YOUR NUTRITION PLAN IS NOT A REPLACEMENT FOR MEDICAL ADVICE. (REVIEW PER THE CURRENT PLAN DISCLAIMER)


Weekly Meal Planner

GROCERY LIST

Lima Beans - 55 g	-
Mango - 1 pieces	-
Mutton - 55 g	-
Nectarine - 2 pieces	-
Nutmeg Ground	-
Papaya - 2 pieces	-
Paprika Powder	-
Parsley	-
Parsley (Root and Leaves) - 20 g	-
Pepper	-
Porridge Oats - 30 g	-
Prunes (dried) - 1 pieces	-
Radish - 10 g	-
Raspberries - 11 pieces	-
Red capsicum - 115 g	-
Red Capsicum - 30 g	-
Red Oak Leaf Lettuce - 40 g	-
Rocket - 40 g	-
Romaine Lettuce - 20 g	-
Rosemary	-
Salt	-
Shallots - 115 g	-
Sheep's Cream Cheese - 80 g	-
Spinach - 15 g	-
Tomato - 55 g	-
Whole Milk Natural Yogurt (plain, 3.8% fat) - 170 g	-
Wholegrain Rye Bread - 2 slices	-

BREAKFAST

Sunrise Fruit Breeze

 10 minutes

INGREDIENTS:

- Whole Milk Natural Yogurt (plain, 3.8% Fat) - 170 g
- Papaya - 1 pieces
- Cinnamon - 2 pinch
- Nutmeg Ground - 1 pinch
- Ginger Powder - 1 pinch

DIRECTIONS:


- 1: In a blender, add 170g of Whole Milk Natural Yogurt (plain, 3.8% fat).
- 2: Peel and deseed one Papaya, then chop into small chunks. Add the chunks to the blender.
- 3: Add 2 tsp of Cinnamon, 1 tsp of Nutmeg Ground, and 1 tsp of Ginger Powder into the blender.
- 4: Blend all ingredients until smooth and creamy.
- 5: Pour into a glass and enjoy immediately for a refreshing and nutritious breakfast.



Feel free to use the oils on your plan in this recipe if you are NOT in the strict-phase. Also, be sure not to heat Flaxseed Oil.

BREAKFAST

Morning Mutton Delight

 15 minutes

INGREDIENTS:

- Mutton - 55 g
- Avocado - 20 g
- Rocket - 10 g
- Radish - 10 g
- Bok Choy - 15 g
- Tomato - 20 g
- Apple - 1 pieces
- Parsley - 2 pinch
- Cumin Powder - 1 pinch

DIRECTIONS:


- 1: In a medium-sized non-stick pan, cook the mutton over medium heat for about 5–7 minutes until fully browned and cooked through.
- 2: While the mutton is cooking, finely chop the avocado, rocket, radish, bok choy, and tomato.
- 3: Once the mutton is cooked, let it cool slightly before mixing it with the chopped vegetables in a salad bowl.
- 4: Add apple slices on top of the mixture for a touch of sweetness.
- 5: Sprinkle the salad with parsley and cumin powder for an added depth of flavour.
- 6: Serve fresh and enjoy your hearty morning breakfast!



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BREAKFAST

Camel Milk Dream-Bowl

 10 minutes

INGREDIENTS:

- Camel Milk - 170 g
- Porridge Oats - 30 g
- Raspberries - 10 pieces
- Cinnamon - 2 pinch
- Ginger Powder - 1 pinch

DIRECTIONS:


- 1: In a saucepan, bring the camel milk to a gentle simmer over low heat. Do not boil.
- 2: Once the camel milk is simmering, add the porridge oats and cook for 5-7 minutes, stirring occasionally until the oats are creamy and cooked through.
- 3: Turn off the heat and stir in the cinnamon and ginger powder.
- 4: Pour the mixture into a serving bowl and let it cool slightly.
- 5: Top the porridge with fresh raspberries.
- 6: Enjoy your nutritious Camel Milk Dream-Bowl as a delightful breakfast.



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LUNCH

Papaya Chicken Salad Symphony

 20 minutes

INGREDIENTS:

- Chicken Breast - 100 g
- Romaine Lettuce - 20 g
- Red Capsicum - 30 g
- Cucumber - 20 g
- Avocado - 10 g
- Rocket - 20 g
- Parsley (root And Leaves) - 20 g
- Papaya - 1 pieces
- Garlic - 1 pinch
- Ginger - 1 pinch

DIRECTIONS:


- 1: Grill the chicken breast until fully cooked, roughly 10 minutes on each side. Season with a pinch of salt and pepper if desired.
- 2: While the chicken is grilling, prepare the salad by washing and chopping the Romaine lettuce, red capsicum, cucumber, rocket, and parsley (root and leaves).
- 3: Cut the papaya into bite-sized pieces and scoop out the avocado.
- 4: In a large mixing bowl, combine the grilled chicken (sliced), lettuce, capsicum, cucumber, avocado, rocket, papaya, and parsley.
- 5: In a small bowl, mix the minced garlic and grated ginger. Drizzle this mixture over the salad just before serving. Serve immediately.



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LUNCH

Wholesome Savoury Delight

 30 minutes

INGREDIENTS:

- Lima Beans - 55 g
- Shallots - 40 g
- Broccoli - 30 g
- Red Capsicum - 30 g
- Tomato - 20 g
- Raspberries - 1 pieces
- Garlic - 1 pinch
- Cumin Powder - 2 pinch
- Paprika Powder - 2 pinch
- Salt - 2 pinch
- Pepper - 2 pinch

DIRECTIONS:


- 1: Rinse the Lima Beans thoroughly and set aside.
- 2: Finely chop the shallots, broccoli, and red capsicum.
- 3: In a pot, bring water to a boil. Add Lima Beans and cook for 15-20 minutes until tender. Drain and set aside.
- 4: In a large pan, sauté the shallots and garlic until fragrant.
- 5: Add the broccoli and red capsicum to the pan and cook for about 5 minutes.
- 6: Mix in the cumin powder, paprika powder, salt, and pepper, stirring well.
- 7: Add the cooked Lima Beans and finely chopped tomato to the pan and cook for another 5-7 minutes.
- 8: Serve the cooked mix with a fresh raspberry on the side for a touch of sweetness.



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LUNCH

Rhapsody of Rustic Rye

 10 minutes

INGREDIENTS:

- Egg - 2
- Red Oak Leaf Lettuce - 40 g
- Cucumber - 40 g
- Shallots - 20 g
- Red Capsicum - 20 g
- Nectarine - 1 pieces
- Wholegrain Rye Bread - 2 pieces
- Parsley - 2 pinch
- Pepper - 1 pinch

DIRECTIONS:


- 1: Toast the wholegrain rye bread slices until they are golden brown.
- 2: Thinly slice the cucumber, shallots, and red capsicum.
- 3: In a mixing bowl, combine the red oak leaf lettuce, sliced cucumber, shallots, and red capsicum.
- 4: Hard-boil the egg, peel it, and chop it finely.
- 5: Add the chopped egg to the salad mix.
- 6: Cut the nectarine into wedges and add to the bowl.
- 7: Sprinkle parsley and pepper over the salad.
- 8: Serve the salad atop the toasted rye bread slices.



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DINNER

Anchovy Symphony with Garden Melody

 15 minutes

INGREDIENTS:

- Anchovy - 110 g
- Green Olives - 20 g
- Bok Choy - 25 g
- Red Capsicum - 25 g
- Avocado - 20 g
- Shallots - 20 g
- Cucumber - 20 g
- Nectarine - 1 pieces
- Dill - 2 pinch
- Garlic - 2 pinch

DIRECTIONS:


- 1: Finely chop the anchovies and soak them in a little water to reduce their saltiness.
- 2: Meanwhile, finely slice the green olives, bok choy, red capsicum, avocado, shallots, and cucumber.
- 3: In a large bowl, combine the green olives, bok choy, red capsicum, avocado, shallots, and cucumber.
- 4: Drain the anchovies and add to the bowl.
- 5: Add the dill and garlic pinches for seasoning.
- 6: Mix all the ingredients well until evenly combined.
- 7: Slice the nectarine and serve on the side as a refreshing and sweet contrast.



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DINNER

Verdant Symphony with Sheep's Delight

 10 minutes

INGREDIENTS:

- Sheep's Cream Cheese - 80 g
- Eggplant - 15 g
- Broccoli - 15 g
- Large Mushrooms - 15 g
- Red Capsicum - 15 g
- Spinach - 15 g
- Tomato - 15 g
- Green Beans - 15 g
- Shallots - 15 g
- Basil - 2 pinch
- Cumin Seeds - 1 pinch
- Paprika Powder - 1 pinch
- Rocket - 10 g
- Prunes (dried) - 1 pieces

DIRECTIONS:


- 1: Dice the eggplant, broccoli, large mushrooms, red capsicum, spinach, tomato, and shallots into small, evenly sized pieces.
- 2: In a large bowl, combine the diced vegetables with green beans and rocket.
- 3: Sprinkle with basil, cumin seeds, and paprika powder, mixing gently until the spices are evenly distributed.
- 4: In a separate smaller bowl, cube the sheep's cream cheese and set aside.
- 5: Heat a large non-stick pan over medium heat and add the mixed vegetables.
- 6: Cook, stirring occasionally, for about 10 minutes or until the vegetables are tender but still vibrant and crisp.
- 7: Remove the pan from heat and allow the vegetable mixture to cool slightly.
- 8: Toss in the cubed sheep's cream cheese, allowing the residual heat from the vegetables to lightly soften the cheese without melting it entirely.
- 9: Serve the vegetable and cheese mixture on a large platter, garnished with a single prune on the side.



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DINNER

Lush Lamb and Vibrant Veg Medley

 25 minutes

INGREDIENTS:

- Lamb Fillet - 110 g
- Chanterelle Mushrooms - 20 g
- Red Capsicum - 25 g
- Broccoli - 25 g
- Celeriac - 20 g
- Green Beans - 20 g
- Shallots - 20 g
- Mango - 1 pieces
- Garlic - 1 pinch
- Rosemary - 1 pinch
- Coriander Seeds - 1 pinch
- Salt - 1 pinch
- Pepper - 1 pinch

DIRECTIONS:

- 1: Preheat the oven to 180°C (350°F).
- 2: Season the lamb fillet with a pinch of salt, pepper, and rosemary.
- 3: In an ovenproof pan, sear the lamb fillet on all sides until browned.
- 4: Transfer the lamb to the oven and roast for 10-12 minutes, or until cooked to your liking. Remove and let it rest.
- 5: In a separate pan, add ghee and sauté the garlic and shallots until fragrant.
- 6: Add the red capsicum, broccoli, celery, green beans, and chanterelle mushrooms to the pan. Season with a pinch of coriander seeds, salt, and pepper.
- 7: Cook the vegetables until tender but still vibrant, about 5-7 minutes.
- 8: Peel and slice the mango into wedges.
- 9: Serve the lamb fillet sliced, accompanied by the sautéed vegetables and fresh mango wedges on the side.



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Hi! I'm Ambros...

I'm your friendly Metabolic Balance® AI Bot.

Think of me as your digital meal-planning sidekick, here to make your Metabolic Balance® journey a whole lot easier!

Now, let's talk about this fancy new **a'imp** thingamajig.

a'imp stands for "AI Meal Planner" and it's powered entirely by your very own Metabolic Balance® plan. Pretty cool, right?

Here's the thing about **a'imp** meals: they're not designed to be MasterChef masterpieces. Instead, they're the building blocks of everyday nutrition tailored to your plan. We keep things straightforward so you can enjoy nourishing food without the fuss.

Some meals might even be as simple as "Add your favourite fruit to some yoghurt... ta-da!". It's all about quick, easy, and delicious eats that support your unique body.

Remember, I'm constantly learning. You might find a few quirks here and there, but that's where you come in! Your feedback is like rocket fuel for me - it helps me get better and better at creating meal plans you'll love.

And get this - meal planning is just the tip of the iceberg. I've got some amazing things up my virtual sleeve for the future! You'll get these for FREE as a subscribed user.

So, what are you waiting for? Let's get cooking! Your perfectly personalised **a'imp** is on the pages that follow - just remember, I'm always here if you need a hand.



Metabolic Balance® is the nutrition program loved by people around the world for the amazing results it delivers.



RESET
YOUR BODY