

BP

PROJECT14

Let's start,

STEP 1 – Flick through your meal options.

STEP 2 – Consider your taste preferences, intolerances, and lifestyle practicality.

STEP 3 – Mark your choices on your program. I recommend preparing one week in advance.

STEP 4 – Feel free to adjust your choices, keeping them within the key program principles.

STEP 5 – Get shopping & preparing.

Remember; these are my choices, collated over the past 20 years.

You'll likely need to consider your lifestyle before making your choices.

When in doubt when adjusting, check with BP.

Brad Pamp

BREAKFAST CHOICES

<p>Avocado & Egg Boats</p> <p>Ingredients:</p> <ul style="list-style-type: none"> - 1 ripe avocado - 2 small eggs - Pinch of salt, pepper - Optional: sprinkle of grated cheese <p>Method:</p> <ul style="list-style-type: none"> • Cut avocado in half, remove seed. • Scoop a little flesh out to make space. • Crack 1 egg into each avocado half. • Bake at 180°C for ~15 min until egg is set. • Season with salt, pepper, cheese if desired. <p>Shopping List:</p> <ul style="list-style-type: none"> - Avocado (2) - Eggs (6-pack) - Cheese (optional) 	<p>Cheesy Spinach Omelette</p> <p>Ingredients:</p> <ul style="list-style-type: none"> - 2 eggs - Handful fresh spinach - 2 tbsp grated cheese - 1 tsp olive oil/butter <p>Method:</p> <ul style="list-style-type: none"> • Beat eggs in a bowl. • Heat pan with olive oil/butter. • Add spinach, cook 1 min. • Pour in eggs, cook 2 min. • Add cheese, fold omelette, cook until set. <p>Shopping List:</p> <ul style="list-style-type: none"> - Eggs (12-pack) - Fresh spinach (bag) - Grated cheese - Olive oil/butter 	<p>Smoked Salmon & Cream Cheese Roll-Ups</p> <p>Ingredients:</p> <ul style="list-style-type: none"> - 80g smoked salmon slices - 2 tbsp cream cheese - ½ cucumber, sliced into sticks - ½ lemon (juice) <p>Method:</p> <ul style="list-style-type: none"> • Spread cream cheese over salmon slices. • Place cucumber sticks at one end. • Roll salmon up tightly. • Squeeze lemon juice over top. <p>Shopping List:</p> <ul style="list-style-type: none"> - Smoked salmon pack - Cream cheese tub - 1 cucumber - 1 lemon
<p>Yep</p>	<p>Yep</p>	<p>Yep</p>
<p>Chia Coconut Pudding</p> <p>Ingredients:</p> <ul style="list-style-type: none"> - 3 tbsp chia seeds - ½ cup coconut milk (unsweetened) - 2 tbsp berries (raspberries/blueberries) - Stevia or monk fruit sweetener (optional) <p>Method:</p> <ul style="list-style-type: none"> • Mix chia seeds + coconut milk in a jar. • Stir well, leave 5 mins, stir again. • Refrigerate overnight. • Top with berries before eating. <p>Shopping List:</p> <ul style="list-style-type: none"> - Chia seeds - Unsweetened coconut milk - Berries (small punnet) - Stevia/monk fruit 	<p>Egg Muffins (Make Ahead)</p> <p>Ingredients:</p> <ul style="list-style-type: none"> - 4 eggs - ½ cup diced capsicum - ½ cup diced mushrooms - ¼ cup grated cheese - 1 tsp olive oil <p>Method:</p> <ul style="list-style-type: none"> • Preheat oven to 180°C. • Lightly oil muffin tray. • Beat eggs, add chopped veg + cheese. • Pour mix into tray. • Bake 20 mins until golden. • Store in fridge for grab-and-go breakfast. <p>Shopping List:</p> <ul style="list-style-type: none"> - Eggs (dozen) - Capsicum (2) - Mushrooms (200g punnet) - Cheese - Olive oil 	<p>Almond Pancakes</p> <p>Ingredients:</p> <ul style="list-style-type: none"> - 1 cup almond flour - 2 eggs - ¼ cup unsweetened almond milk - 1 tsp baking powder - Butter for frying <p>Method:</p> <ul style="list-style-type: none"> • Mix almond flour, eggs, almond milk, baking powder. • Heat pan with butter. • Pour small circles of batter. • Cook 2 min each side until golden. • Serve with a pat of butter or sugar-free syrup. <p>Shopping List:</p> <ul style="list-style-type: none"> - Almond flour - Eggs - Unsweetened almond milk - Baking powder - Butter
<p>Yep</p>	<p>Yep</p>	<p>Yep</p>

LUNCH CHOICES

<p>Chicken Caesar Salad (No Croutons)</p> <p>Ingredients:</p> <ul style="list-style-type: none"> - 1 chicken breast, grilled & sliced - 2 cups cos/romaine lettuce - 2 tbsp parmesan cheese - 2 tbsp Caesar dressing (low-carb) - ½ boiled egg <p>Method:</p> <ul style="list-style-type: none"> • Grill chicken breast until cooked, slice thinly. • Layer lettuce in a bowl. • Add chicken, parmesan, boiled egg. • Drizzle Caesar dressing. Toss lightly. <p>Shopping List:</p> <ul style="list-style-type: none"> - Chicken breast - Cos/romaine lettuce - Parmesan cheese - Caesar dressing (low-carb) - Eggs 	<p>Zucchini Noodles with Pesto & Halloumi</p> <p>Ingredients:</p> <ul style="list-style-type: none"> - 2 zucchini, spiralised into noodles - 2 slices halloumi - 2 tbsp pesto (no added sugar) - 1 tsp olive oil <p>Method:</p> <ul style="list-style-type: none"> • Heat pan, cook halloumi slices until golden. • Lightly sauté zucchini noodles in olive oil (2–3 mins). • Toss zucchini noodles with pesto. • Top with halloumi slices. <p>Shopping List:</p> <ul style="list-style-type: none"> - Zucchini (2) - Halloumi cheese - Pesto (low-carb, no added sugar) - Olive oil 	<p>Tuna & Avocado Lettuce Wraps</p> <p>Ingredients:</p> <ul style="list-style-type: none"> - 1 small tin tuna in olive oil (drained) - ½ avocado, mashed - 4 lettuce leaves (cos or iceberg) - Pinch of lemon juice <p>Method:</p> <ul style="list-style-type: none"> • Mix tuna with mashed avocado + lemon juice. • Spoon into lettuce leaves. • Fold up like tacos and eat fresh. <p>Shopping List:</p> <ul style="list-style-type: none"> - Tuna tin (olive oil-based) - Avocado - Lettuce (cos/iceberg) - Lemon
<p>Eggplant Pizza Bites</p> <p>Ingredients:</p> <ul style="list-style-type: none"> - 1 medium eggplant, sliced into rounds - ½ cup mozzarella cheese - 4 tbsp tomato paste (no sugar) - Dried oregano <p>Method:</p> <ul style="list-style-type: none"> • Preheat oven to 200°C. • Place eggplant slices on tray, bake 10 mins. • Spread each with tomato paste. • Sprinkle cheese + oregano. • Return to oven 10 mins until golden. <p>Shopping List:</p> <ul style="list-style-type: none"> - Eggplant - Mozzarella cheese - Tomato paste (no added sugar) - Dried oregano 	<p>Beef & Veggie Stir-Fry</p> <p>Ingredients:</p> <ul style="list-style-type: none"> - 150g beef strips - 1 cup broccoli florets - ½ red capsicum, sliced - 1 tbsp soy sauce (low-salt) - 1 tsp sesame oil <p>Method:</p> <ul style="list-style-type: none"> • Heat sesame oil in wok/pan. • Stir-fry beef until browned. • Add broccoli + capsicum, cook 3–4 mins. • Add soy sauce, toss until coated. <p>Shopping List:</p> <ul style="list-style-type: none"> - Beef strips (150g) - Broccoli - Red capsicum - Soy sauce (low-salt) - Sesame oil 	<p>Stuffed Capsicum with Mince</p> <p>Ingredients:</p> <ul style="list-style-type: none"> - 2 large capsicums, halved & deseeded - 200g beef/pork mince - ½ onion, diced - ½ cup grated cheese - 1 tbsp olive oil <p>Method:</p> <ul style="list-style-type: none"> • Preheat oven 180°C. • Sauté onion + mince in olive oil until cooked. • Spoon into capsicum halves. • Top with grated cheese. • Bake 20 mins until golden. <p>Shopping List:</p> <ul style="list-style-type: none"> - 2 large capsicums - Beef or pork mince (200g) - Onion
<p>Yep</p>	<p>Yep</p>	<p>Yep</p>

DINNER CHOICES

<p>Grilled Salmon with Creamy Broccoli</p> <p>Ingredients:</p> <ul style="list-style-type: none"> - 2 salmon fillets - 2 cups broccoli florets - 2 tbsp cream cheese - 1 tsp olive oil - Salt & pepper <p>Method:</p> <ul style="list-style-type: none"> • Grill salmon fillets skin-side down until crisp (~8–10 mins). • Steam broccoli until tender. • Mix broccoli with cream cheese + seasoning. • Serve salmon on plate with creamy broccoli. <p>Shopping List:</p> <ul style="list-style-type: none"> - Salmon fillets (2) - Broccoli (1 head or bag florets) - Cream cheese - Olive oil 	<p>Beef & Cauliflower Rice Bowl</p> <p>Ingredients:</p> <ul style="list-style-type: none"> - 250g beef mince - 2 cups cauliflower rice (fresh or frozen) - ½ onion, diced - 1 tbsp soy sauce (low-salt) - 1 tsp sesame oil <p>Method:</p> <ul style="list-style-type: none"> • Heat sesame oil in pan, sauté onion. • Add beef mince, cook until browned. • Stir in cauliflower rice and soy sauce. • Cook 5 mins until cauliflower rice softens. <p>Shopping List:</p> <ul style="list-style-type: none"> - Beef mince (250g) - Cauliflower rice (bag or whole cauliflower) - Onion - Soy sauce - Sesame oil 	<p>Garlic Butter Prawns with Zoodles</p> <p>Ingredients:</p> <ul style="list-style-type: none"> - 250g prawns, peeled - 2 zucchini, spiralised into noodles - 2 tbsp butter - 2 garlic cloves, crushed - Fresh parsley <p>Method:</p> <ul style="list-style-type: none"> • Melt butter in pan, add garlic. • Toss in prawns, cook until pink (3–4 mins). • Add zucchini noodles, cook 2 mins. • Sprinkle parsley, serve hot. <p>Shopping List:</p> <ul style="list-style-type: none"> - Prawns (250g, peeled) - Zucchini (2) - Butter - Garlic cloves - Parsley
<p>Yep</p>	<p>Yep</p>	<p>Yep</p>
<p>Roast Chicken Thighs with Cauliflower Mash</p> <p>Ingredients:</p> <ul style="list-style-type: none"> - 4 chicken thighs (skin on) - 1 small cauliflower head - 2 tbsp butter - 1 tbsp olive oil - Salt & pepper <p>Method:</p> <ul style="list-style-type: none"> • Preheat oven to 200°C. • Place chicken thighs on tray, drizzle with olive oil, roast 35 mins until skin crispy. • Steam cauliflower, blend with butter until smooth. • Serve chicken with mash. <p>Shopping List:</p> <ul style="list-style-type: none"> - Chicken thighs (4) - Cauliflower (1) - Butter - Olive oil 	<p>Pork Chops with Creamy Mushroom Sauce</p> <p>Ingredients:</p> <ul style="list-style-type: none"> - 2 pork chops - 200g mushrooms, sliced - 2 tbsp sour cream - 1 tsp olive oil - Fresh thyme (optional) <p>Method:</p> <ul style="list-style-type: none"> • Pan-fry pork chops in olive oil until golden and cooked. • Remove, keep warm. • In same pan, sauté mushrooms, add sour cream + thyme. • Pour sauce over chops, serve. <p>Shopping List:</p> <ul style="list-style-type: none"> - Pork chops (2) - Mushrooms (200g) - Sour cream - Olive oil - Thyme (optional) 	<p>Keto Beef Lasagne (Zucchini Sheets)</p> <p>Ingredients:</p> <ul style="list-style-type: none"> - 300g beef mince - 2 zucchini, sliced lengthwise into thin strips - 1 cup ricotta cheese - 1 cup mozzarella cheese - 1 cup tomato passata (no added sugar) <p>Method:</p> <ul style="list-style-type: none"> • Preheat oven 180°C. • Cook mince in pan, add tomato passata. • Layer zucchini slices, beef mix, ricotta, repeat layers. • Top with mozzarella. • Bake 30 mins until golden. <p>Shopping List:</p> <ul style="list-style-type: none"> - Beef mince (300g) - Zucchini (2) - Ricotta cheese - Mozzarella cheese - Tomato passata (no sugar)
<p>Yep</p>	<p>Yep</p>	<p>Yep</p>

Cheese & Cucumber Bites How: <ul style="list-style-type: none"> • Slice cucumber, top with cheese squares. Shopping List: <ul style="list-style-type: none"> - Cucumber - Cheddar cheese 	Boiled Eggs with Salt & Pepper How: <ul style="list-style-type: none"> • Boil eggs, season to taste. Shopping List: <ul style="list-style-type: none"> - Eggs - Salt - Pepper 	Avocado with Lemon & Salt How: <ul style="list-style-type: none"> • Halve avocado, drizzle lemon juice, sprinkle salt. Shopping List: <ul style="list-style-type: none"> - Avocado - Lemon - Salt 	Celery Sticks with Nut Butter How: <ul style="list-style-type: none"> • Spread peanut/almond butter in celery stalks. Shopping List: <ul style="list-style-type: none"> - Celery - Almond/peanut butter (unsweetened)
Beef Jerky (No Sugar Added) How: <ul style="list-style-type: none"> • Grab a small portion (store-bought or homemade). Shopping List: <ul style="list-style-type: none"> - Sugar-free beef jerky 	Olives & Cheese Cubes How: <ul style="list-style-type: none"> • Small bowl of olives with cheddar cubes. Shopping List: <ul style="list-style-type: none"> - Green/black olives - Cheddar cheese 	Smoked Salmon Roll-Ups How: <ul style="list-style-type: none"> • Spread cream cheese on salmon, roll up. Shopping List: <ul style="list-style-type: none"> - Smoked salmon - Cream cheese 	Zucchini Chips (Oven-Baked) How: <ul style="list-style-type: none"> • Slice zucchini thin, drizzle olive oil, bake until crisp. Shopping List: <ul style="list-style-type: none"> - Zucchini - Olive oil - Salt
Walnuts & Dark Chocolate (90%) How: <ul style="list-style-type: none"> • Small handful of walnuts + 2 squares of 90% dark chocolate. Shopping List: <ul style="list-style-type: none"> - Walnuts - 90% dark chocolate 	Greek Yoghurt with Chia Seeds How: <ul style="list-style-type: none"> • Mix unsweetened Greek yoghurt with chia seeds. Shopping List: <ul style="list-style-type: none"> - Greek yoghurt (unsweetened) - Chia seeds 	Mini Caprese Skewers How: <ul style="list-style-type: none"> • Skewer cherry tomato, mozzarella ball, basil. Shopping List: <ul style="list-style-type: none"> - Cherry tomatoes - Mozzarella balls - Basil 	Bacon-Wrapped Asparagus How: <ul style="list-style-type: none"> • Wrap asparagus spears with bacon, bake 10–15 mins. Shopping List: <ul style="list-style-type: none"> - Asparagus - Bacon
Hard Cheese Crisps How: <ul style="list-style-type: none"> • Bake small piles of shredded cheese until crispy. Shopping List: <ul style="list-style-type: none"> - Cheddar/parmesan cheese 	Stuffed Mini Capsicums How: <ul style="list-style-type: none"> • Halve mini capsicums, fill with cream cheese. Shopping List: <ul style="list-style-type: none"> - Mini capsicums - Cream cheese 	Tuna Mayo Lettuce Cups How: <ul style="list-style-type: none"> • Mix tuna + mayo, spoon into lettuce leaves. Shopping List: <ul style="list-style-type: none"> - Tuna tin - Mayonnaise - Lettuce leaves 	Almonds (30g handful) How: <ul style="list-style-type: none"> • Simple, portioned almonds. Shopping List: <ul style="list-style-type: none"> - Raw almonds (unsalted)

Devilled Eggs How: • Boil eggs, mix yolk with mayo + mustard, refill whites. Shopping List: - Eggs - Mayonnaise - Mustard	Sliced Turkey & Pickle Roll-Ups How: • Roll a pickle in sliced turkey/ham. Shopping List: - Turkey or ham slices - Pickles	Chia Pudding Pots How: • Mix chia seeds + coconut milk, set overnight. Shopping List: - Chia seeds - Coconut milk (unsweetened)	Macadamias with String Cheese How: • A few macadamias with a cheese stick. Shopping List: - Macadamia nuts - String cheese
--	--	---	--

EXERCISE

F	Frequency	<ul style="list-style-type: none"> • Daily – we move every day, 7/7 • Plan your week. • When are you going to fit this in? • I recommend mornings as there appear to be fewer interruptions.
I	Intensity	<ul style="list-style-type: none"> • Your easy conversation effort – and no harder. • If you push too hard, you'll typically utilise your sugar-burning system. • Move more easily to drive your healthy fat-burning system. • Your proper appetite will align with easier pace at this point.
T	Time	<ul style="list-style-type: none"> • 20 minutes minimum. • If you are enjoying it, move for longer. • As your fitness improves and your fat-burning system heightens, you'll tolerate more work.
T	Type	<ul style="list-style-type: none"> • Rhythmic & continuous activity. • Usually, I encourage walking. • Any cardio activity will work – Cardio machines, etc. • As long it's start – don't stop – finish.

Mark your completion in your program.

Any questions, ask BP.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		