

TOTAL RESET

RESET • SHRED • TONE

30 DAY MEAL PREP CHALLENGE



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You're about to become
the best version of yourself!



WHAT IS THE 30 DAY MEAL PREP CHALLENGE?

Meal **planning** and **prepping** helps us navigate the day-to-day task of **eating healthy & nutritious** meals with **minimal fuss**.

Recipes you'll love to eat again and again



The truth is, **we're all busy**. Let us help you **simplify** your life and create a way of being **organised** with your nutrition to keep you on track to reaching your weight loss goals.

We're putting time aside **twice a week for meal prep**. You will be prepping for **four days** at a time - cook once, eat for four days! You can change the days to make it work for you, but we like to do Sunday & Wednesday.

This 30 day challenge will help you learn how to **spend less time** in the kitchen, for **better results**.



WHY MEAL PREP & PLAN?

Planning and prepping your meals each week is one of the simplest ways to stay on track with your weight loss goals. With a solid meal plan in place, you'll be able to:

- **Eat More healthily:** We are all mostly creatures of convenience and are hardwired to take easy options and our nutrition is no exception. Increasing the availability of healthy food in your house will increase the ease of making the right choices. If you keep healthy meals in your fridge, you will eat them.
- **Save Money:** Shopping from a list means you buy only what you need and cut back on impulse purchases. It is also a great way to save money if you are the type of person who would rather order a takeaway or go out for dinner instead of cooking a meal at the end of a long day.
- **Save Time:** Planning and preparing meals in advance means you don't have to consider what to make every night. And because you already have a healthy option ready to go, you're far less likely to grab something quick and not so nutritious.
- **Minimise Waste:** Ensuring you only have what you need, as well as helping you use leftovers during the week. No sad looking avocados left behind.
- **Prepare For Busy Weeks / Months:** Batch cooking when you have time gives you back up frozen meals for those nights when it's not possible (or desirable) to cook.

HOW DO I SUSTAINABLY LOSE WEIGHT?

Weight loss happens when you maintain a **calorie deficit**, but the healthiest approach is a moderate, sustainable one supported by balanced, nutritious meals. Good nutrition keeps you full, supports energy, protects muscle and makes sticking to your plan much easier.

It's also important to know the difference between weight loss and fat loss. Weight loss can come from water, muscle, or glycogen changes, while fat loss refers specifically to reducing stored body fat. Fat loss is the real goal, achieved through a calorie deficit paired with nutrient dense meals and adequate protein.

This guide is based on an average woman with a deficit goal of approx **1500-1600 calories a day**, but your needs may vary. Use our **Calorie Calculator** to find your personal target and adjust portions accordingly. Planning meals in advance saves time, reduces stress and helps prevent impulse eating, making fat loss more achievable.



30 DAY MEAL PREP CHALLENGE

Cook **8 days**, eat for 30 days

	Breakfast	Lunch	Dinner	Snack
Prep Day 1	Lemon and honey protein pancakes	Chicken souvlaki lunch bowl	Creamy salmon orzo one pot	Frozen Dark Chocolate & Raspberry Bites
Prep Day 2	Berry crumble overnight oats	Creamy tomato sausage pasta	Marry me jacket potato	Carrot Sticks & Hummus
Prep Day 3	Meal Prep Breakfast Baps	Creamy chicken Soup	Slow satay pork	Egg muffins
Prep Day 4	Carrot cake weatabix pots	Chicken Fajita Style Pasta	Butternut squash potato topped hotpot	High fibre green smoothie
Prep Day 5	Peanut butter overnight oats	Honey sriracha meatball bowls	Creamy tomato basil and chicken pasta	Banana smoothie
Prep Day 6	Spicy turkish scrambled eggs	Sweet sticky Korean fried beef	Smoky sausage and bean one pot	Apple
Prep Day 7	Berry chia pudding	Sweet chilli turkey and rice	Slow cooker butter chicken	Choc crunch bars
Prep Day 8	Bacon spinach feta frittata	Sweet potato and chickpea curry	Slow Cooker Honey, Chilli & Garlic Noodles	Banana Smoothie

All recipes are in the RWL app

Lemon & Honey PROTEIN PANCAKES

- 300g cottage cheese
- 3 medium eggs
- 200g rolled oats
- 2 tbsp flaxseed
- 1 tsp baking powder
- Zest & juice of 1 & 1/2 lemons
- 1 tbsp honey
- 2 tbsp unsalted butter, for frying

METHOD:

1. Place all the ingredients (excluding the butter) into a blender or food processor, and blitz until smooth. If you don't have a blender, you can simply mix everything together by hand - This will just give a chunkier
2. Heat about half a teaspoon of butter in a frying pan, over a medium to high heat. Once melted and foaming, pour in 1-2 tbsp of the batter per pancake. You'll have to cook the mixture in batches, about 2-3 pancakes at a time.
3. Once bubbles start to form on top, flip the pancakes and cook for a further 1-2mins until cooked through and light golden.
4. Once all cooked, serve with toppings of your choice. We recommend greek yoghurt, blueberries and a drizzle of honey.



Slow Cooker BUTTER CHICKEN

Butter Chicken:

- 400ml coconut milk
- 50g dairy-free coconut yoghurt
- 150g tomato purée
- 3 cloves of garlic
- 1tsp grated ginger
- 50g Thai red curry paste
- 2tbsp curry powder
- 2tbsp garam masala
- 1tsp turmeric
- 1/2 tsp cayenne powder
- 100g onion, finely diced
- 600g chicken breast
- 30g dairy-free butter

For the Flat Breads:

- 200g self raising flour
- 1tsp baking powder
- 1/2tsp bicarbonate of soda
- 1 tsp garlic powder
- Pinch of salt
- 150g dairy-free yoghurt
- 1tbsp olive oil

METHOD:

1. In the slow cooker pot, combine the coconut milk and dairy-free yoghurt, Then stir in the tomato purée, garlic, ginger, thai red curry paste, and all the spices and mix well. Add the diced onion and chicken and stir in until completely covered. Add the butter on top, place the lid on and cook on high for 4 hours or on low for 6-8 hours.
2. In a large bowl, mix the flour, baking powder, bicarb, garlic powder and salt. Add the yogurt and bring together with your hands.
3. Turn the dough out onto a lightly floured surface and knead for 5 minutes until soft. If the dough is a little dry add a splash of water, if it seems too sticky add a dusting of flour.
4. Place the dough back in the bowl and cover with clingfilm and set aside for 15 minutes or until needed.
5. When ready to cook, heat a large frying pan on medium/high heat, brush lightly with olive oil. Divide the dough into 4 pieces and roll each out into a thin oval shape.
6. Place the dough into the pan and cook for 2 minutes, before flipping and cooking for a further 2 minutes. Transfer to a plate and repeat with the remaining flatbreads.
7. Serve the butter chicken with a warm flatbread.



PAIR THE **MEAL PLAN** WITH OUR NEW 'TOTAL RESET' WORKOUTS FOR LASTING RESULTS



FIND OUT MORE

