



# NXT SHAPE NUTRITION GUIDE

Meal plan & recipes

A complete program for a toned and lean body

**PREVIEW**

# WELCOME TO THE NXT SHAPE PROGRAM

Hey you!

Congrats on the purchase of your **NXT Shape** program! We are glad you chose us as your nutrition partner to help you reach your goal.

Our mission is to help you achieve a more toned and lean body. If you want to lose body fat, while improving your body shape and increasing your fitness level, this program is made for you.

It has been set up for both males and females who are looking for guidance and a concrete action plan to build a leaner body. It approaches weight loss, and more specifically fat loss, from a 360° angle. At NXT Level, we believe that the results of the effort we put into our workouts are fueled by what we eat on a daily basis. Therefore, while this part of the program focuses solely on nutrition, the second part guides you through short and intense no equipment workouts that will challenge your body and help you achieve great results.

It is important to note that the **NXT Shape** program has been made for healthy adults (above 18 years old) who do not have health concerns. If you have any health issue (diabetes, hypertension, heart disease...), taking any medication, are pregnant or breastfeeding, you must refer to your doctor and follow her/ his recommendations about your nutrition and workout plans.

Now that this is said, let's dive into the ins and outs of **NXT Shape** right away.

## Team NXT Level

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## MEAL PLAN #1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Salmon and egg toast with fruit salad <i>P. 20</i>	Tropical smoothie bowl <i>P. 15</i>	Maxi Pancake with banana choc' topping <i>P. 17</i>	Fruity bowl cake <i>P. 16</i>	Chocolate peanut butter overnight oat <i>P. 18</i>	Yogurt bowl with granola express <i>P. 14</i>	Maxi Pancake with banana choc topping (Prepare muffins for the week)
<b>Shake time</b>	NXT SHAPE after your breakfast or as a snack						
<b>Lunch</b>	Chicken skewers, golden rice and veggies (prepare enough for 2 meals) <i>P. 23</i>	Chicken skewers, golden rice and veggies	Egg buddha bowl, honey mustard dressing <i>P. 32</i>	Beef stir fry, rice and veggies <i>P. 28</i>	Chicken burrito bowl (prepare enough for 2 meals) <i>P. 22</i>	Chicken burrito bowl	Sesame beef, brown pasta and veggies <i>P. 29</i>
<b>Shake time</b>	Shake nr 2 right after your lunch or post workout						
<b>Dinner</b>	Loaded sweet potato with shrimps <i>P. 30</i>	Chili prawns, couscous, carrots and peas <i>P. 31</i>	Salmon pasta & green beans <i>P. 27</i>	Lentils and salad super bowl <i>P. 33</i>	Sweet potato and carrot soup with pizzatilla <i>P. 34-35</i>	Pleasure meal	BBQ pulled chicken wraps (Prepare for 3 meals) <i>P. 23</i>
<b>Total</b> (for profile 1)	<b>1514 kcal</b> 137,8g protein 40,2g fat 136,5g carbs 28,3g fibre	<b>1430 kcal</b> 125,4g protein 32,1g fat 148g carbs 23,7g fibre	<b>1546 kcal</b> 116,6g protein 41,7g fat 162,2g carbs 28g fibre	<b>1491 kcal</b> 118g protein 34g fat 160g carbs 33,5g fibre	<b>1500 kcal</b> 116g protein 38,5g fat 156g carbs 32g fibre		<b>1525 kcal</b> 130g protein 39g fat 153g carbs 21g fibre

All recipes are detailed from page 14

### Tip:

All meals have been made to have approximately the same calorie content and macronutrients ratio so you can move them around as you want.

## Breakfast

Yogurt bowl with 5-min granola

Tropical smoothie bowl

Fruity bowl cake

Maxi pancake banana choc' topping

Creamy chocolate peanut butter overnight oats

Breakfast muffins and Greek yogurt

Salmon and egg toast with fruit salad

## Lunch & Dinner

Chicken burrito bowl

BBQ pulled chicken wraps

Chicken burger in flat bread with sweet potato fries

Chicken skewers, golden rice and veggies

Salmon and asparagus "en papillote" with roasted potatoes and fruit salad dessert

Salmon pasta with green beans

Stir fry beef, rice and veggies

Sesame beef, brown pasta and veggies

Loaded sweet potato with shrimps

Chili Prawns, couscous, carrots and peas

Egg buddha bowl, honey mustard dressing

Lentils and salad bowl

Sweet potato, carrot soup with a drizzle of coconut milk

Tuna Pizzatilla with salad

### Look for the hints



Meal prep friendly



Vegetarian



Quick



Prep time



Marinating time (minimum)



Cooking Time



Ready in

### Adjust the recipes to your needs:

All recipes are detailed for profile 1. For profiles 2 to 4, check pages 36 to 39.

PROFILE 1 NEEDS ≈ 1500 kcal / day  
 PROFILE 2 NEEDS ≈ 1800 kcal / day  
 PROFILE 3 NEEDS ≈ 2200 kcal / day  
 PROFILE 4 NEEDS ≈ 2500 kcal / day



### Nutritional values

450 kcal | 25,6g P | 9,3g F | 61,7g C | 8,5g Fi

# Yogurt bowl

With 5-min Granola



## Ingredients (for 1 serving):

- ☐ 200g fat-free Greek yogurt
- ☐ 1 banana
- ☐ 50g strawberries
- ☐ ½ kiwi

## For the homemade granola

- ☐ 30g oat flakes
- ☐ 1 tsp honey



5m



5m



10m

## Instructions:

### Start with the granola:

1. Place a pan on the stove.
2. When hot add the oat flakes.
3. Use a wooden spoon to stir the oat. Watch out, it takes approximately 5 min for the oat to turn from white to golden.
4. Just before the oat is completely toasted, add the honey and continue to stir to coat all the flakes. Take the pan out of the stove immediately.

Prepare your bowl, starting with the yogurt, then the fruits and finish with the homemade granola.

# Chicken skewers

with golden rice and veggies

(MP)

## Ingredients (for 1 serving):

### Chicken skewers:

- ☐ 100g cooked chicken breast, skinless, (+/- 125g raw)
- ☐ 2 tbsp fat-free Greek yogurt
- ☐ 1 tsp olive oil
- ☐ 1 tsp curry powder, ½ tsp cumin
- ☐ 1 tsp garlic powder, Juice of ½ lemon
- ☐ 1 tsp salt, 1 tsp pepper
- ☐ ¼ tsp chili flakes
- ☐ 40g red bell pepper
- ☐ 40g yellow red pepper
- ☐ Wooden skewer

### Rice:

- ☐ 120g cooked basmati rice (+/- 45g raw)
- ☐ ½ tsp salt
- ☐ 1 tsp curcuma powder

### Serve with:

- ☐ 100g broccoli, cooked
- ☐ 100g tomato
- ☐ 100g cucumber
- ☐ 20g red onions

## Instructions:

1. Cut the chicken into cubes.
2. Blend all the other ingredients and add the chicken. Marinate for min. 30minutes or ideally overnight.
3. Place the cubes of chicken on the skewer and alternate with diced bell peppers.
4. Place the skewer on an oven tray, ideally with a shelf a bit of water in the tray so the chicken stays tender. Bake in the oven at 190°C for 25 to 30min, flipping halfway.
5. In the meantime, cook the rice and add the tsp of curcuma in the cooking water to give the nice golden color.
6. Steam the broccoli or in a wok with a tbsp of water.
7. Serve the chicken skewer with the rice, the broccoli, the diced tomatoes, cucumbers, red onions seasoned with salt and pepper.

## Nutritional values

439 kcal | 38,3g P | 11,1g F | 43,0g C | 6,0g Fi