

# BARE



## LEAH'S DAY ON A PLATE

Delicious meals, balanced macros.  
Straight from Leah's plate to yours!

Breakfast

Snack

Lunch

Dinner



## Hey beautiful!

Welcome to a real day on my plate. This is actually what I eat, pulled straight from my own personalised BARE meal plan and built around my weight-loss goals.

If you've ever felt like healthy eating has to be boring, complicated, or leave you hungry by 3pm, these meals are going to change your mind.

Today you've got baked beans on toast for breakfast (yes, really!), a spinach and artichoke toastie for lunch, chicken yiros for dinner, and a strawberry protein jelly plus a Rokeby smoothie to keep you going in between. All balanced, all delicious, and all genuinely quick to pull together.

This is the BARE method. Real food, built around your goals, that you'll actually want to eat.

Let's get into it.

*Leah xx*

# Baked Beans on Toast

Breakfast

🕒 20 min



414

kcal

26g

Protein

62g

Carbs

7g

Fat

🎯 1

Serving

## 👉 Ingredients

- 1 spray olive oil
- 1 garlic clove
- 150g canned butter beans
- 250g canned tomatoes
- 1 tbsp capers
- 1 tsp oregano
- 1 pinch chilli flakes
- 1 pinch salt and pepper
- 70g whole grain bread
- 20g reduced-fat feta cheese
- 1 handful parsley leaves

## 📅 Method

1. Heat a deep pan over medium-high heat and spray with olive oil. Add onion and garlic and cook for 2 to 3 minutes or until onion becomes translucent.
2. Add butter beans and cook for one minute. Add tinned tomatoes, capers, oregano, chill flakes (if using), salt and pepper. Reduce heat to low and simmer for 15 minutes or until thickened. Taste and season accordingly.
3. On a serving plate, top toast with the bean mixture and sprinkle with feta and fresh parsley.



# Spinach and Artichoke Toastie

Main

🕒 15 min



356

kcal

21g

Protein

33g

Carbs

13g

Fat

🎯 1

Servings

## 🛒 Ingredients

- 1 spray olive oil
- 1 pinch salt and pepper
- 20g baby spinach
- 1 marinated artichoke heart
- 70g whole grain bread
- ½ tbsp basil pesto
- 50g Bulla Protein Cottage Cheese
- 20g Beqa Country Light Grated Cheese

## 📋 Method

1. Heat a small frypan over medium heat and spray with olive oil. Add spinach, artichoke, salt and pepper. Cook for 5 minutes until spinach has wilted.
2. Spray one side of both bread pieces with olive oil. Place one bread slice oil side down and begin to build your toastie, spread the slice with pesto, grated cheese and cottage cheese, top with the spinach and artichoke mixture. Top with the other slice of bread oil side up to enclose filling.
3. Place toastie in a frypan or sandwich press and cook for 3 to 5 minutes or until lightly golden brown. If you are using a frypan, make sure you flip halfway.



# Chicken Yiros

Main

15 min



379

kcal

32g

Protein

43g

Carbs

6.8g

Fat

1

Servings

## Ingredients

- 100g chicken breast
- 1 tsp dried oregano
- 1 garlic clove
- ¼ lemon
- 1 pinch salt and pepper
- 1 spray olive oil
- 1 lebanese bread
- 60g tsaziki
- 1 small tomato
- ¼ small red onion
- ½ cup iceberg lettuce



## Method

1. In a small bowl, combine chicken, oregano, garlic, lemon, salt and pepper.
2. Heat a large non-stick frying pan over medium-high heat.
3. Add chicken and cook until lightly golden and cooked through.
4. Spray pita with olive oil.
5. Heat another non-stick pan over medium-high heat.
6. Add pita and cook for 1–2 minutes on each side or until lightly golden.
7. Place pita on a sheet of foil or greaseproof paper.
8. Spoon over tzatziki.
9. Add chicken, tomato, onion and lettuce.
10. Roll up, enclosing the filling.

# Strawberry Protein Jelly

Snack

10 min



174

kcal

20g

Protein

21g

Carbs

2g

Fat

1

Servings

## Ingredients

- 200ml water
- 200g Pauls Protein Yogurt
- 9g sugar-free jelly
- 80g strawberries

## Method

1. Add hot water & jelly sachet to a mixing bowl and stir well. Let this sit until water has cooled down.
2. Add in yoghurt and stir well. Set in the fridge for 2-3 hours or until set.
3. Top with other half of handful of strawberries or berries of choice.



# Bodie'z Protein Water Mixed Berry

Snack



0 min



254

kcal

30g

Protein

18g

Carbs

6g

Fat

1

Servings

## Ingredients

- 1 Rokeby Protein Smoothie



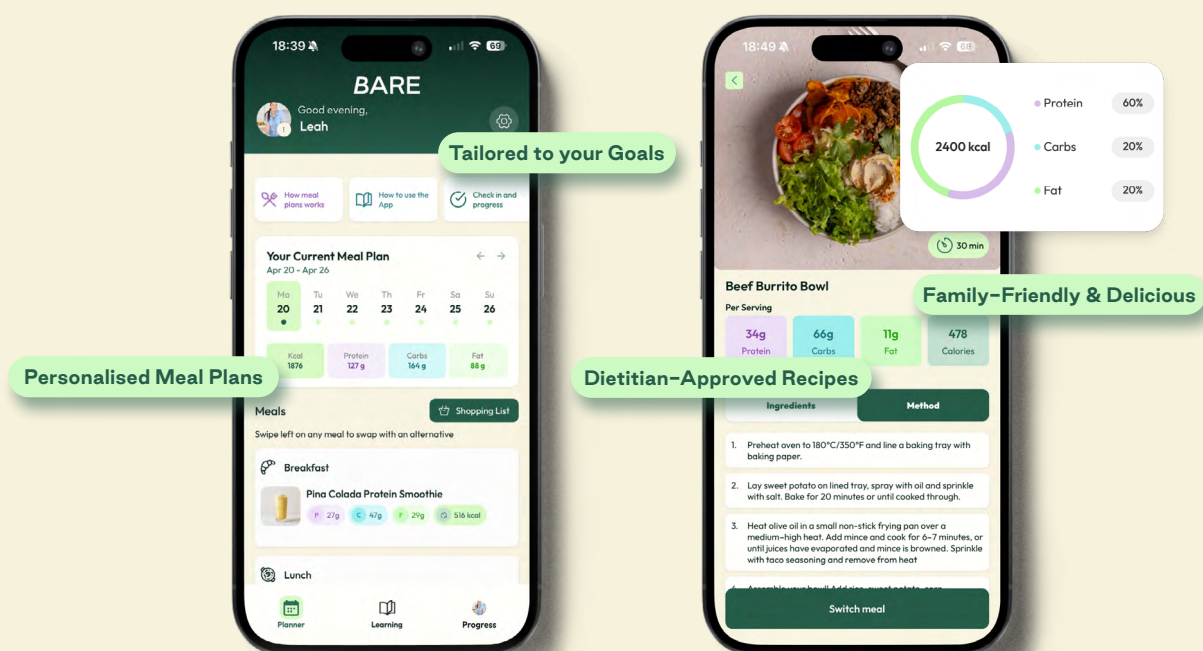
# BARE

# DAY ON A PLATE

And that's a real day on my plate. Food that keeps me full, on track, and genuinely excited to eat. No sad boring salads, no tracking every calorie. Just GOOD meals that work.

If you've loved these, you're going to love what the BARE App builds for you. Because your plan won't look exactly like mine, it'll be made for your body, your goals, and the way you want to eat.

## Start your BARE transformation now



The BARE App is your daily nutrition partner. **No guesswork, no overwhelm**—just real food built around you.

Join thousands of people changing their life with BARE.

Get your personalised meal plan inside the BARE App now.

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