

BARE



LEAH'S DAY ON A PLATE

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

Breakfast

Snack

Lunch

Dinner



Hey beautiful!

After losing 18kg, the question I get asked more than anything is:

“What do you actually eat?”

So, I wanted to show you.

This is a real day pulled straight from my own personalised BARE meal plan – the same style of meals that helped me lose 18kg without cutting out the foods I love, following restrictive diets or cooking separate meals for my family.

I’m incredibly proud of losing the weight, but I’m even prouder that I genuinely enjoyed the process. Every meal was satisfying, realistic and easy enough to fit into everyday life. Even Mitch was eating the same meals and ended up losing 15kg himself!

This is what BARE is all about. Real food. Real life. Real results.

I hope these meals show you that healthy eating doesn’t have to be boring, complicated or leave you feeling hungry.

Let’s dive in.

Leah xx

Baked Beans on Toast

Breakfast

🕒 20 min



414

kcal

26g

Protein

62g

Carbs

7g

Fat

🍽️ 1

Serving

🛒 Ingredients

- ¼ small red onion
- 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, chilli 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

Lunch

🕒 15 min



356

kcal

21g

Protein

33g

Carbs

13g

Fat

🍽️ 1

Serving

📋 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 Bega 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

Dinner

15 min



379

kcal

32g

Protein

43g

Carbs

6.8g

Fat

1

Serving

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 tzatziki
- 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 Lebanese bread with olive oil.
5. Heat another non-stick pan over medium-high heat.
6. Add Lebanese bread and cook for 1–2 minutes on each side or until lightly golden.
7. Place Lebanese bread 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

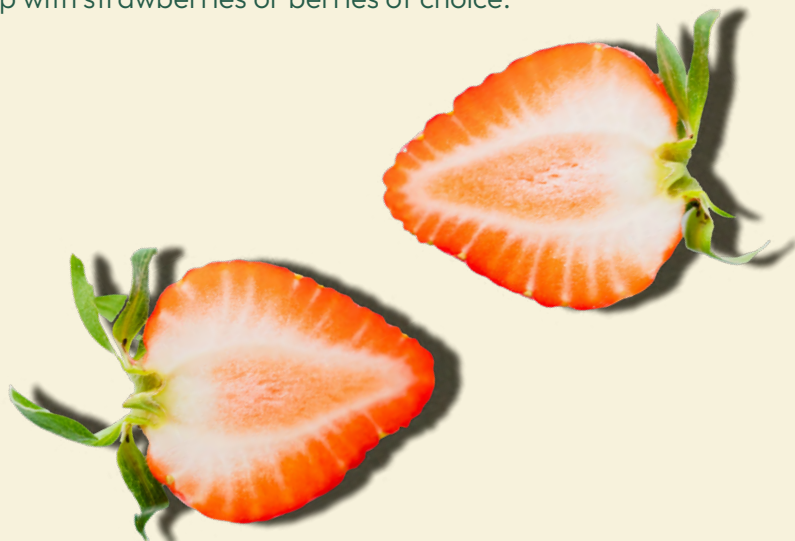
Serving

🛒 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 strawberries or berries of choice.



Rokeby Protein Smoothie

Banana, Honey + Cinnamon (425mL)

Snack



0 min



254

kcal

30g

Protein

18g

Carbs

6g

Fat

1

Serving



Ingredients

- 1 Rokeby Protein Smoothie



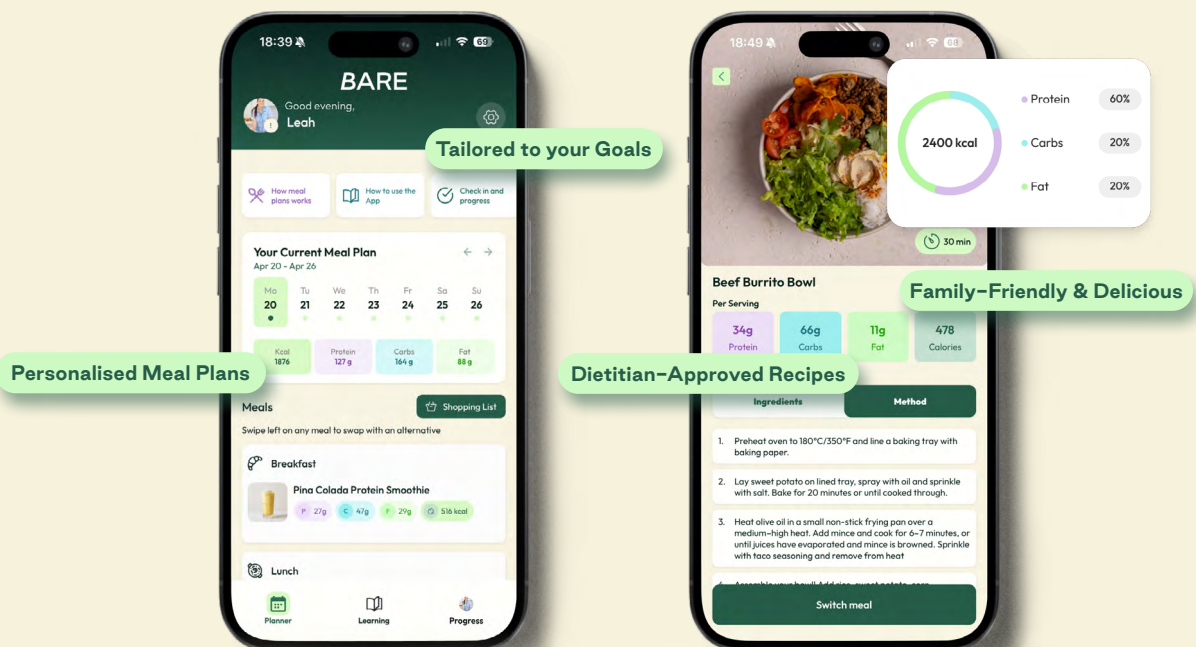
BARE

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.

