

Sample 5-Day Meal Plan

Sunday

Breakfast	2 Full Egg Omelette - Spinach & Mushroom
Meal 1	Healthy chicken nuggets Cajun rice Broccoli Berbecue
Meal 2	Spicy White Fish White Herb Mash Mixed Vegetables Chipotle
Snack 1	Dreamy Oaty Bites

Total Daily Macros

Protein 84.6g Carbs 128.8g
Calories 1190 Fats 44g

Monday

Breakfast	Protein Pancakes - Apple, Cinnamon & Sultana
Meal 1	Chicken Fajita Protein Bread Mixed Vegetables Peri Peri
Meal 2	Beef Stew Roast Potato Green Beans
Snack 1	Edamame Beans - Salted

Total Daily Macros

Protein 97.8g Carbs 78.1g
Calories 1221 Fats 47.5g

Sample 5-Day Meal Plan

Tuesday

Breakfast	Greek Yoghurt & Granola
Meal 1	Tuna Balls Sweet Potato Wedges Spinach Chipotle
Meal 2	Grilled Chicken Salad
Snack 1	Peanut Butter Truffles

Total Daily Macros

Protein 75.4g Carbs 91.2g
Calories 1204 Fats 52.1g

Wednesday

Breakfast	2 Full Egg Omelette - Turkey & Jalapeno
Meal 1	Beef Kofta White Rice Carrot Mash Greek Yoghurt
Meal 2	Panko Parmesan White Fish White Herb Mash Broccoli Salsa Verde
Snack 1	Spicy Moroccan Bean Soup

Total Daily Macros

Protein 91.8g Carbs 129.7g
Calories 1269 Fats 45.2g

Sample 5-Day Meal Plan

Thursday

Breakfast	2 x Protein Waffles - Chocolate & Banana
Meal 1	Lemon & Garlic Prawns Herb Green Rice Mixed Green Veg Sweet Chilli
Meal 2	Arabic Spiced Chicken Sweet Potato Chilli Mash Green Beans Salsa
Snack 1	Coffee & Macadamia Nut Bites
Total Daily Macros	
Protein	85.4g
Carbs	123.1g
Calories	1213
Fats	42.1g