

MEAL PLANNER

Build 3 high-protein meals each day. Start with protein, then add salad, vegetables, sides and carbs where needed. Keep it simple and repeat meals to stay consistent.

HOW TO USE THIS

1

Pick 1 protein option

2

Add salad or vegetables

3

Add carbs where shown

4

Choose 1 snack per day

5

Repeat meals if it makes life easier



BREAKFAST

Egg base + protein + 1 or 2 sides

Base: 2 or 3 eggs — scrambled, poached, boiled or omelette.

Protein: Smoked salmon, bacon, steak, ham, turkey, chicken, feta cheese, 0% Greek yoghurt, cottage cheese.

Sides: Tomato, avocado, mushrooms, spinach, asparagus, pepper.



LUNCH

Salad or veg base + protein + 2 sides

Base: Mixed green salad (lettuce, spinach, rocket, leafy greens).

OR MIXED VEGETABLES

Protein: Tuna, chicken, steak, turkey, prawns, salmon, ham, eggs, lean beef mince, turkey mince, white fish.

Sides: Tomato, avocado, cucumber, pepper, boiled egg, broccoli, olives, houmous, pine nuts.

TRAINING DAY CARBS: on weight training days, add 1 carb portion at lunch — white potato, sweet potato, brown rice, white rice, couscous, quinoa, kidney beans, black beans, root veg.



EVENING MEAL

Veg base + protein + carbs

Base: Mixed vegetables.

Protein: Tuna steak, chicken breast, chicken thighs, beef steak, lean beef mince, turkey breast, turkey mince, prawns, salmon, white fish.

Carbs: White potato, sweet potato, brown rice, white rice, couscous, quinoa, kidney beans, black beans, root veg.



SNACKS

Choose 1 per day

Whey protein shake, boiled eggs, handful of nuts, Greek yoghurt, beef jerky, raw veg and houmous, protein bar, piece of fruit.

PORTION GUIDE



PROTEIN

1–2 palm-sized portions with every meal.



CARBS

1 fist-sized portion at dinner. Add 1 at lunch on training days.



SALAD & VEG

Use freely to fill your meals out.



FRUIT

2–3 pieces per day if needed.



SNACKS

Choose 1 snack per day.