

SAMPLE MEAL PLAN

Daily Targets

Calories: ~1800 kcal

Protein (*min*): 125 g | Carbohydrates: 169 g | Fat (*max*): 70 g



<https://myhealthengineer.com/calorie-and-macro-calculator/>

DAILY CALORIES AND MACROS

	kcal	P (g)	C (g)	F (g)
Breakfast	444	36	43.5	13.6
Lunch	350	33.8	25.4	12.6
Afternoon snack	198	13.4	19.4	7
Dinner	422	48.8	25.2	15.5
Side Dishes	95	2.2	12.4	4
Desserts	294	25.6	23.4	8
<i>Daily Average</i>	1803	159	167.3	60.7

Notes:

This diet plan has a higher protein and lower fat than the target. This will help with appetite and satiety while keeping calories manageable.

If you wish to shift the balance slightly closer to the target you can adjust some of the recipes by reducing protein powder use and increasing the amount of sauce or dressing to enhance flavours.

Ensure to calculate how changes affect the overall calories before making them.

BREAKFASTS THIS WEEK

Day	Recipe	kcal	P (g)	C (g)	F (g)
Mon	Protein Overnight Oats (Choco-Banana Berry)	505	38.1	55.3	13.4
Tue	Protein Overnight Oats (Berry Vanilla Cheesecake)	420	39.2	45.3	9.4
Wed	Protein Overnight Oats (Tiramisu Dream)	485	40.4	42.3	17.1
Thu	Protein Overnight Oats (Choco-Banana Berry)	505	38.1	55.3	13.4
Fri	Protein Overnight Oats (Berry Vanilla Cheesecake)	420	39.2	45.3	9.4
Sat	French Toast	410	22.8	57.5	10.3
Sun	Smoked Salmon & Cream Cheese Omelette Roll	360	33.9	3.8	22.4
Week Average		444	36	43.5	13.6

LUNCHES THIS WEEK

Day	Recipe	kcal	P (g)	C (g)	F (g)
Mon	Falafel-Style Chickpea Bowl (serving 1 of 2)	330	15.7	43.7	10.1
Tue	Falafel-Style Chickpea Bowl (serving 2 of 2)	330	15.7	43.7	10.1
Wed	High-Protein Chicken Enchiladas (serving 3 of 3)	390	45.5	16.5	15.8
Thu	Spicy Chicken Pasta Bake (serving 3 of 3)	405	44.3	20.5	16.3
Fri	Cauliflower Crust Pizza - Turkey Pepperoni & Jalapeño (serving 2 of 2)	355	32.3	10.6	21.8
Sat	Tuna Crunch Salad Wrap	275	40.1	18.2	4.5
Sun	Leftover Crispy Chicken Wraps	360	42.9	24.3	9.9
Week Average		350	33.8	25.4	12.6

AFTERNOON SNACKS THIS WEEK

Day	Recipe	kcal	P (g)	C (g)	F (g)
Mon	Oat & Almond Butter Cookie (3 servings)	270	13.8	21	14.1
Tue	High-Protein Banana Bread Bite (3 servings)	189	15.3	22.8	3.9
Wed	Oat & Almond Butter Cookie (2 servings)	180	9.2	14	9.4
Thu	Oat & Almond Butter Cookie (3 servings)	270	13.8	21	14.1
Fri	High-Protein Banana Bread Bite (2 servings)	126	10.2	15.2	2.6
Sat	High-Protein Banana Bread Bite (3 servings)	189	15.3	22.8	3.9
Sun	Apple Nachos with Cinnamon Protein Glaze	191	16.2	28.7	1.3
Week Average		198	13.4	19.4	7



DINNERS THIS WEEK

Day	Recipe	kcal	P (g)	C (g)	F (g)
Mon	High-Protein Chicken Enchiladas (double serving - 1 & 2 of 3)	780	91	33	31.6
Tue	Spicy Cheesy Chicken Pasta Bake (serving 1 of 3)	405	44.3	20.5	16.3
Wed	Spicy Cheesy Chicken Pasta Bake (serving 2 of 3)	405	44.3	20.5	16.3
Thu	Cauliflower Crust Pizza - Turkey Pepperoni & Jalapeño (serving 1 of 2)	355	32.3	10.6	21.8
Fri	Sweet Potato & Cauliflower Cottage Pie (serving 1 of 2)	340	39.8	36.6	8.2
Sat	Crispy Chicken Tenders	330	50.2	18.8	5.8
Sun	Sweet Potato & Cauliflower Cottage Pie (serving 2 of 2)	340	39.8	36.6	8.2
Week Average		422	48.8	25.2	15.5



SIDES DISHES THIS WEEK

Day	Recipe	kcal	P (g)	C (g)	F (g)
Mon	Side Salad with Honey Mustard Vinaigrette	70	1	5.1	5.2
Tue	Side Salad with Honey Mustard Vinaigrette	70	1	5.1	5.2
Wed	Side Salad with Honey Mustard Vinaigrette	70	1	5.1	5.2
Thu	Spicy Coleslaw & Side Salad with Honey Mustard Vinaigrette	100	2.9	9.5	5.7
Fri	Spicy Coleslaw & Mixed Roast Root Vegetables	95	2.9	16.6	1.9
Sat	Spicy Coleslaw (2 servings) & Mixed Roast Root Vegetables	125	4.8	21	2.4
Sun	Mixed Roast Root Vegetables (2 serving)	130	2	24.4	2.8
Week Average		95	2.2	12.4	4

DESSERTS THIS WEEK

Day	Recipe	kcal	P (g)	C (g)	F (g)
Mon	Vanilla Blueberry Cheesecake Ice-cream	240	29.6	15	6.8
Tue	Salted Caramel Banana Ice-cream	300	29.5	39.6	2.4
Wed	Salted Caramel Banana Ice-cream	300	29.5	39.6	2.4
Thu	Vanilla Blueberry Cheesecake Ice-cream	240	29.6	15	6.8
Fri	Chocolate Peanut Butter Swirl Ice-cream	410	33.5	44	11
Sat	High-Protein Sweet Potato Brownie (3 servings)	285	13.8	27	13.2
Sun	High-Protein Sweet Potato Brownie (3 servings)	285	13.8	27	13.2
Week Average		294	25.6	23.4	8

SHOPPING LIST

Ingredient	Amount	Notes	
Protein			
Eggs	21 large	-	☐
Smoked salmon	100 g	-	☐
Chicken breast	480 g	-	☐
Salmon fillet	120 g	~1 fillet for grilled salmon dinner	☐
Turkey mince (ground turkey)	300 g	-	☐
Tinned tuna (in spring water)	160 g	~1 standard can, drained weight	☐
Whey protein powder	~95 g	Unflavoured/vanilla/chocolate as needed	☐
Chicken stock cube	2 cubes	-	☐
(Optional) Turkey bacon	-	Optional Extra (not used in main recipes)	☐
Fruit & Veg			
Sweet potato	400 g	~1 medium-large	☐
Cauliflower	~1040 g (1.04 kg)	~2 medium heads	☐
Broccoli	400 g	~1 head (florets)	☐
Mixed root vegetables	250 g	e.g. carrot, parsnip, beetroot for roast	☐
Mixed salad leaves	90 g	spring mix/lettuce	☐
Cherry tomatoes	180 g	-	☐
Bell peppers, mixed colours	3 peppers (~450 g)	red/green/yellow	☐
Red onion	150 g	~2 small	☐
Spring onions (scallions)	2 stalks (~40 g)	-	☐
Celery	40 g	(~1 stalk) for cottage pie (if using)	☐
Baby spinach	60 g	-	☐
Banana	3 (~300 g total)	ripe; for overnight oats, banana bites	☐
Mixed berries (fresh or frozen)	250 g	e.g. blueberries, strawberries, raspberries	☐
Lemon	1	-	☐
Garlic	~8 cloves	-	☐
Fresh coriander (cilantro)	~10 g (small bunch)	-	☐
Fresh parsley	~6 g (a few sprigs)	-	☐
Lime	1	-	☐
Green vegetables ("greens")	as desired	e.g. 150–200 g green beans or broccoli	☐
Pantry			
Jumbo rolled oats	200 g	-	☐
High-protein pasta (chickpea/lentil)	150 g	-	☐
High-fibre wraps/tortillas	4 large wraps	-	☐
Wholemeal flour (or plain flour)	60 g	-	☐
Baking powder	10 g	-	☐
Unsweetened cocoa powder	10 g	-	☐

SHOPPING LIST

Ingredient	Amount	Notes	
Pantry (Continued)			
Ground flaxseed (linseed)	40 g	-	☐
Desiccated coconut (shredded)	20 g	-	☐
Chickpeas, canned	1 can (≈360 g)	Drained weight ~360 g (for falafels)	☐
Almond butter	100 g	Or peanut butter (for cookies, pancakes)	☐
Passata / Canned / Fresh Tomatoes	1 small can (~400 g) Or 120g fresh tomatoes chopped	you'll use ~120 ml for pasta bake sauce	☐
Tomato purée (tomato paste)	~30 g	2 tbsp total (enchilada sauce, cottage pie)	☐
Sweetener (Stevia/Erythritol)	as needed	-	☐
Chia seeds	20 g	-	☐
Almonds (whole or slivered)	15 g	-	☐
(Optional) Walnuts (chopped)	10 g	-	☐
Olive oil	~53 ml (¼ cup)	-	☐
Apple cider vinegar	14 ml (1 tbsp)	-	☐
Honey	18 g (~1 tbsp)	-	☐
Dijon mustard	13 g (~2 tsp)	-	☐
Soy sauce (optional)	8 ml (1–2 tsp)	-	☐
Rice (brown or basmati)	75 g (dry)	-	☐
Baking parchment	as needed	-	☐
Dairy			
Semi-skimmed or skimmed milk	340 ml	-	☐
Greek yogurt (0% fat)	1190 g	-	☐
Reduced-fat cheddar cheese	180 g	Or 120g if using mozzarella also	☐
Light mozzarella cheese (shredded)	~60 g	If using instead of cheddar	☐
Light feta cheese	90 g	-	☐
Light cream cheese	40 g	-	☐
Light sour cream (optional garnish)	a few tbsp	for topping enchiladas (optional)	☐
Seasoning, Herbs, Spices, & Flavouring			
Sea salt	– (to taste)	-	☐
Black pepper	– (to taste)	-	☐
Smoked paprika	– (pinch)	-	☐
Ground cumin	– (pinch)	-	☐
Ground cinnamon	– (pinch)	-	☐
Mixed dried herbs	– (pinch)	-	☐
Italian herb seasoning	– (pinch)	-	☐
Chili flakes or cayenne pepper	– (pinch)	-	☐
Garlic powder (or purée)	– (few tsp)	-	☐
Vanilla extract	– (a few tsp)	-	☐