SAMPLE PLAN

7-Day Meal Plan

A real week from a Mega Fit Training client, shared anonymously · Objective: maintain weight

WEEKLY TARGETS

2382	179g	93g	208g	33g
KCAL	PROTEIN	FAT	CARBS	FIBRE

Weekly targets, 30% protein / 35% fat / 35% carb split

THIS WEEK

This week was built from one client's intake: workouts on Monday/Tuesday/Wednesday, breakfast repeating daily, only 3 days of from-scratch cooking (the other 4 days are leftovers/reheats from those 3 batches), and six requested cuisines — Indian, Japanese, Mexican, Mediterranean/Greek, Thai and Vietnamese — spread one per dish.

Nutrition figures throughout this plan are estimated reference values (standard ingredient data), not verified brand-level figures. These will be refined against actual packet/label data once this moves to production.

1
DAY

YOUR DAY

Monday

WORKOUT DAY · HIGHER CALORIE

2501	192g	90g	240g	32g
KCAL	PROTEIN	FAT	CARBS	FIBRE

BREAKFAST

Overnight protein oats, PB & blueberries

Serves 1 · Prep 5 min · Cook 0 min

INGREDIENTS

70g jumbo oats, 280ml semi-skimmed milk, 20g peanut butter, 8g honey, 60g blueberries, 1 scoop vanilla whey protein

METHOD

1. The night before: stir the oats, milk, peanut butter and honey together in a jar or container.
2. Cover and refrigerate overnight (at least 6 hours) — no cooking required.
3. In the morning, stir through the whey protein (it mixes in smoothly cold, no clumping) and top with the blueberries.

BATCH TIP

This meal repeats every day, per the client's preference. Make it in three batches, the night before Days 1, 4 and 6 (3 jars, then 2, then 2), so every jar is eaten within 3 days of making.

LUNCH

Mexican-style chicken & avocado rice bowl

Serves 1 · Prep 10 min · Cook 15 min

Makes 3 portions — cook once, eat across Days 1-3.

INGREDIENTS

140g cooked chicken breast, 45g basmati rice (dry), 70g avocado, 50g lettuce, 50g cherry tomatoes, 50g cucumber, 61g carrot, 30g gherkins, 30g pickled onions, 30g pickled jalapeños, 40g 0% Greek yoghurt, 10g light mayo, 5g honey, ½ tsp garlic paste, 15g mixed nuts

METHOD

1. Cook the rice according to pack instructions; drain and let cool slightly.
2. Whisk together the yoghurt, mayo, honey and garlic paste for the garlic sauce.
3. Shred the lettuce, dice the cucumber and tomatoes, and grate or julienne the carrot.
4. Slice the chicken and avocado.
5. Build the bowl: rice first, then chicken, vegetables and pickles, finished with the garlic sauce and mixed nuts.

BATCH TIP

Cook the chicken and rice on Day 1 and split into 3 containers, adding the fresh veg/sauce just before eating. Refrigerate the Day 2 portion and freeze the Day 3 one; defrost it overnight in the fridge.

DINNER

Indian chicken tikka masala & rice (batch 1/3)

Serves 3 · Prep 15 min · Cook 25 min

Makes 3 portions — cook once, eat across Days 1-3 (the 3 workout days).

INGREDIENTS

600g chicken thigh, diced, 420g passata, 180g 0% Greek yoghurt, 90g tikka curry paste, 150g onion, 24g garlic, 24g ginger, 45g olive oil, 150g basmati rice (dry), 15g coriander

METHOD

1. Marinate the diced chicken thigh in half the tikka curry paste and half the yoghurt for at least 20 minutes (longer if time allows).
2. Heat the olive oil in a large pan and soften the diced onion, garlic and ginger for 5 minutes.
3. Add the marinated chicken and brown for 5 minutes, then stir in the remaining curry paste, the passata and the remaining yoghurt.
4. Simmer for 15-18 minutes, stirring occasionally, until the chicken is cooked through and the sauce has thickened.
5. Cook the rice according to pack instructions.
6. Stir through most of the coriander, divide curry and rice across 3 containers, and finish with the remaining coriander. Refrigerate the Day 2 portion; freeze the Day 3 portion and defrost it overnight in the fridge.

SNACK

Beef Jerky

INGREDIENTS

1 bag (60g)

Ready to eat.

PROTEIN DENSITY

55g protein/100g

SNACK

Pink Lady Apple

INGREDIENTS

1 medium apple

Ready to eat.

PROTEIN DENSITY

Fibre-forward, not protein-dense

2
DAY

YOUR DAY

Tuesday

WORKOUT DAY · HIGHER CALORIE

2515	195g	96g	227g	35g
KCAL	PROTEIN	FAT	CARBS	FIBRE

BREAKFAST

Overnight protein oats, PB & blueberries

Serves 1 · Prep 5 min · Cook 0 min

INGREDIENTS

70g jumbo oats, 280ml semi-skimmed milk, 20g peanut butter, 8g honey, 60g blueberries, 1 scoop vanilla whey protein

METHOD

1. The night before: stir the oats, milk, peanut butter and honey together in a jar or container.
2. Cover and refrigerate overnight (at least 6 hours) — no cooking required.
3. In the morning, stir through the whey protein (it mixes in smoothly cold, no clumping) and top with the blueberries.

BATCH TIP

This meal repeats every day, per the client's preference. Make it in three batches, the night before Days 1, 4 and 6 (3 jars, then 2, then 2), so every jar is eaten within 3 days of making.

LUNCH

Mexican-style chicken & avocado rice bowl

Serves 1 · Prep 10 min · Cook 15 min

Makes 3 portions — cook once, eat across Days 1-3.

INGREDIENTS

140g cooked chicken breast, 45g basmati rice (dry), 70g avocado, 50g lettuce, 50g cherry tomatoes, 50g cucumber, 61g carrot, 30g gherkins, 30g pickled onions, 30g pickled jalapeños, 40g 0% Greek yoghurt, 10g light mayo, 5g honey, ½ tsp garlic paste, 15g mixed nuts

METHOD

1. Cook the rice according to pack instructions; drain and let cool slightly.
2. Whisk together the yoghurt, mayo, honey and garlic paste for the garlic sauce.
3. Shred the lettuce, dice the cucumber and tomatoes, and grate or julienne the carrot.
4. Slice the chicken and avocado.
5. Build the bowl: rice first, then chicken, vegetables and pickles, finished with the garlic sauce and mixed nuts.

BATCH TIP

Cook the chicken and rice on Day 1 and split into 3 containers, adding the fresh veg/sauce just before eating. Refrigerate the Day 2 portion and freeze the Day 3 one; defrost it overnight in the fridge.

REHEAT

Indian chicken tikka masala & rice (batch 2/3)

Serves 1 (from the Day 1 batch)

INGREDIENTS

Leftovers from Day 1 — no new ingredients needed.

METHOD

1. Microwave: cover and heat on high for 3-4 minutes, stirring halfway, until piping hot throughout.
2. Or stovetop: reheat in a covered pan over medium heat for 5-6 minutes, adding a splash of water if the sauce has thickened too much.

SNACK

Grenade Carb Killa Bar

INGREDIENTS

1 bar

Ready to eat.

PROTEIN DENSITY

33g protein/100g

SNACK

Turkey Jerky

INGREDIENTS

1x 30g bag turkey jerky

Ready to eat straight from the bag — no prep needed.

PROTEIN DENSITY

55g protein/100g (off-the-shelf bag)

3
DAY

YOUR DAY

Wednesday

WORKOUT DAY · HIGHER CALORIE

2443	180g	91g	235g	28g
KCAL	PROTEIN	FAT	CARBS	FIBRE

BREAKFAST

Overnight protein oats, PB & blueberries

Serves 1 · Prep 5 min · Cook 0 min

INGREDIENTS

70g jumbo oats, 280ml semi-skimmed milk, 20g peanut butter, 8g honey, 60g blueberries, 1 scoop vanilla whey protein

METHOD

1. The night before: stir the oats, milk, peanut butter and honey together in a jar or container.
2. Cover and refrigerate overnight (at least 6 hours) — no cooking required.
3. In the morning, stir through the whey protein (it mixes in smoothly cold, no clumping) and top with the blueberries.

BATCH TIP

This meal repeats every day, per the client's preference. Make it in three batches, the night before Days 1, 4 and 6 (3 jars, then 2, then 2), so every jar is eaten within 3 days of making.

LUNCH

Mexican-style chicken & avocado rice bowl

Serves 1 · Prep 10 min · Cook 15 min

Makes 3 portions — cook once, eat across Days 1-3.

INGREDIENTS

140g cooked chicken breast, 45g basmati rice (dry), 70g avocado, 50g lettuce, 50g cherry tomatoes, 50g cucumber, 61g carrot, 30g gherkins, 30g pickled onions, 30g pickled jalapeños, 40g 0% Greek yoghurt, 10g light mayo, 5g honey, ½ tsp garlic paste, 15g mixed nuts

METHOD

1. Cook the rice according to pack instructions; drain and let cool slightly.
2. Whisk together the yoghurt, mayo, honey and garlic paste for the garlic sauce.
3. Shred the lettuce, dice the cucumber and tomatoes, and grate or julienne the carrot.
4. Slice the chicken and avocado.
5. Build the bowl: rice first, then chicken, vegetables and pickles, finished with the garlic sauce and mixed nuts.

BATCH TIP

Cook the chicken and rice on Day 1 and split into 3 containers, adding the fresh veg/sauce just before eating. Refrigerate the Day 2 portion and freeze the Day 3 one; defrost it overnight in the fridge.

REHEAT

Indian chicken tikka masala & rice (batch 3/3)

Serves 1 (from the Day 1 batch)

INGREDIENTS

Frozen on Day 1: defrost overnight in the fridge, then reheat until piping hot all the way through.

METHOD

1. Microwave: cover and heat on high for 3-4 minutes, stirring halfway, until piping hot throughout.
2. Or stovetop: reheat in a covered pan over medium heat for 5-6 minutes, adding a splash of water if the sauce has thickened too much.

SNACK

Cottage Cheese & Pineapple

INGREDIENTS

100g cottage cheese, 60g pineapple chunks

Combine and serve.

PROTEIN DENSITY

11g protein/100g

SNACK

Fage Yoghurt with Blueberries & Honey

INGREDIENTS

100g Fage 0% yoghurt, 25g blueberries, 10g honey

Combine and serve.

PROTEIN DENSITY

10g protein/100g (yoghurt)

4
DAY

YOUR DAY

Thursday

JAPANESE-THAI

2219	183g	69g	228g	29g
KCAL	PROTEIN	FAT	CARBS	FIBRE

BREAKFAST

Overnight protein oats, PB & blueberries

Serves 1 · Prep 5 min · Cook 0 min

INGREDIENTS

70g jumbo oats, 280ml semi-skimmed milk, 20g peanut butter, 8g honey, 60g blueberries, 1 scoop vanilla whey protein

METHOD

1. The night before: stir the oats, milk, peanut butter and honey together in a jar or container.
2. Cover and refrigerate overnight (at least 6 hours) — no cooking required.
3. In the morning, stir through the whey protein (it mixes in smoothly cold, no clumping) and top with the blueberries.

BATCH TIP

This meal repeats every day, per the client's preference. Make it in three batches, the night before Days 1, 4 and 6 (3 jars, then 2, then 2), so every jar is eaten within 3 days of making.

LUNCH

Japanese tuna sushi bowl

Serves 1 · Prep 10 min · Cook 15 min

Makes 2 portions — cook once, eat across Days 4-5.

INGREDIENTS

1 can tuna, drained, 50g sushi rice (dry), 100g edamame, 50g pineapple, 85g avocado, 15g sriracha, 30g 0% Greek yoghurt, 50g cucumber, 10g mixed nuts

METHOD

1. Cook the sushi rice according to pack instructions and let cool slightly.
2. Steam or microwave the edamame for 2-3 minutes.
3. Stir the sriracha through the yoghurt to make a quick spicy sauce.
4. Dice the cucumber, pineapple and avocado.
5. Build the bowl: rice, then tuna, edamame, cucumber, pineapple and avocado, finished with the spicy yoghurt sauce.

BATCH TIP

Cook a double batch of sushi rice on Day 4's prep session; keep the avocado/cucumber fresh-cut for Day 5 rather than prepping both days at once.

DINNER

Thai prawn & chicken meatballs, greens & rice (batch 1/2)

Serves 2 · Prep 15 min · Cook 20 min

Makes 2 portions — cook once, eat across Days 4-5.

INGREDIENTS

170g raw king prawns, 255g chicken mince, 25g panko breadcrumbs, 1 egg, 5g garlic, 10g ginger, 20g spring onion, 7.5g coriander, 150g broccoli, 100g pak choi, 7g sesame oil, 3.5g honey, 122.5g basmati rice (dry), 15g lime

METHOD

1. Finely chop the prawns (or pulse briefly in a food processor) and mix with the chicken mince, panko, egg, minced garlic, ginger and half the spring onion. Season and shape into 8-10 small meatballs.
2. Bake at 200°C for 15-18 minutes, or pan-fry in batches until cooked through and golden.
3. Cook the rice according to pack instructions.
4. Steam or stir-fry the broccoli and pak choi for 3-4 minutes until just tender.
5. Toss the greens with sesame oil, a squeeze of lime and the remaining spring onion.
6. Divide rice, meatballs and greens across 2 containers, drizzling with a little honey and lime juice. Refrigerate; eat within 2 days.

SNACK

Jammy Boiled Eggs & Cucumber

INGREDIENTS

2 large eggs, 80g cucumber, cut into sticks

Boil for 7 minutes for a jammy yolk, then cool immediately in cold water and peel. Best batch-cooked — boil a week's worth in one go (they'll keep peeled in the fridge for up to 4 days) and grab 2 whenever this snack comes round. Serve with cucumber sticks.

PROTEIN DENSITY

13g protein/100g (egg)

SNACK

Turkey Jerky

INGREDIENTS

1x 30g bag turkey jerky

Ready to eat straight from the bag — no prep needed.

PROTEIN DENSITY

55g protein/100g (off-the-shelf bag)

5
DAY

YOUR DAY

Friday

JAPANESE-THAI

2226	167g	68g	250g	33g
KCAL	PROTEIN	FAT	CARBS	FIBRE

BREAKFAST

Overnight protein oats, PB & blueberries

Serves 1 · Prep 5 min · Cook 0 min

INGREDIENTS

70g jumbo oats, 280ml semi-skimmed milk, 20g peanut butter, 8g honey, 60g blueberries, 1 scoop vanilla whey protein

METHOD

1. The night before: stir the oats, milk, peanut butter and honey together in a jar or container.
2. Cover and refrigerate overnight (at least 6 hours) — no cooking required.
3. In the morning, stir through the whey protein (it mixes in smoothly cold, no clumping) and top with the blueberries.

BATCH TIP

This meal repeats every day, per the client's preference. Make it in three batches, the night before Days 1, 4 and 6 (3 jars, then 2, then 2), so every jar is eaten within 3 days of making.

LUNCH

Japanese tuna sushi bowl

Serves 1 · Prep 10 min · Cook 15 min

Makes 2 portions — cook once, eat across Days 4-5.

INGREDIENTS

1 can tuna, drained, 50g sushi rice (dry), 100g edamame, 50g pineapple, 85g avocado, 15g sriracha, 30g 0% Greek yoghurt, 50g cucumber, 10g mixed nuts

METHOD

1. Cook the sushi rice according to pack instructions and let cool slightly.
2. Steam or microwave the edamame for 2-3 minutes.
3. Stir the sriracha through the yoghurt to make a quick spicy sauce.
4. Dice the cucumber, pineapple and avocado.
5. Build the bowl: rice, then tuna, edamame, cucumber, pineapple and avocado, finished with the spicy yoghurt sauce.

BATCH TIP

Cook a double batch of sushi rice on Day 4's prep session; keep the avocado/cucumber fresh-cut for Day 5 rather than prepping both days at once.

REHEAT

Thai prawn & chicken meatballs, greens & rice (batch 2/2)

Serves 1 (from the Day 4 batch)

INGREDIENTS

Leftovers from Day 4 — no new ingredients needed.

METHOD

1. Microwave: cover and heat on high for 3-4 minutes, stirring halfway, until piping hot throughout.
2. Or stovetop: reheat in a covered pan over medium heat for 5-6 minutes, adding a splash of water to keep the rice from drying out.

SNACK

Pink Lady Apple

INGREDIENTS

1 medium apple

Ready to eat.

PROTEIN DENSITY

Fibre-forward, not protein-dense

SNACK

Jammy Boiled Eggs & Cucumber

INGREDIENTS

2 large eggs, 80g cucumber, cut into sticks

Boil for 7 minutes for a jammy yolk, then cool immediately in cold water and peel. Best batch-cooked — boil a week's worth in one go (they'll keep peeled in the fridge for up to 4 days) and grab 2 whenever this snack comes round. Serve with cucumber sticks.

PROTEIN DENSITY

13g protein/100g (egg)

6
DAY

YOUR DAY

Saturday

GREEK-VIETNAMESE

2276	187g	85g	198g	21g
KCAL	PROTEIN	FAT	CARBS	FIBRE

BREAKFAST

Overnight protein oats, PB & blueberries

Serves 1 · Prep 5 min · Cook 0 min

INGREDIENTS

70g jumbo oats, 280ml semi-skimmed milk, 20g peanut butter, 8g honey, 60g blueberries, 1 scoop vanilla whey protein

METHOD

1. The night before: stir the oats, milk, peanut butter and honey together in a jar or container.
2. Cover and refrigerate overnight (at least 6 hours) — no cooking required.
3. In the morning, stir through the whey protein (it mixes in smoothly cold, no clumping) and top with the blueberries.

BATCH TIP

This meal repeats every day, per the client's preference. Make it in three batches, the night before Days 1, 4 and 6 (3 jars, then 2, then 2), so every jar is eaten within 3 days of making.

LUNCH

Grilled halloumi & chicken orzo salad

Serves 2 · Prep 15 min · Cook 15 min

Makes 2 portions — cook once, eat across Days 6-7.

INGREDIENTS

260g cooked chicken breast, 130g halloumi, 80g orzo (dry), 100g chickpeas, drained, 120g cherry tomatoes, 100g cucumber, 40g olives, 14g olive oil, 20g lemon

METHOD

1. Cook the orzo according to pack instructions; drain, rinse in cold water and set aside.
2. Slice the halloumi and griddle or pan-fry for 1-2 minutes per side until golden.
3. Slice or dice the chicken, halve the cherry tomatoes, and dice the cucumber.
4. Toss the orzo, chickpeas, tomatoes, cucumber and olives with the olive oil and a squeeze of lemon.
5. Top with the sliced chicken and warm halloumi. Divide across 2 containers. Refrigerate; eat within 2 days.

DINNER

Vietnamese caramel pork, rice & pak choi (batch 1/2)

Serves 2 · Prep 10 min · Cook 20 min

Makes 2 portions — cook once, eat across Days 6-7.

INGREDIENTS

400g pork shoulder, diced, 30g fish sauce, 15g brown sugar, 16g garlic, 90g basmati rice (dry), 260g pak choi, 20g spring onion, 20g lime, 4g sesame oil

METHOD

1. Heat a splash of oil in a pan or wok and brown the diced pork for 4-5 minutes.
2. Add the fish sauce, brown sugar and minced garlic; simmer for 12-15 minutes, stirring occasionally, until the sauce reduces to a sticky, glossy caramel coating the pork.
3. Cook the rice according to pack instructions.
4. Steam or stir-fry the pak choi for 2-3 minutes until just wilted, then toss with the sesame oil.
5. Divide pork, rice and pak choi across 2 containers, finishing with the spring onion and a squeeze of lime. Refrigerate; eat within 2 days.

SNACK

Fage Yoghurt with Blueberries & Honey

INGREDIENTS

100g Fage 0% yoghurt, 25g blueberries, 10g honey

Combine and serve.

PROTEIN DENSITY

10g protein/100g (yoghurt)

SNACK

Turkey Jerky

INGREDIENTS

1x 30g bag turkey jerky

Ready to eat straight from the bag — no prep needed.

PROTEIN DENSITY

55g protein/100g (off-the-shelf bag)

7
DAY

YOUR DAY

Sunday

GREEK-VIETNAMESE

2309	172g	88g	216g	25g
KCAL	PROTEIN	FAT	CARBS	FIBRE

BREAKFAST

Overnight protein oats, PB & blueberries

Serves 1 · Prep 5 min · Cook 0 min

INGREDIENTS

70g jumbo oats, 280ml semi-skimmed milk, 20g peanut butter, 8g honey, 60g blueberries, 1 scoop vanilla whey protein

METHOD

1. The night before: stir the oats, milk, peanut butter and honey together in a jar or container.
2. Cover and refrigerate overnight (at least 6 hours) — no cooking required.
3. In the morning, stir through the whey protein (it mixes in smoothly cold, no clumping) and top with the blueberries.

BATCH TIP

This meal repeats every day, per the client's preference. Make it in three batches, the night before Days 1, 4 and 6 (3 jars, then 2, then 2), so every jar is eaten within 3 days of making.

REHEAT

Grilled halloumi & chicken orzo salad

Serves 1 (from the Day 6 batch)

INGREDIENTS

From the Day 6 batch — no new ingredients needed; serve cold or briefly warm the halloumi.

METHOD

1. Best served cold or at room temperature — this is a salad, not a hot reheat.
2. If you'd like the halloumi warm, give it 20-30 seconds in the microwave on its own before adding it back to the bowl.

REHEAT

Vietnamese caramel pork, rice & pak choi (batch 2/2)

Serves 1 (from the Day 6 batch)

INGREDIENTS

Leftovers from Day 6 — no new ingredients needed.

METHOD

1. Microwave: cover and heat on high for 3-4 minutes, stirring halfway, until piping hot throughout.
2. Or stovetop: reheat in a covered pan over medium heat for 4-5 minutes, adding a splash of water so the caramel sauce doesn't catch.

SNACK

Pink Lady Apple

INGREDIENTS

1 medium apple

Ready to eat.

PROTEIN DENSITY

Fibre-forward, not protein-dense

SNACK

Cottage Cheese & Pineapple

INGREDIENTS

100g cottage cheese, 60g pineapple chunks

Combine and serve.

PROTEIN DENSITY

11g protein/100g

PREP ONCE, EAT TWICE

Batch-cooking schedule (only 3 cook days this week)

Cook day	Lunch batch	Dinner batch	Cooked	Eaten on
1	Mexican chicken & avocado rice bowl	Indian chicken tikka masala	Day 1	Days 1-3 (workout days)
2	Japanese tuna sushi bowl	Thai prawn & chicken meatballs	Day 4	Days 4-5
3	Greek halloumi & chicken orzo salad	Vietnamese caramel pork	Day 6	Days 6-7

Breakfast (overnight protein oats) is made in three small batches, the night before Days 1, 4 and 6, so every jar is eaten within 3 days of making. It doesn't need its own from-scratch session.

SUPPORT

Recommended supplements

Supplement	Dose	Why
Multivitamin	1x daily	General cover for micronutrients that are hard to hit from food every day.
Omega 3-6-9	1-2g daily	Supports fat quality without adding saturated fat.
Vitamin D3	10mcg (400IU) daily	UK guidance: consider year-round, not reliably available from diet.
Magnesium	200-400mg daily	Supports recovery from the resistance training load.
Creatine Monohydrate	5g daily	Well-evidenced for strength/power performance.

HEADS UP

Things to watch this week

Fibre lands a little under the 30g/day guideline this week (weekly average ~29g) — mostly a side-effect of the batch-cook rice/curry-led dishes. This is the same modest shortfall already noted on this client's earlier plans; add an extra portion of veg to any dinner if you'd like to close the gap.

Sodium runs on the higher side most days — driven by the curry paste, fish sauce and pickles — worth watching if you're also tracking blood pressure.

Cholesterol is moderate (driven by the prawns and eggs on their respective days), within typical ranges for this style of plan.