

7-Day Meal Plan

Serving Sizes

Adjust based on your size and goals

Smaller person = less food
Eat to only 80% full

Breakfast Example

Men = 3 eggs or 75g oats
Women = 2 eggs or 50g oats

Important

Use fresh, minimally processed foods

Ensure foods do **NOT** contain chemical ingredients

Always check the label

You may need to freeze some meat for later in the week

Avoid protein shakes with non-natural ingredients

To Lose Weight

Reduce serving sizes, oils and sauces

2 tbsp olive oil = 100 calories

Remove the evening snack

Only eat to 80% full

Drink water/tea before your meal

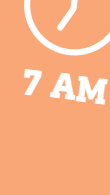
Reduce carb servings, increase veg and protein

Sauces

Remove ketchup, sweet chili sauce, etc. They're full of sugar

Use olive oil, salt, pepper, lemon juice, balsamic vinegar, herbs and spices

Day 1



• Oats, blueberries, linseed, cinnamon, almond milk



• Banana
• Mixed nuts
• Nettle/peppermint tea
• 500ml water



• Tinned tuna, tomatoes, spinach, rocket, watercress, beetroot, salt, pepper, olive oil



• Apple
• 500ml water



• Green tea
• Clementine

TRAINING SESSION 1

• Protein shake: No Cow Cocoa, 1/4 avocado, 1 x tbsp oats, 300ml water, kale



• Chicken, broccoli, cauliflower, salt, pepper, turmeric, olive oil



• 1 x hard boiled egg, spinach, pepper, olive oil

Instructions

(Click to play video)



Breakfast



Lunch



Protein Shake



Dinner



Food Prep

Notes

At dinner we cook 4 chicken breasts and 2 cod pieces. See "Food Prep" video

1 breast for dinner. The rest will be used later in the week.

We also hard-boil 4 eggs for use in the week. Watch video

Day 2



• Oats, blueberries, linseed, cinnamon, almond milk



• Black coffee
• 500ml water



• Pear
• Mixed nuts
• Nettle/peppermint tea
• 500ml water



• Chicken, spinach, tomatoes, sauerkraut, salt, pepper, olive oil



• Black coffee
• Apple
• 500ml water



• Green tea
• Nectarine

TRAINING SESSION 2

• Protein shake: No Cow Cocoa, 1/4 avocado, 1 x tbsp oats, 300ml water, kale



• Steak, sweet potato, green pepper, cauliflower, salt, pepper



• 500ml water
• Clementine

Instructions

(Click to play video)



Breakfast



Lunch



Protein Shake



Dinner

Use chicken cooked yesterday for lunch today.

See "Training Sessions" box below for details of workouts.

Evening snack is optional. For most, removing it will help with weight loss.

Day 3



• 2 x scrambled egg, spinach, tomato, salt, pepper, olive oil



• Black coffee
• 500ml water



• Banana
• Mixed nuts
• Nettle/peppermint tea
• 500ml water



• Chicken, egg, spinach, tomatoes, sauerkraut, salt, pepper, olive oil



• Black coffee
• Pear
• 500ml water



• Green tea
• Apple

NO TRAINING

• Foam roll and stretch or yoga class



• Cod, cauliflower, broccoli, salt, pepper, olive oil



• 500ml water
• 1/3 pot hummus & carrots

Instructions

(Click to play video)



Breakfast



Lunch



Protein Shake



Dinner

Notes

No training today, unless you missed a session.

Cod for dinner is what you cooked previously.

Microwave veg if you are rushed for dinner. If not, use fresh veg.

Use 1/3 of hummus if snacking as you will use it on other days.

Day 4



• Oats, blueberries, linseed, cinnamon, almond milk



• Black coffee
• 500ml water



• Banana
• Mixed nuts
• Nettle/peppermint tea
• 500ml water



• Cod, spinach, tomatoes, salt, pepper, olive oil



• Black coffee
• Pear
• 500ml water



• Green tea
• Apple

TRAINING SESSION 3

• Protein shake: No Cow Cocoa, 1/4 avocado, 1 x tbsp oats, 300ml water, kale



• Chicken, frozen veg (microwave)



• 500ml water
• 1/3 pot hummus & carrots

Instructions

(Click to play video)



Breakfast



Lunch



Protein Shake



Dinner

Back to training today, so back to higher carbs.

Use fresh veg instead of frozen if time is not tight.

Chicken is from previously cooked batch.

Day 5



• Oats, blueberries, linseed, cinnamon, almond milk



• Black coffee
• 500ml water



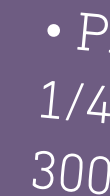
• Banana
• Mixed nuts
• Nettle/peppermint tea
• 500ml water



• Tinned salmon, spinach, rocket, watercress, beetroot, sauerkraut, salt, pepper, olive oil



• Black coffee
• Apple
• 500ml water



• Green tea
• Clementine

TRAINING SESSION 4

• Protein shake: No Cow Cocoa, 1/4 avocado, 1 x tbsp oats, 300ml water, kale



• Buckwheat pasta, chickpeas, puy lentils, tomatoes, salt, pepper, olive oil



• 500ml water
• 1/3 pot Hummus & carrots

Instructions

(Click to play video)



Breakfast



Lunch



Protein Shake



Dinner

Notes

Fourth and final training session this week.

If it's Friday, try to resist the temptation of drinking both tonight and tomorrow...

Day 6



• 2 x scrambled egg, spinach, tomato, salt, pepper, olive oil



• Black coffee
• 500ml water



• Pear
• Mixed nuts
• Nettle/peppermint tea
• 500ml water



• Puy lentils, chickpeas, beetroot, mixed leaf salad, salt, pepper, olive oil



• Black coffee
• Apple
• 500ml water



• Green tea
• Nectarine

NO TRAINING

• Foam roll and stretch or yoga class



• Tuna steak, tomato, broccoli, spinach



• 500ml water
• Protein shake: No Cow Cocoa, 1/4 avocado, 300ml water, kale

Instructions

(Click to play video)



Breakfast



Lunch



Protein Shake



Dinner

No training today unless you missed a session in the week or you have a club session.

Try to stick as best you can to the plan. Weekends are most difficult.

If you drink alcohol, have vodka soda, fresh lime. Avoid beer and wine.

Day 7



• 2 x scrambled egg, spinach, tomato, salt, pepper, olive oil



• Black coffee
• 500ml water



• Banana
• Mixed nuts
• Nettle/peppermint tea
• 500ml water



• Chickpeas, beetroot, mixed leaf salad, hummus, Sauerkraut salt, pepper, olive oil



• Black coffee
• Nectarine
• 500ml water



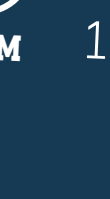
• Green tea
• Nectarine

NO TRAINING

• Foam roll and stretch or yoga class



• Prawn, chickpea, egg, spinach, tomato stir fry



• 500ml water
• Protein shake: No Cow Cocoa, 1/4 avocado, 300ml water, kale

Instructions

(Click to play video)



Breakfast



Lunch



Protein Shake



Dinner

Notes

This will usually be Sunday. This is not a time to go wild...

You may need to have a meal out, like a roast. If so, pile on the veg and reduce the sauces, potatoes and dessert.

If you're hungover, make something from the food in the fridge. You should have plenty.

Notes



Create your own training plan

or get my comprehensive and complete

3-month training plan here



A printable version of this meal plan

is freely available here. It includes a cost

breakdown per item and the shopping list

Shopping List

Important: Click here for the shopping list with links to buy online, prices and organic buying options.



Fruit & Veg

• blueberries
• bananas x 5
• apples x 6
• clementines
• nectarines x 4
• pears x 4

• tomatoes
• spinach
• spinach mix
• sweet potato
• avocado x 2
• kale
• broccoli
• cauliflower
• carrots x 4
• mixed salad leaf

Fresh Meat & Fish

• 4 x chicken breasts
• 2 x cod pieces
• 1 x rib eye steak
• 2 x tuna steaks
• 1 x prawns

Fridge

• hummus
• almond milk
• 12 x eggs

Freezer

• frozen veg

Extras

• protein shake
• olive oil
• basil
• salt
• pepper
• chili flakes
• turmeric

• linseed
• cinnamon
• organic coffee
• nettle/
peppermint tea
• green tea

Cupboard

• porridge oats 500g
• bottled water 17 litres
• mixed nuts
• chickpeas
• 1 x tin of tuna
• 1 x tin of salmon
• 1 x sauerkraut
• puy lentils 250g

Need your questions answered?

I'm here to help. Drop me an

email (rob@minimalfit.co.uk)

or on Facebook.

MINIMAL

FIT

minimalfit.co.uk