



Your Personalised Nutrition Plan

Prepared for Johnny Nutrition

Targets include a 600 kcal deficit for sustainable fat loss (~1lb per week)

2,255

TARGET CALORIES

180g

PROTEIN

243g

CARBS

63g

FATS

YOUR WEEK AT A GLANCE

- **Monday** Scrambled Eggs with Smoked Salmon & Wholegrain Toast · Chicken & Rice Bowl with Broccoli · Afternoon Snack — Greek Yoghurt with Honey & Banana · Beef Mince & Sweet Potato with Spinach · Evening Snack — Cottage Cheese & Rice Cakes
- **Tuesday** Overnight Oats with Protein Powder & Berries · Tuna & Sweetcorn Jacket Potato · Afternoon Snack — Banana & Peanut Butter · Chicken Stir-Fry with Egg Noodles · Evening Snack — Whey Protein Shake with Milk
- **Wednesday** Egg & Turkey Bacon Wholegrain Wrap · Lean Beef Mince Bowl with Rice & Cherry Tomatoes · Afternoon Snack — Low-Fat Greek Yoghurt with Honey · Baked Salmon with Sweet Potato & Broccoli · Evening Snack — Cottage Cheese with Rice Cakes
- **Thursday** Protein Porridge with Banana & Honey · Tuna, Sweetcorn & Wholegrain Wrap · Afternoon Snack — Rice Cakes with Peanut Butter · Chicken Breast with Egg Noodles & Spinach · Evening Snack — Protein Shake with Milk
- **Friday** Scrambled Eggs with Wholegrain Toast & Spinach · Salmon & Basmati Rice Bowl with Broccoli · Afternoon Snack — Greek Yoghurt & Mixed Berries · Turkey Mince & Sweet Potato with Chopped Tomatoes · Evening Snack — Cottage Cheese & Banana
- **Saturday** Protein Pancakes with Berries & Honey · Chicken, Rice & Cherry Tomato Bowl · Afternoon Snack — Peanut Butter & Banana on Rice Cakes · Baked Salmon with Egg Noodles & Broccoli · Evening Snack — Low-Fat Greek Yoghurt & Whey Shake
- **Sunday** Smoked Salmon & Egg Scramble on Toast · Turkey Mince & Rice Bowl with Broccoli · Afternoon Snack — Cottage Cheese & Mixed Berries · Beef Mince & Sweet Potato Hash with Spinach · Evening Snack — Protein Shake with Milk & Banana

Monday

2135 kcal 180g protein 213g carbs 50g fats

MEAL 1 495 kcal

Scrambled Eggs with Smoked Salmon & Wholegrain Toast

INGREDIENTS

Eggs (large)	3 whole	198
Smoked salmon	50g	72
Wholegrain bread	2 slices (80g)	174
Semi-skimmed milk	30ml	14
Butter	5g	37

Protein: 40g Carbs: 36g Fats: 18g

METHOD

Whisk eggs with milk, season, then scramble in a buttered pan over medium heat. Serve on toasted wholegrain bread topped with smoked salmon.

MEAL 2 621 kcal

Chicken & Rice Bowl with Broccoli

INGREDIENTS

Chicken breast (cooked weight)	150g	248
Basmati rice (dry weight)	80g	285
Broccoli florets	100g	34
Soy sauce (low salt)	15ml	9
Olive oil	5ml	45

Protein: 55g Carbs: 68g Fats: 10g

METHOD

Season and pan-fry chicken breast in olive oil for 12–15 minutes until cooked through. Steam broccoli, cook rice per packet instructions, and drizzle everything with soy sauce.

SNACK 255 kcal

Afternoon Snack — Greek Yoghurt with Honey & Banana

INGREDIENTS

Low-fat Greek yoghurt	200g	118
Honey	10g	30
Banana	1 medium (120g)	107

Protein: 17g Carbs: 38g Fats: 2g

METHOD

Spoon yoghurt into a bowl, drizzle with honey, and slice banana on top. No cooking required.

MEAL 4

515 kcal

Beef Mince & Sweet Potato with Spinach

INGREDIENTS

Lean beef mince (5% fat)	150g	225
Sweet potato	200g	172
Baby spinach	80g	18
Chopped tomatoes (tinned)	200g	48
Garlic granules	2g	7
Olive oil	5ml	45

Protein: 46g Carbs: 43g Fats: 17g

METHOD

Microwave sweet potato for 8 minutes. Brown beef mince in olive oil, add chopped tomatoes, garlic granules and spinach, simmer 10 minutes. Serve over sweet potato.

SNACK

249 kcal

Evening Snack — Cottage Cheese & Rice Cakes

INGREDIENTS

Cottage cheese (low fat)	150g	117
Rice cakes (plain)	3 cakes (30g)	117
Cherry tomatoes	60g	15

Protein: 22g Carbs: 28g Fats: 3g

METHOD

Spoon cottage cheese onto rice cakes and serve with cherry tomatoes on the side. No cooking required.

Tuesday

2188 kcal 176g protein 246g carbs 41g fats

MEAL 1

544 kcal

Overnight Oats with Protein Powder & Berries

INGREDIENTS

Rolled oats	80g	303
Semi-skimmed milk	200ml	92
Whey protein powder (vanilla)	30g	112
Mixed frozen berries (thawed)	80g	37

Protein: 38g Carbs: 66g Fats: 8g

METHOD

Mix oats, milk and protein powder in a jar, refrigerate overnight. Top with thawed berries before serving.

MEAL 2

468 kcal

Tuna & Sweetcorn Jacket Potato

INGREDIENTS

Baking potato	250g	213
Tinned tuna in spring water	160g drained	152
Sweetcorn (tinned, drained)	80g	66
Low-fat Greek yoghurt	50g	30
Spring onions	20g	7

Protein: 47g Carbs: 57g Fats: 3g

METHOD

Microwave baking potato for 10–12 minutes until soft. Mix tuna, sweetcorn, yoghurt and spring onions together; spoon over the split potato.

SNACK

244 kcal

Afternoon Snack — Banana & Peanut Butter

INGREDIENTS

Banana	1 large (140g)	125
Peanut butter (smooth)	20g	119

Protein: 6g Carbs: 28g Fats: 12g

METHOD

Slice banana and dip into peanut butter. No cooking required.

MEAL 4**593 kcal**

Chicken Stir-Fry with Egg Noodles

INGREDIENTS

Chicken breast (raw)	160g	176
Egg noodles (dry)	80g	292
Broccoli florets	100g	34
Soy sauce (low salt)	20ml	12
Olive oil	8ml	72
Garlic granules	2g	7

Protein: 50g **Carbs: 60g** **Fats: 14g****METHOD**

Slice chicken and stir-fry in olive oil with garlic granules for 8 minutes. Add broccoli and soy sauce, cook 4 more minutes. Serve over cooked egg noodles.

SNACK**339 kcal**

Evening Snack — Whey Protein Shake with Milk

INGREDIENTS

Whey protein powder (vanilla)	30g	112
Semi-skimmed milk	300ml	138
Banana	1 small (100g)	89

Protein: 35g **Carbs: 35g** **Fats: 4g****METHOD**

Blend protein powder, milk and banana together until smooth. Serve chilled.

Wednesday

2132 kcal 177g protein 192g carbs 62g fats

MEAL 1

506 kcal

Egg & Turkey Bacon Wholegrain Wrap

INGREDIENTS

Eggs (large)	3 whole	198
Turkey bacon rashers	3 rashers (60g)	84
Wholegrain wrap	1 wrap (60g)	180
Baby spinach	30g	7
Butter	5g	37

Protein: 40g Carbs: 30g Fats: 22g

METHOD

Scramble eggs in buttered pan, grill turkey bacon for 4–5 minutes. Load into wrap with fresh spinach and fold.

MEAL 2

596 kcal

Lean Beef Mince Bowl with Rice & Cherry Tomatoes

INGREDIENTS

Lean beef mince (5% fat)	150g	225
Basmati rice (dry weight)	80g	285
Cherry tomatoes	100g	25
Soy sauce (low salt)	15ml	9
Garlic granules	2g	7
Olive oil	5ml	45

Protein: 52g Carbs: 64g Fats: 14g

METHOD

Brown beef mince in olive oil with garlic granules for 10 minutes. Stir in soy sauce and cherry tomatoes. Serve over cooked basmati rice.

SNACK

191 kcal

Afternoon Snack — Low-Fat Greek Yoghurt with Honey

INGREDIENTS

Low-fat Greek yoghurt	200g	118
Honey	15g	45
Mixed frozen berries (thawed)	60g	28

Protein: 15g Carbs: 27g Fats: 1g

METHOD

Spoon yoghurt into a bowl, drizzle with honey and top with thawed berries.

MEAL 4

566 kcal

Baked Salmon with Sweet Potato & Broccoli

INGREDIENTS

Salmon fillet	150g	281
Sweet potato	200g	172
Broccoli florets	100g	34
Olive oil	8ml	72
Garlic granules	2g	7

Protein: 42g Carbs: 44g Fats: 22g

METHOD

Season salmon and sweet potato with olive oil and garlic granules; bake at 200°C for 20 minutes. Steam broccoli for the last 8 minutes.

SNACK

273 kcal

Evening Snack — Cottage Cheese with Rice Cakes

INGREDIENTS

Cottage cheese (low fat)	200g	156
Rice cakes (plain)	3 cakes (30g)	117

Protein: 28g Carbs: 27g Fats: 3g

METHOD

Spoon cottage cheese onto rice cakes. No cooking required.

DAY 4 OF 7

Thursday

2220 kcal 176g protein 247g carbs 46g fats

MEAL 1

667 kcal

Protein Porridge with Banana & Honey

INGREDIENTS

Rolled oats	80g	303
Semi-skimmed milk	250ml	115
Whey protein powder (vanilla)	30g	112
Banana	1 medium (120g)	107
Honey	10g	30

Protein: 42g Carbs: 92g Fats: 9g

METHOD

Cook oats with milk on the hob for 5 minutes, stirring continuously. Remove from heat, stir in protein powder. Top with sliced banana and a drizzle of honey.

MEAL 2

446 kcal

Tuna, Sweetcorn & Wholegrain Wrap

INGREDIENTS

Tinned tuna in spring water	160g drained	152
Sweetcorn (tinned, drained)	80g	66
Wholegrain wrap	1 wrap (60g)	180
Baby spinach	40g	9
Low-fat Greek yoghurt	40g	24
Cherry tomatoes	60g	15

Protein: 47g Carbs: 48g Fats: 5g

METHOD

Mix tuna, sweetcorn and yoghurt together. Layer spinach and cherry tomatoes in the wrap, add tuna mix, and roll tightly.

SNACK

275 kcal

Afternoon Snack — Rice Cakes with Peanut Butter

INGREDIENTS

Rice cakes (plain)	4 cakes (40g)	156
Peanut butter (smooth)	20g	119

Protein: 7g Carbs: 31g Fats: 13g

METHOD

Spread peanut butter evenly over rice cakes. No cooking required.

MEAL 4

577 kcal

Chicken Breast with Egg Noodles & Spinach

INGREDIENTS

Chicken breast (raw)	160g	176
Egg noodles (dry)	80g	292
Baby spinach	80g	18
Soy sauce (low salt)	20ml	12
Garlic granules	2g	7
Olive oil	8ml	72

Protein: 50g Carbs: 54g Fats: 15g

METHOD

Cook noodles per packet. Slice chicken and fry in olive oil with garlic granules for 8 minutes. Add spinach and soy sauce, wilt for 2 minutes. Serve over noodles.

SNACK

255 kcal

Evening Snack — Protein Shake with Milk

INGREDIENTS

Whey protein powder (vanilla)	30g	112
Semi-skimmed milk	250ml	115
Mixed frozen berries (thawed)	60g	28

Protein: 30g Carbs: 22g Fats: 4g

METHOD

Blend protein powder, milk and berries until smooth. Serve immediately.

Friday

2107 kcal 166g protein 209g carbs 59g fats

MEAL 1 503 kcal

Scrambled Eggs with Wholegrain Toast & Spinach

INGREDIENTS

Eggs (large)	4 whole	264
Wholegrain bread	2 slices (80g)	174
Baby spinach	60g	14
Butter	5g	37
Semi-skimmed milk	30ml	14

Protein: 36g Carbs: 36g Fats: 22g

METHOD

Whisk eggs with milk, scramble in buttered pan. Wilt spinach in the same pan. Serve on toasted wholegrain bread.

MEAL 2 654 kcal

Salmon & Basmati Rice Bowl with Broccoli

INGREDIENTS

Salmon fillet	150g	281
Basmati rice (dry weight)	80g	285
Broccoli florets	100g	34
Soy sauce (low salt)	15ml	9
Olive oil	5ml	45

Protein: 47g Carbs: 67g Fats: 19g

METHOD

Pan-fry salmon in olive oil for 4 minutes each side. Steam broccoli, cook rice per packet. Drizzle everything with soy sauce before serving.

SNACK 194 kcal

Afternoon Snack — Greek Yoghurt & Mixed Berries

INGREDIENTS

Low-fat Greek yoghurt	200g	118
Mixed frozen berries (thawed)	100g	46
Honey	10g	30

Protein: 15g Carbs: 27g Fats: 1g

METHOD

Spoon yoghurt into a bowl, top with thawed berries and a drizzle of honey.

MEAL 4

502 kcal

Turkey Mince & Sweet Potato with Chopped Tomatoes

INGREDIENTS

Turkey mince (lean)	180g	189
Sweet potato	200g	172
Chopped tomatoes (tinned)	200g	48
Garlic granules	2g	7
Olive oil	8ml	72
Baby spinach	60g	14

Protein: 50g Carbs: 42g Fats: 15g

METHOD

Microwave sweet potato for 8 minutes. Brown turkey mince in olive oil with garlic, add chopped tomatoes and spinach, simmer 10 minutes. Serve over sweet potato.

SNACK

254 kcal

Evening Snack — Cottage Cheese & Banana

INGREDIENTS

Cottage cheese (low fat)	150g	117
Banana	1 medium (120g)	107
Honey	10g	30

Protein: 18g Carbs: 37g Fats: 2g

METHOD

Spoon cottage cheese into a bowl, slice banana on top, and drizzle with honey.

Saturday

2409 kcal 185g protein 238g carbs 63g fats

MEAL 1 650 kcal

Protein Pancakes with Berries & Honey

INGREDIENTS

Rolled oats (blended)	60g	227
Eggs (large)	3 whole	198
Whey protein powder (vanilla)	30g	112
Semi-skimmed milk	100ml	46
Mixed frozen berries (thawed)	80g	37
Honey	10g	30

Protein: 52g Carbs: 63g Fats: 14g

METHOD

Blend oats to a flour, mix with eggs, protein powder and milk.
Fry spoonfuls in a non-stick pan for 2–3 minutes per side.
Serve topped with berries and honey.

MEAL 2 581 kcal

Chicken, Rice & Cherry Tomato Bowl

INGREDIENTS

Chicken breast (raw)	160g	176
Basmati rice (dry weight)	80g	285
Cherry tomatoes	100g	25
Baby spinach	60g	14
Soy sauce (low salt)	15ml	9
Olive oil	8ml	72

Protein: 49g Carbs: 65g Fats: 12g

METHOD

Pan-fry chicken in olive oil for 12–15 minutes. Cook rice per packet. Toss spinach and cherry tomatoes in soy sauce; serve alongside chicken and rice.

SNACK 325 kcal

Afternoon Snack — Peanut Butter & Banana on Rice Cakes

INGREDIENTS

Rice cakes (plain)	3 cakes (30g)	117
Peanut butter (smooth)	20g	119
Banana	1 small (100g)	89

Protein: 8g Carbs: 42g Fats: 12g

METHOD

Spread peanut butter on rice cakes and serve with sliced banana on top.

MEAL 4

649 kcal

Baked Salmon with Egg Noodles & Broccoli

INGREDIENTS

Salmon fillet	150g	281
Egg noodles (dry)	75g	273
Broccoli florets	100g	34
Soy sauce (low salt)	15ml	9
Garlic granules	2g	7
Olive oil	5ml	45

Protein: 48g Carbs: 56g Fats: 22g

METHOD

Bake salmon at 200°C for 20 minutes. Cook noodles and steam broccoli per packet. Toss noodles and broccoli with soy sauce, garlic and olive oil; serve with salmon.

SNACK

204 kcal

Evening Snack — Low-Fat Greek Yoghurt & Whey Shake

INGREDIENTS

Whey protein powder (vanilla)	30g	112
Semi-skimmed milk	200ml	92

Protein: 28g Carbs: 12g Fats: 3g

METHOD

Shake protein powder with cold milk in a bottle or blend briefly. Serve chilled.

Sunday

2172 kcal 189g protein 203g carbs 55g fats

MEAL 1

531 kcal

Smoked Salmon & Egg Scramble on Toast

INGREDIENTS

Eggs (large)	3 whole	198
Smoked salmon	75g	108
Wholegrain bread	2 slices (80g)	174
Butter	5g	37
Semi-skimmed milk	30ml	14

Protein: 47g Carbs: 34g Fats: 19g

METHOD

Whisk eggs with milk and scramble in a buttered pan over medium heat. Serve on toasted wholegrain bread with smoked salmon draped over the top.

MEAL 2

625 kcal

Turkey Mince & Rice Bowl with Broccoli

INGREDIENTS

Turkey mince (lean)	180g	189
Basmati rice (dry weight)	80g	285
Broccoli florets	100g	34
Chopped tomatoes (tinned)	150g	36
Soy sauce (low salt)	15ml	9
Olive oil	8ml	72

Protein: 54g Carbs: 70g Fats: 12g

METHOD

Brown turkey mince in olive oil, add chopped tomatoes and soy sauce, simmer 10 minutes. Steam broccoli, cook rice per packet, and serve everything together.

SNACK

193 kcal

Afternoon Snack — Cottage Cheese & Mixed Berries

INGREDIENTS

Cottage cheese (low fat)	150g	117
Mixed frozen berries (thawed)	100g	46
Honey	10g	30

Protein: 16g Carbs: 24g Fats: 2g

METHOD

Spoon cottage cheese into a bowl, top with thawed berries and a drizzle of honey.

MEAL 4**530 kcal**

Beef Mince & Sweet Potato Hash with Spinach

INGREDIENTS

Lean beef mince (5% fat)	150g	225
Sweet potato	200g	172
Baby spinach	80g	18
Chopped tomatoes (tinned)	150g	36
Garlic granules	2g	7
Olive oil	8ml	72

Protein: 44g **Carbs: 44g** **Fats: 18g****METHOD**

Dice sweet potato and microwave 6 minutes. Brown beef mince in olive oil with garlic, add sweet potato, chopped tomatoes and spinach; cook 8 minutes until combined.

SNACK**293 kcal**

Evening Snack — Protein Shake with Milk & Banana

INGREDIENTS

Whey protein powder (vanilla)	30g	112
Semi-skimmed milk	200ml	92
Banana	1 small (100g)	89

Protein: 28g **Carbs: 31g** **Fats: 4g****METHOD**

Blend protein powder, milk and banana until smooth. Serve chilled.

Shopping List

Everything you need for your 7-day meal plan. Shopping lists are aggregated for convenience. Please note that quantities may vary slightly from the original recipe.

- ☐ Eggs (large) — 24 eggs
- ☐ Chicken breast — 950g
- ☐ Lean beef mince (5% fat) — 450g
- ☐ Turkey mince (lean) — 360g
- ☐ Salmon fillets — 450g
- ☐ Smoked salmon — 125g
- ☐ Tinned tuna in spring water — 4 x 160g tins
- ☐ Turkey bacon rashers — 60g (3 rashers)
- ☐ Whey protein powder (vanilla) — 240g
- ☐ Low-fat Greek yoghurt — 1.2kg
- ☐ Cottage cheese (low fat) — 800g
- ☐ Semi-skimmed milk — 2.5 litres
- ☐ Butter — 20g
- ☐ Peanut butter (smooth) — 100g
- ☐ Rolled oats — 220g
- ☐ Basmati rice — 480g (dry weight)
- ☐ Egg noodles — 315g (dry weight)
- ☐ Wholegrain bread — 1 loaf (at least 8 slices)
- ☐ Wholegrain wraps — 2 wraps
- ☐ Baking potato — 250g (1 large)
- ☐ Sweet potato — 800g
- ☐ Broccoli florets — 700g
- ☐ Baby spinach — 530g
- ☐ Cherry tomatoes — 320g
- ☐ Spring onions — 20g
- ☐ Chopped tomatoes (tinned) — 3 x 400g tins
- ☐ Sweetcorn (tinned, drained) — 160g
- ☐ Banana — 9 bananas
- ☐ Mixed frozen berries — 580g
- ☐ Rice cakes (plain) — 1 bag (at least 20 cakes)
- ☐ Soy sauce (low salt) — 175ml
- ☐ Olive oil — 250ml
- ☐ Garlic granules — 1 jar (at least 14g)
- ☐ Honey — 200g

Hydration Schedule

3.6 litres

Recommended daily water intake. This may seem high but don't worry, try and build up to it gradually.

TIME	AMOUNT
07:00	400ml
09:00	400ml
11:00	400ml
13:00	400ml
15:00	400ml
17:00	400ml
19:00	400ml
21:00	400ml
22:00	400ml

Tips for Success

- Track your progress — weigh yourself twice a week and take progress pictures. Try not to get obsessed with the scale, it can be misleading.
- Prep meals in advance to save time and avoid temptation.
- Stay consistent with hydration — keep a water bottle with you throughout the day.
- Adjust portion sizes slightly if you feel consistently hungry or overly full.
- Focus on consistency over perfection — one missed meal won't derail your progress.

Important Disclaimer

This meal plan has been generated using artificial intelligence. It is your responsibility to review all ingredients for any known allergens, dietary restrictions, or health conditions. Please consult a healthcare professional if you have specific medical conditions or dietary concerns.