

# Meal Plan 1

## 9–10 AM – Breakfast (~400 kcal)

- 200g 0% fat Greek yogurt
  - 1 handful berries (e.g. blueberries)
  - 1 heaped tbsp granola (~20g)
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## 1–2 PM – Lunch (~500 kcal)

- 1 large wholemeal wrap
  - ~120g lean chicken breast (pre-cooked or deli)
  - Salad (lettuce, tomato, cucumber)
  - 1 tsp light mayo or mustard
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## 6–7 PM – Dinner (~600 kcal)

- 120g extra-lean beef mince (cooked with onions & spices)
  - 2 medium boiled or roasted potatoes
  - Steamed or microwaved green veg (broccoli, carrots, peas)
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## 9 PM – Snack (~200 kcal)

- 1 protein bar (Fulfil, Barebells, or Grenade – ~20g protein)



# Meal Plan 2



## 9–10 AM – Breakfast (~400 kcal)

- 2 boiled eggs
  - 1 medium banana
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## 1–2 PM – Lunch (~500 kcal)

- 1 large wholemeal wrap
  - ~100g lean turkey slices
  - Salad (spinach, tomato, cucumber)
  - 1 tsp cranberry or light cream cheese
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## 6–7 PM – Dinner (~600 kcal)

- 120g grilled chicken thigh or breast
  - 2 medium boiled or mashed potatoes
  - Roasted or steamed veg (courgettes, carrots, green beans)
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## 9 PM – Snack (~200 kcal)

- 200ml protein milk (e.g., Avonmore Protein Milk)
- 1 boiled egg or Babybel Light



# Meal Plan 3

## 9–10 AM – Breakfast (~400 kcal)

- 3-egg veggie omelette (spinach, tomato, mushroom — cooked night before if needed)
  - Optional ½ slice of wholemeal toast or a few cherry tomatoes on the side
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## 1–2 PM – Lunch (~500 kcal)

- 1 large wholemeal wrap
  - ~100g lean bacon medallions or ham
  - Salad (lettuce, cucumber, tomato)
  - 1 tsp light mayo or mustard
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## 6–7 PM – Dinner (~600 kcal)

- 120g lean back bacon or medallions
  - 2 medium boiled potatoes
  - Steamed or roasted green veg (peas, courgettes, carrots)
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## 9 PM – Snack (~200 kcal)

- 150g Skyr or Glenisk high-protein yogurt
  - Sprinkle of cinnamon or cocoa powder for flavour
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## Notes for all plans:

Drink water throughout the day.

Black coffee, tea, or sugar-free drinks are fine.

Keep boiled eggs, wraps, and protein bars/shakes stocked in your car or bag.

Most items can be picked up at petrol stations, delis, or prepared at home.

# Shopping List

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## Breakfast items

- ✓ 0% fat Greek yogurt / Skyr (individual pots or big tub)
  - ✓ Granola (look for low-sugar, ~4–5g sugar per serving)
  - ✓ Fresh or frozen berries (blueberries, strawberries, raspberries)
  - ✓ Bananas
  - ✓ Eggs (for boiling or omelettes)
  - ✓ Spinach, cherry tomatoes, mushrooms (for omelette)
  - ✓ Wholemeal bread (optional for toast)
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## Wraps & Lunch

- ✓ Wholemeal wraps (large, ~30g carbs each)
  - ✓ Cooked chicken breast (packs of sliced or fillets)
  - ✓ Lean cooked turkey slices or deli ham
  - ✓ Lean bacon medallions or back bacon
  - ✓ Light cream cheese or hummus (optional spread)
  - ✓ Mustard, light mayo or cranberry sauce (for flavour)
  - ✓ Mixed salad bags (lettuce, spinach, rocket, etc.)
  - ✓ Tomatoes, cucumbers, peppers (for wraps)
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## Dinners

- ✓ Extra-lean beef mince (5% fat or less)
  - ✓ Chicken breast or thighs
  - ✓ Lean back bacon or medallions
  - ✓ Medium white or baby potatoes
  - ✓ Mixed frozen or fresh vegetables:
    - Broccoli
    - Carrots
    - Peas
  - ✓ Olive oil or spray oil (optional)
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## Evening Snacks

- ✓ Protein bars (e.g., Fulfil, Grenade, Barebells — stock up for convenience)
  - ✓ High-protein milk drinks (e.g., Avonmore Protein Milk, UFIT)
  - ✓ Babybel Light or low-fat cheese
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## Other helpful items

- ✓ Black coffee / tea / sugar-free drinks
  - ✓ Water bottles
  - ✓ Salt, pepper, spices, herbs (to flavour your dinners and wraps)
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## Notes:

- Most of these items can be picked up at **SuperValu, Tesco, Dunnes, Lidl, Aldi, or petrol stations with M&S/SPAR/Centra.**
- Keep wraps, boiled eggs, and protein bars in your car/fridge for emergencies.
- Frozen veg and potatoes store well and are quick to cook or microwave.