

Weekly Meal Plan and Shopping List

Introduction

This document provides a weekly meal plan for a 20-year-old male in the UK, aiming for a daily intake of 2700 calories with 120-150g of protein. The plan is designed to support hair health, muscle recovery, and gym performance, while excluding onions, garlic, leeks, and salads. All meals are budget-friendly, costing between £1 and £4 each, quick to prepare within 5 to 45 minutes, and nutritionally balanced with 40-50% carbs. A detailed shopping list follows the meal plan to assist with preparation.

Weekly Meal Plan

The schedule below covers Monday to Sunday, with one meal from each category (Breakfast, Pre-Workout Meals, Tea Meals, Snacks, Post-Gym Dinner Meals) per day. Ingredients like oats are reused where applicable.

Day	Meals
Monday	<ul style="list-style-type: none">• Breakfast: Peanut Butter Banana Oat Bowl• Pre-Workout: Chicken and Rice Bowl• Tea Meal: Chicken and Rice Stir-Fry• Snack: Peanut Butter Apple Slices• Post-Gym Dinner: Grilled Chicken with Sweet Potato
Tuesday	<ul style="list-style-type: none">• Breakfast: Protein Pancakes with Berries• Pre-Workout: Sweet Potato and Turkey Skillet• Tea Meal: Turkey and Quinoa Bowl• Snack: Greek Yoghurt with Almonds• Post-Gym Dinner: Turkey and Quinoa Bowl
Wednesday	<ul style="list-style-type: none">• Breakfast: Almond Butter Apple Porridge• Pre-Workout: Chicken and Quinoa Bowl• Tea Meal: Salmon with Sweet Potato• Snack: Tuna and Crackers• Post-Gym Dinner: Salmon with Rice and Asparagus

Continued on next page

Day	Meals
Thursday	<ul style="list-style-type: none">• Breakfast: Greek Yoghurt Berry Parfait• Pre-Workout: Tuna Pasta with Peas• Tea Meal: Beef and Pasta Plate• Snack: Hard-Boiled Eggs with Rice Cakes• Post-Gym Dinner: Beef and Pasta Bake
Friday	<ul style="list-style-type: none">• Breakfast: Chocolate Protein Smoothie Bowl• Pre-Workout: Egg and Sweet Potato Wrap• Tea Meal: Chicken and Sweet Potato Mash• Snack: Almond Butter Toast• Post-Gym Dinner: Chicken and Couscous Plate
Saturday	<ul style="list-style-type: none">• Breakfast: Egg and Spinach Muffin• Pre-Workout: Turkey and Rice Stir-Fry• Tea Meal: Turkey with Rice and Peas• Snack: Turkey Jerky and Apple• Post-Gym Dinner: Turkey and Sweet Potato Mash
Sunday	<ul style="list-style-type: none">• Breakfast: Cottage Cheese Fruit Bowl• Pre-Workout: Salmon and Couscous Plate• Tea Meal: Salmon and Quinoa Plate• Snack: Chia Pudding with Berries• Post-Gym Dinner: Tuna and Quinoa Salad

Shopping List

This list includes all ingredients for the week, estimated for 7 servings per meal type. Total cost is approximately £113.95, adjustable with bulk purchases or store brands.

Grains & Cereals

- Rolled oats (500g)
- Jasmine rice (700g)
- Quinoa (700g)
- Wholemeal pasta (700g)
- Couscous (560g)
- Wholemeal bread (1 loaf, 800g)
- Wholemeal tortillas (7, 420g)
- Rice cakes (28, 280g)
- Wholemeal English muffins (7, 420g)

Proteins

- Chicken breast (1050g)
- Ground turkey (1050g)
- Salmon fillets (1050g)
- Lean beef mince (840g)
- Lean beef steak (1050g)
- Canned tuna in water (drained, 1080g)
- Turkey jerky (210g)
- Turkey slices (350g)
- Eggs (28 large)
- Whey protein powder (vanilla, 210g; chocolate, 60g)
- Greek yoghurt (full-fat, 1450g)
- Cottage cheese (700g)
- Firm tofu (1050g)
- Cheddar cheese (140g)
- Cream cheese (15g)
- Smoked salmon (350g)
- Protein bars (7, 280g total)

Fruits & Vegetables

- Bananas (7 medium, 840g)
- Apples (8 medium, 1200g)
- Mixed berries (700g)
- Mango (200g)
- Pineapple chunks (100g)
- Orange (1 medium, 130g)
- Sweet potatoes (2450g)
- Avocado (35g)
- Broccoli (700g)
- Green beans (900g)
- Spinach (550g)
- Asparagus (200g)
- Cucumber (500g)
- Courgette (100g)
- Frozen peas (200g)

Nuts, Seeds & Spreads

- Peanut butter (165g)
- Almond butter (30g)
- Almonds (90g)
- Walnuts (20g)
- Pumpkin seeds (5g)
- Chia seeds (55g)
- Dried cranberries (20g)

Oils & Condiments

- Olive oil (105ml)
- Soy sauce (15ml)
- Honey (35ml)
- Lemon juice (15ml)
- Salt
- Pepper
- Paprika

Notes

- A 500g bag of oats covers multiple oatmeal-based meals.
- Cook rice, quinoa, and sweet potatoes in bulk for efficiency.
- Store prepped ingredients in the fridge for 2-3 days.
- Adjust quantities based on package sizes or preferences.
- Available at Tesco or Sainsburys; check pantry staples to avoid duplicates.