

LOW BUDGET MEAL PLAN

meal	ingredients	kcal	protein	carbs	fat
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Meal 1

option 1	300g 0% greek yogurt, 150g berries, 30g oats, 15g almonds & stevia	500	35g	65g	9g
option 2	3 eggs, 2 egg whites, 2 slices wholemeal bread	500	33g	40g	20g
option 3	2 scoops whey, 30g oats, 150g berries, 1 banana	463	40g	60g	7g

Meal 2

option 1	180g chicken thigh, 150g rice, 100g veg	550	38g	60g	18g
option 2	180g tuna, 30g light mayo, 2 wholemeal wraps, peppers/onion,	560	42g	50g	14g
option 3	3 eggs, 2 egg whites, 50g turkey slices, 2 slices wholemeal bread	520	40g	45g	20g

Snack

option 1	Tin tuna, 2 tbsp light mayo, 4 rice cakes, 1 banana	370	27g	45g	7g
option 2	250g 0% greek yogurt, 100g berries, 15g almonds, 1 banana	340	29g	55g	7g



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Meal 3

option 1	180g lentils, 3 whole eggs, 150g potatoes, 100g veg	560	40g	65g	20g
option 2	180g lean mince, 150g potatoes, 100g veg	560	38g	55g	18g
option 3	180g chicken breast, 150g rice, 100g veg	500	40g	60g	10g

Pre-workout

option 1	500ml coconut water	110	0g	28g	0g
option 2	500ml isotonic drink	120	0g	30g	0g
Day total	-	1900-2200 kcal	190-210g	220-300g	50-65g



The Key For Sticking To A Meal Plan

This meal plan includes two options. Both are set at roughly the same calorie range, coming in at around 2000 to 2300 calories per day.

One option is a low-budget meal plan, which focuses on lower-cost, accessible foods.

This was designed to ensure that nothing included is unrealistic or difficult to afford, as food costs are an important factor for most people. The second option is a no-budget meal plan, which includes some higher-quality and more expensive food choices for those who prefer that approach.

The diet itself is built around healthy, whole foods. No supplements have been included at this stage, and that decision is intentional. Ideally, the majority of vitamins, minerals, and micronutrients should come from food to support brain health, hormone function, and overall physiological function. Without blood work, it is not possible to know what deficiencies may be present, so this plan is designed to cover all nutritional bases through diet alone.



Workout Programme

Exercise name	Sets / Reps
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Day 1 - Back & Triceps

Seated Cable Row (Shoulder-width)	3 sets: 15 / 12 / 10
T-Bar Row (Pronated)	3 sets: 15 / 12 / 10
Pull-Ups (Wide Grip)	1 set weighted: 638, 1 set bodyweight: max reps
Chin-Ups	1 set weighted: 638, 1 set bodyweight: max reps
Smith Machine Tricep Push-Ups	3 sets: 20 / 15 / 10
Cable Straight-Bar Pushdowns	3 sets: 15 / 12 / 10
GHD Reverse Hyperextension (Weighted)	2 sets: 15 / 10
Cross Rear Cable Fly	3 sets: 20 / 15 / 10



Workout Programme

Exercise name	Sets / Reps
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Day 2 - Chest, shoulders and biceps

Cable Flyes	2 sets: 15 / 12
Flat Dumbbell Press	3 sets: 15 / 12 / 10
Incline Smith Machine Press	3 sets: 15 / 12 / 10
Smith Machine Shoulder Press	3 sets: 15 / 12 / 10
Cable Lateral Raises	3 sets: 20 / 15 / 10
Cable Spider Curls (EZ Bar)	3 sets: 15 / 12 / 10
Alternating Dumbbell Bicep Curls	2 sets: 20 / 16 / 12



Workout Programme

Exercise name	Sets / Reps
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Day 3 - Legs

Nordic Curls	4 sets: max reps
Smith Machine Bulgarian Split Squat	3 sets: 15 / 12 / 10
Barbell Pause Squat	3 sets: 15 / 12 / 10

Superset:

Leg Extensions	3 sets: 15
Hip thrust	3 sets: 15



Workout Programme

Exercise name	Sets / Reps
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Day 4 - Arms and Calfs

Single-Arm Dumbbell Preacher Curl	3 sets: 15 / 12 / 10
EZ Bar Curl	3 sets: 15 / 12 / 10
Cable Overhead Tricep Extension	3 sets: 15 / 12 / 10
Tricep Cable Crossovers	3 sets: 15 / 12 / 10
Single-Arm Dumbbell Forearm Curls	3 sets: 30 / 20 / 10
Cable Spider Curls (EZ Bar)	3 sets: 15 / 12 / 10
Cable spider curls on incline bench	3 sets: 20 / 15 / 10
Seated Calf Raises	4 sets: 20 / 15 / 10 / 20



Workout Programme

Day	Training focus
Monday	Back & Triceps
Tuesday	Cardio & Abs
Wednesday	Chest, shoulders, biceps
Thursday	Rest / recovery
Friday	Legs
Saturday	Arms, calves and cardio
Sunday	Rest / recovery

Core / abs	sets / rounds	reps / time
GHD Sit-Ups (Isometric)	5 rounds	30-45 second holds
OR GHD Sit-Ups (Full Range)	3-4 sets	10-20 reps (add weight if needed)
Hanging Leg Raises / Toes-to-Bar (Strict)	3-4 sets	10-15 reps
Cable Rope Crunch	3-4 sets	15-20 reps



Your blueprint to becoming the best, most shredded version of yourself.

Body weight fluctuations of 1-3 pounds daily are normal due to changes in hydration, glycogen storage, and digestive contents. Relying solely on scale weight creates unnecessary stress and can lead to poor decisions.

Progress Monitoring Methods:

- Weekly body weight averages
- Progress photographs (same lighting, poses, and time of day)
- Body circumference measurements
- BIA Systems (only the best!)

When to Adjust

Fat loss should average 1.5-2 pounds per week during the initial phases. When progress stalls for 10-14 days despite consistent adherence, consider the following adjustments:

Increase daily activity by
2,000- 3,000 steps

Add one additional cardio
session

Reduce calories by 100-200
daily

Implement a refeed day (only
once the above have been
actioned)

Make one adjustment at a time and allow 7-10 days to assess effectiveness before making further changes.





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FAT LOSS BLUEPRINT

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This guide is designed to help you build muscle, strip fat, and realistically get you into the best shape of your life. Everything inside it is based on what I personally do. I don't teach theory, I don't sell hype, and I don't share anything I haven't lived, tested, and applied myself for years. I'm someone who tries things, experiments with different training styles, different diets, and different approaches over time, and I only pass on what has actually worked long term in the real world.