

Project 62 – 6-Day Starter Meal Plan

Consistency, Balance, and Progress

Welcome Message from Ian

Hi, I'm Ian — a fitness and nutrition enthusiast who believes in balance over restriction. This 6-Day Starter Journey is designed to help you ease into a structured, high-protein, low-stress routine that's practical, sustainable, and delicious. Use this guide to kickstart your transformation — and remember, consistency always beats perfection.

The 60/20/20 Philosophy

60% Diet – clean, balanced meals prepared with intention.

20% Consistency & Sustainability – staying on track through planned meal prep and delivery.

20% Movement – simple, effective exercise for lasting results.

Weekly Flow

- Monday–Wednesday: 6 distinct balanced dishes
- Thursday–Saturday: Repeat same dishes for rhythm and simplicity
- Sunday: Rest or flexible meals

Daily Meal Guide

Monday

Lunch: 200g Broccoli, 140g Air-fried Salmon, 55g Chicken Breast.

Dinner: 3–5 Scrambled Eggs with Chicken Breast. Dessert: Protein Powder + Chobani Greek Yogurt.

Tuesday

Lunch: 200g Broccoli, 150g Baked White Fish, 50g Tofu. Dinner: Grilled Chicken Thigh + Mixed Greens. Dessert: Protein Powder + Greek Yogurt + Cinnamon.

Wednesday

Lunch: 180g Air-fried Tilapia, 100g Pumpkin, 100g Broccoli. Dinner: Stir-fried Egg Whites + Chicken Slices. Dessert: Protein Powder + Yogurt + Berries.

Thursday–Saturday

Repeat the same 6 dishes from Mon–Wed for routine and convenience.

Weekly Balance

Aim for 2,500 calories per day (15,000–20,000 per week). Some weeks may be in surplus, some in deficit — that's okay. Prioritize whole food, high-protein meals, and allow 1–2 flexible days.

Coach's Note

I designed this plan to make nutrition simple and enjoyable. Stay consistent, enjoy your meals, and let your progress speak for itself.