

JAMES ROBERTSON
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EXAMPLE MEAL PLANS

Based On Your
Require Calorie Intake.





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'Get fit in the gym, lose weight in the kitchen!'

As you know the dieting battle is won or lost in the kitchen as fat loss is determined purely by energy balance, calories in Vs calories out.

Now wouldn't it be nice if it was that simple.....

Theoretically it is that simple from a scientific perspective, however what is not taken into consideration is the 2 biggest causes for people to fail their dieting campaign.

1. Boredom
2. Consistent hunger
3. Lack of available time

Implementing the right diet management system is vital to achieving optimal results when it comes changing your fat to muscle ratio. That said I have created 3 different options for you to choose from depending on the barriers affecting your dietary choices. These are:

Calorie tracking.

The flexible dieting approach where you enjoy the food you want to eat however ensure you hit both a calorie and protein target each day and you track your food on a tracking app such as 'My Fitness Pal'.

My Meal Plan Pack.

Use my 'Example Meal Plan' book combined with my 3 recipe books to follow and enjoyable and targetted diet without the need to caloire track.

Intuitive eating.

You make changes to your diet based on a 80/20 principle where you ensure 80% of your diet is based on low calorie and highly nutritious food as explained within my 'Make friends with your food' ebook.



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That said as always I want to make your life as easy as possible...

So once you have you been onto my calorie calculator found at

www.JamesRobertson.fitness/calorie-calculator

and received your calorie and protein targets then within this book will be 4 different meal plans available to you based on that calorie goal. This means you can start hitting your calorie targets right now (well, after you've been food shopping) without too much fuss, making the initial process stress free.

The meal plans also offer a variety and give you an idea as to how much food your calorie goal will include. There is a wide range of plans available for different calorie targets, so you can easily modify your calorie intake to ensure you achieve consistent results. There are also 3 recipe books included which allow you to enjoy a varied but trackable diet.

So as Ainsley Harriot used to say,

READY, STEADY, COOK....



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1400KCAL

MEAL PLAN 1

CALORIES = 1403 PROTEIN = 80G
CARBS = 88G FAT = 80G

MEAL PLAN 2

CALORIES = 1401 PROTEIN = 88G
CARBS = 61G FAT = 90G

MEAL 1

- 2x Slice Soda Bread
- 100g Smoked Salmon
- 2x Tbsp Cream Cheese

MEAL 1

- 3x L Eggs Scrambled
- 100g Avacado
- Cherry Tomatos
- Handful Spinach

MEAL 2

- 2x L Boiled Eggs
- 2x Slices deli ham
- 6x L Olives
- 100g Avocado
- Handfull lettuce
- Tomatos
- Cucumber

MEAL 2

- Pear cured ham + Walnut salad
- (Fat Fighter recipe book)

MEAL 3

- Jerk Chicken and
- Cauliflower Rice
- (Fat Fighter recipe book)

MEAL 3

- 200g Rump Steak
- 100g New Potatoes
- 100g Broccoli

SNACKS

- 25g Packet Beefjerky

SNACKS

- 1x Apple



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1400KCAL

MEAL PLAN 3

**CALORIES = 1401 PROTEIN = 86 G
CARBS = 163G FAT = 45G**

MEAL 1

- 250g Natural Yoghurt
- 50g Blueberries
- 1 tbsp Honey
- 100g Banana
- 24g Almonds

MEAL 2

- 1x Plain Bagel
- 100g Chicken
- 30g Mozarella
- Lettuce
- 1 tbsp Mayo

MEAL 3

Turkey and Broccoli Stir fry
(Muscle Maker recipe book)

SNACKS

MEAL PLAN 4

**CALORIES = 1421 PROTEIN = 106G
CARBS = 112G FAT = 61G**

MEAL 1

- Protein Porridge
- (Pushed for time recipe book)

MEAL 2

- 2x L Eggs boiled
- 2x Bacon Rashers
- 100g Avocado
- Lettuce
- Cherry Tomatoes
- Cucumbrer

MEAL 3

- Pork Meatballs
- (Pushed for time recipe book)
- 150g Jacket Potato

SNACKS

- 25g Beef Jerky
- 100g Apple



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1500KCAL

MEAL PLAN 1

CALORIES = 1502 PROTEIN = 110G
CARBS = 161G FAT = 68G

MEAL PLAN 2

CALORIES = 1496 PROTEIN = 104G
CARBS = 130G FAT = 62G

MEAL 1

- 3x Large Eggs
- 80g Smoked Salmon
- Handful of spinach
- 1x tbsp flax seed

MEAL 1

- 200g Yoghurt
- 2 tbsp peanut butter
- 2x tsp sweetener

Mix all together
Add a choice of fruit topping

MEAL 2

- 1x Medium Tortilla
- 130g Chicken Breast
- Choice of salad filling
- 1x tbsp Mayo

MEAL 2

- 1/2 bag of Rocket
- 1/2 Pear
- 50g blue Cheese
- 2 slices Deli Ham
- 15g Walnuts

MEAL 3

- 130g Haddock
- 200g New Potatoes
- Variety of mixed coloured veg

MEAL 3

- 200g Grilled Chicken
- 100g Cous Cous
- Tender Stem broccoli
- Cherry Tomatoes

SNACKS

- 30g Walnuts
- 100g Avocado

SNACKS

- 1 medium banana
- 1 tbsp Honey
- 200g Summer Fruits



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1500KCAL

MEAL PLAN 3

**CALORIES = 1506 PROTEIN = 106G
CARBS = 138G FAT = 59G**

MEAL PLAN 4

**CALORIES = 1502 PROTEIN = 110G
CARBS = 144G FAT = 54G**

MEAL 1

- 3 Large poached eggs
- 1 Slice of bread
- Rocket on the side

MEAL 1

- 240ml Almond Milk
- 40g Oats
- 1 scoop Whey Protein
- 1 medium banana
- 15g Walnuts

MEAL 2

- Walnut and salmon salad
- Handful of lettuce
- 16g Walnuts chopped
- 80g Smoked Salmon
- Handful of strawberries
- 50g blue cheese
- Choice of dressing

MEAL 2

- Honey Chicken
- 100g Rice Noodles (Cooked)
- 100g Broccoli steamed

MEAL 3

- 150g Steak
- 120g Mash Potato
- Garlic Mushrooms

MEAL 3

- 200g Salmon
- 100g Runner Beans
- 100g New Potatoes

SNACKS

- 50g Beef Jerky

SNACKS

- 30g Walnuts
- 50g Apple

Honey Chicken
1 tbsp honey
1 tbsp Worcestershire Sauce
1/2 chicken oxa
Marinate the chicken



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1600KCAL

MEAL PLAN 1

CALORIES = 1601 PROTEIN = 89G
CARBS = 139G FAT = 40G

MEAL PLAN 2

CALORIES = 1604 PROTEIN = 135G
CARBS = 131G FAT = 60G

MEAL 1

- 4x Large Eggs scrambled
- 1x Slice Multi seed bread
- 1x medium tomato sliced

MEAL 1

High Berry Protein Pancakes
(The Muscle Maker recipe book)

MEAL 2

- 1x Tin of tuna in spring water
- 1x 200g Jacket Potato
- 50g Sweetcorn
- 2 tbsp Fat Free mayo

MEAL 2

- 150g Grilled Chicken
- 150g Cooked cous cous
- 100g Broccoli
- 100g carrots

MEAL 3

- Chicken Fajita
- 200g Chicken breast
- 100g Pepper
- 50g Onion
- 1x 10 inch tortila

MEAL 3

- 100g cooked Pad Thai noodles
- 100g King Prawns
- 100g Chicken
- 100g Broccoli
- 100g Mushrooms
- Add soy sauce and chilli flakes to flavour.

SNACKS

- 50g Beef Jerky
- 100g Banana

SNACKS

- 30g Almonds



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1600KCAL

MEAL PLAN 3

CALORIES = 1594 PROTEIN = 106G CARBS = 155G FAT = 56G

MEAL 1

- 1x Medium Plain Bagel
- 2x tbsp Cream Cheese
- 80g Smoked Salmon

MEAL 2

- 1x Tortilla Wrap
- 150g Chicken
- Handful Lettuce
- 1x Tbsp Mayo

MEAL 3

Cajun Beef and Veg Rice
(The Muscle Maker recipe book)

SNACKS

- 25g Almonds

MEAL PLAN 4

CALORIES = 1600 PROTEIN = 105G CARBS = 153G FAT = 58G

MEAL 1

- 300g Total Yoghurt
- 1 tbsp Honey
- 100g summer fruits
- 25g Chopped Almonds

MEAL 2

- 100g Grilled Chicken
- 2 slices deli ham
- 25g Walnuts chopped
- Selection of salad items

MEAL 3

- 150g Rump Steak
- 100g Chopped Potato
- 200g Garlic Mushrooms
- 2 Medium Tomatoes
- 100g Broccoli

SNACKS

- 100g Banana
- 150g Apple
- 1 tbsp peanut butter



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1700KCAL

MEAL PLAN 1

CALORIES = 1704 PROTEIN = 99G
CARBS = 114G FAT = 78G

MEAL PLAN 2

CALORIES = 1694 PROTEIN = 134G
CARBS = 96G FAT = 86G

MEAL 1

- 4x Large eggs scrambled
- 1 slice seeded bread

MEAL 1

- 4x Heck Chicken sausages
- 2x Large fried eggs
- 2x Bacon
- 3x large handfuls fried kale

MEAL 2

- 100g Grilled Chicken
- 100g Avocado
- 8 Olives
- Lettuce and Tomato
- 20g Cheddar Cheese

MEAL 2

- 150g Grilled Chicken
- 1x Tortilla wrap
- 25g Cheese
- 1 tbsp Heinz bbq sauce
- Handful of Spinach

MEAL 3

- Honey Chicken
- 125g New Potatoes
- 100g Broccoli

MEAL 3

- 150g Salmon fillet
- 100g Asparagus
- 150g New Potatoes
- 100g Broccoli

SNACKS

- 25g Almonds
- 150g Apple
- 1 tbsp Peanut butter

SNACKS

- 25g Almonds
- 30g Dark chocolate

Honey Chicken recipe on page 13.



MEAL PLAN 3

CALORIES = 1691 PROTEIN = 116G
CARBS = 134G FAT = 76G

MEAL PLAN 4

CALORIES = 1707 PROTEIN = 129G
CARBS = 122G FAT = 78G

MEAL 1	High Protein Pancakes (The Muscle Maker recipe book)
MEAL 2	<ul style="list-style-type: none"> • 150g Grilled Chicken • 100g Asparagus • 100g Broccoli • 100g (cooked) Pad Thai noodles
MEAL 3	<ul style="list-style-type: none"> • 150g Steak • 150g Boiled potatoes • 200g Cabbage steamed
SNACKS	<ul style="list-style-type: none"> • 25g Almonds • 30g Dark chocolate

MEAL 1	<ul style="list-style-type: none"> • 80g Smoked Salmon • 3x Large eggs • 80g Avocado • Handful of spinach
MEAL 2	Cucumber, Avocado and Chicken salad. (The Fat Fighter recipe book)
MEAL 3	<ul style="list-style-type: none"> • Bolognese • 200g Turkey Mince • 1 tin chopped tomatoes • 100g Carrot • 100g Peas
SNACKS	<ul style="list-style-type: none"> • 22g Walnuts • 22g Walnuts

Recipes on the next page





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1700KCAL

Honey Chicken

1. 2x Boneless Chicken Thigh
2. Marinade
3. 1 tbsp honey
4. tbsp Worcestershire Sauce
5. 1/2 chicken stock cube
6. Mix together and then cover the chicken before frying

Bolognesse

1. Cook the mince in a pan with fry light
2. Add the carrots and peas
3. Add the tomatoes
4. Season to taste



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1800KCAL

MEAL PLAN 1

CALORIES = 1804 PROTEIN = 158G CARBS = 96G FAT = 85G

MEAL PLAN 2

CALORIES = 1795 PROTEIN = 145G CARBS = 151G FAT = 67G

MEAL 1

- 4x Heck Sausages
- 2x Eggs
- Handful of spinach
- 60g Avocado

MEAL 1

- 50g Porridge with Almond Milk
- 3x Large eggs
- 30g Walnuts

MEAL 2

- 150g Grilled Chicken
- 1x Tortilla
- 2x Tbsp Mayo
- Selection of salad items

MEAL 2

- 100g King Prawns
- 100g chicken
- 100g Black beans
- 100g Peas
- fry together with garlic
- 100g Pad Thai noodles

MEAL 3

- 200g Haddock
- 200g New Potatoes
- 100g Asparagus
- 100g Broccoli
- 1 tsp Olive Oil

MEAL 3

- 150g Rump Steak
- 200g Garlic Mushrooms
- 200g Broccoli
- 1 Large Tomato baked
- 120g Jacket Potato

SNACKS

- 30g Walnuts

SNACKS

- 200g Total Yoghurt
- 100g Pear



MEAL PLAN 3

CALORIES = 1803 PROTEIN = 124G CARBS = 115G FAT = 87G

MEAL PLAN 4

CALORIES = 1796 PROTEIN = 160G CARBS = 201G FAT = 39G

MEAL 1

- 3x Large Eggs
- 80G Smokend Salmon
- 140g Avocado
- Handful of spinach

MEAL 1

Protein Porridge
(Pushed for Time recipe book)

MEAL 2

Waldorf Chicken Salad
(The Muscle Maker recipe book)

Packet of Beef Jerky.

MEAL 2

- 1x Plain Bagel
- 4x Heck Sausages (cooked in the oven)
- Handful of spinach
- tbsp ketchup
- Packet of beef jerky

MEAL 3

- Chicken Fajitas
- 150g Chicken
- Peppers and Onions
- Fajita Mix
- 2x Bacon Rashers
- 1x Tortila

MEAL 3

- Breaded Chicken
- 150g Chicken
 - 1x Large egg
 - 25g Bread Crumbs
 - 200g Broccoli
 - 200g Asparagus
 - 200g New Potatoes

SNACKS

- 80g Banana

SNACKS

- 200g Banana
- 1 tbsp Peanut Butter
- 1 Rice Cake

Breaded Chchicken Recipe on the next page





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1800KCAL

Breaded Chicken

- Cut up the chicken into chunks
- Cover the chicken in egg
- Then cover the eggy chicken in bread crumbs
- Place in a pan to fry.



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1900KCAL

MEAL PLAN 1

CALORIES = 1895 PROTEIN = 146G CARBS = 108G FAT = 97G

MEAL PLAN 2

CALORIES = 1890 PROTEIN = 116G CARBS = 119G FAT = 105G

MEAL 1

- 1x Plain Bagel
- 80g Smoked Salmon
- 2x Tbsp Cream Cheese
- Handful of Spinach

MEAL 1

- 3X large eggs scrambled
- 2x Bacon rashers
- 1x Seeded bread slice

MEAL 2

- 130g Chicken Breast
- 100g Avocado
- Handful of rocket
- 2x Rice Cakes with 1 tbsp Peanut butter

MEAL 2

- Protein Salad
- 130g Chicken Breast
 - Deli Ham x2
 - 2x Eggs
 - Handful Spinach
 - Handful of Watercress
 - Handful of Rocket

MEAL 3

- 200g Haddock
- 100g Asparagus
- 200g Broccoli
- 2x Large grilled tomatos
- 200g Total Yoghurt

MEAL 3

- Jerk Chicken
- 130g Chicken + Jerk seasoning
 - 200g New Potatoes
 - 150g Asparagus
 - 1tsp Olive Oil

MEAL 4

- 70g Walnuts

MEAL 4

- 2x Tbsp Peanut butter
- 2x Rice Cakes
- 40g Walnuts



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1900KCAL

MEAL PLAN 3

CALORIES = 1911 PROTEIN = 140G CARBS = 166G FAT = 61G

MEAL 1

- 200g Total Yoghurt
- Handful Blueberries
- Handful Raspberries
- 30g Walnuts
- 110g Banana
- 25g Mixed Seeds

MEAL 2

- 1x Tortila
- 150g Chicken
- Handful lettuce
- Tbsp Peri Peri Chicken

MEAL 3

- 150g Rump Steak
- 200g New Potatoes
- 1 Large grilled tomato
- 100g Garlic Mushrooms
- 100g Asparagus

MEAL 4

- 1x Plain Bagel
- 1 Tbsp Cream Cheese
- 25g Packet Beef Jerky

MEAL PLAN 4

CALORIES = 1916 PROTEIN = 158G CARBS = 186G FAT = 60G

MEAL 1

- 3 Large Eggs
- 400g Tin Mixed Beans
- 400g Chopped Tomatos
- 1x Slice seeded bread

MEAL 2

- 100g cooked Pad Thai noodles
- 100g Chicken breast
- 100g King Prawns
- 100g Broccoli
- Whole Pak Choi

MEAL 3

- 4x Chicken Heck Sausages
- 200g Pre made mash
- 200ml Gravy
- 200g Broccoli

MEAL 4

- 200g Total Yoghurt
- 1x Tbsp Honey
- Handful Blueberries
- 50g Almonds



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2000KCAL

MEAL PLAN 1

CALORIES = 2060 PROTEIN = 159G CARBS = 116G FAT = 107G

MEAL PLAN 2

CALORIES = 2032 PROTEIN = 158G CARBS = 199G FAT = 66G

MEAL 1

- 4x L Eggs scrambled
- 100g Avocado
- Handful of Spinach
- Handful of watercress

MEAL 1

Protein Porridge
(Pushed for time recipe book)
1x Large egg

MEAL 2

- 1x Plain Bagel
- 50g Mozzarella Cheese
- 100g Chicken
- 4x Sun dried tomato slices

MEAL 2

- Chicken Fajita Tortila
- 150g Chicken (mix with Fajita mix)
- 1x Tortila
- 30g Cheese
- 1x Tomato
- Handful Lettuce

MEAL 3

- 150g Chicken
- 30g Walnuts
- 100g Avocado
- 1x M Tomato
- Handful of lettuce

MEAL 3

- 1x Tin Tuna
- 2x Tbsp Mayo
- 1x Plain Bagel

MEAL 4

- 200g Gammon Steak
- 200g Jacket Potato
- 2x Tsp Butter
- 100g Broccoli

MEAL 4

- 200g Cod Fillet
- 200g Boiled Potatoes
- 100g Steamed cabbage
- 100g Carrots



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2000KCAL

MEAL PLAN 3

CALORIES = 2010 PROTEIN = 178G CARBS = 164G FAT = 70G

MEAL 1

- 1x Plain Bagel
- 2x Tbsp Cream Cheese
- 80g Smoked Salmon

MEAL 2

- 1x Pitta
- 150g Chicken
- 30g Cheese
- 2x Tbsp BBQ Sauce
- 100g Apple

MEAL 3

- 50g Mozzarella Cheese
- 100g Chicken
- 50g Cherry Tomotes
- 30g Walnuts
- Selection of salad items

MEAL 4

- 150g Rump Steak
- 200g New Potatoes
- 200g Broccoli
- 125g Total Yoghurt

MEAL PLAN 4

CALORIES = 2003 PROTEIN = 137G CARBS = 167G FAT = 87.5G

MEAL 1

High Protein blueberry pancakes. *Double portion* (The Muslce Maker recipe book)

MEAL 2

- 2x Bacon Rashers
- 3x L Eggs
- 100g Avocado
- 1x Chopped red pepper

MEAL 3

- 150g Chicken
- 150g Apple
- 20g Walnuts
- 1x tbsp Mayo
- 1x Stick celery
- 2x Slices of Deli ham
- Selection of salad items
- 1x tbsp lemon juice

MEAL 4

- 150g Chicken
- 200g Cous Cous (cooked)
- 200g Asparagus



MEAL PLAN 1

CALORIES = 2119 PROTEIN = 154G CARBS = 164G FAT = 99G

MEAL PLAN 2

CALORIES = 2176 PROTEIN = 174G CARBS = 168G FAT = 84G

MEAL 1

- 3x Heck Sausages
- 3x L Eggs
- 1/2 Tin Beans
- 1x Slice Multi Seed bread

MEAL 2

- 100g Chicken
- 3 tbsp Mayo
- 200g Jacket Potato
- 1x Tsp Butter

MEAL 3

- 100g Chicken
- 50g Mozzarella Cheese
- 100g Apple
- 1/2 Avocado
- Handful of spinach
- Handful of rocket

MEAL 4

- 200g Gammon Steak
- 1x Pinapple Ring
- 200g New Potatoes
- 100g Peas

MEAL 1

- Protein Porrdige
- 50g Porridge Oats
- 1/2 pint milk
- 35g Protein powder
- Add powder after cooking.
- 2 L eggs

MEAL 2

- 150g Chicken with Jerk spices
- 1x Tortila
- 100g Avocado
- Lettuce and tomato

MEAL 3

Chicken and Orange Walnut salad
(The Muscle Maker recipe book)

MEAL 4

- Bolognese
- 200g Lean Beef Mince
 - Onion Oxo, garlic, paprika
 - 1x Tin chopped tomatos
 - Handful of Spinach
 - 1x Slice seeded bread



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2100KCAL

MEAL PLAN 3

CALORIES = 2163 PROTEIN = 160G
CARBS = 180G FAT = 78G

MEAL 1

- 1x Plain Bagel
- 2x tbsp Cream Cheese
- 3x Bacon Rashers

MEAL 2

- 150g Chicken
- 100g Runner beans
- 100g Broccoli
- 100g Pad Tahi noodles (cooked)
- 50g Feta Cheese
- Soy Sauce + Chilli flakes

MEAL 3

- 1x Tortila
- 80g Smoked Salmon
- 50g Mozzarella Cheese
- Spinach
- Tomato
- 1xtbsp Garlic Mayo

MEAL 4

- 150g Chicken (Lemon + Herb)
- 200g Broccoli
- 100g Asparagus
- 200g New Potatos
- 100g Total Yoghurt

MEAL PLAN 4

CALORIES = 2142 PROTEIN = 160G
CARBS = 128G FAT = 110G

MEAL 1

- 3x L Eggs
- 100g Avocado
- 2x Bacon Rashers
- 1x Tbsp Garlic Mayo

MEAL 2

- 150g Chicken
- 1 Pineapple ring
- 100g Cooked Brown rice
- 150g Mushrooms
- 30g Walnuts

MEAL 3

- 4x Chicken Heck Sausages
- 1x Pitta Bread
- 50g Mozzarella Cheese
- Lettuce and Tomato
- 1x Tbsp Mayo

MEAL 4

- 150g Rump Steak
- 200g Boiled Potatoes
- 200g Garlic Mushrooms
- 100g Cabbage



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2100KCAL

Bolognese

- Cooked the onions garlic and smoked paprika
- Add the mince and cook with a beef o xo
- Add in the chopped tomatos
- Throw in the spinage until the whilts



MEAL PLAN 1

CALORIES = 2263 PROTEIN = 179G CARBS = 134G FAT = 96G

MEAL 1

- 4x L Eggs - Scrambled
- 2 Slices of Deli Ham
- Chopped and fried kale
- 120g Avocado

MEAL 2

- 20g Chicken
- Tin Chopped Toms
- 200g Drained lentils
- Handful of Spinach
- Chilli flakes
- 120g Jacket Potato

MEAL 3

- 1x Plain Bagel
- 100g Mozzarella cheese
- 1x M Tomato
- 1 tbsp garlic mayo

MEAL 4

- Gammon Steak
- 1x Pineapple Slice
- 100g Peas
- 130g Mash Potato

MEAL PLAN 2

CALORIES = 2265 PROTEIN = 187G CARBS = 132G FAT = 110G

MEAL 1

- 50g Porridge
- 200g Total Yoghurt
- 30g Walnuts
- 1x 35g Scoop Protein powder

MEAL 2

- 4 L Eggs
- 3 Bacon Rashers
- 100g Avocado
- Handful of Spinach

MEAL 3

- 150g Chicken
- 2x Slices deli ham
- 1x Tortilla
- Selection of salad items
- 1x Tbsp Garlic Mayo

MEAL 4

- 200g Salmon Fillet
- 150g Cooked Cous Cous
- 200g Broccoli



MEAL PLAN 3

CALORIES = 2200 PROTEIN = 184G CARBS = 208G FAT = 69G

MEAL PLAN 4

CALORIES = 2208 PROTEIN = 164G CARBS = 166G FAT = 100G

MEAL 1	<ul style="list-style-type: none"> • Protein Waffles
MEAL 2	<ul style="list-style-type: none"> • 1x Tin of Tuna and oil • 8x L Olives • 50g Feta Cheese • 2 tbsp Salad dressing • Selection of salad items
MEAL 3	<ul style="list-style-type: none"> • 150g Chicken • 200g Cous Cous • 200g Broccoli • 100g Brussels
MEAL 4	<ul style="list-style-type: none"> • 200g Haddock • 200g Boiled Potatoes • 150g Carrots • 100g Peas

MEAL 1	<ul style="list-style-type: none"> • 1x Plain Bagel • Peanut butter x2 tbsp • Smoothie • 1x ScOOP Whey Protein • 50g Blueberries • Handful of spinach
MEAL 2	<ul style="list-style-type: none"> • 2 Slices Deli ham • 100g Cheddar Cheese • Tomato • Gherkin • 6x Olives • 1x Slice Soda Bread
MEAL 3	<ul style="list-style-type: none"> • Chicken Pizza • 150g Chicken Breast • 100g Mozzarella cheese • Tomato Puree x2 tbsp • Worcestershire Sauce
MEAL 4	<ul style="list-style-type: none"> • Shakshuka (Pushed for time recipe book) • 150g New Potatoes • 150g Broccoli

Recipes on the next page





Chicken Breast Pizza

- Butterfly the chicken and cook in the oven
- Add the tomato puree and mozzarella and grill
- Add the worcestershire sauce

Protein Waffles

- 80g Porridge Oats
- 2x L Eggs
- Splash of milk
- Mixed Spice
- 100g Total Yoghurt
- Handful of blueberries
- Waffle Maker

(if you do not have a waffle maker you can use the mix to make pancakes.)


Waffle recipe

1. Blend the oats to a fine powder
2. Mix in a splash of milk, the 2 eggs and the mixed spice.
3. Pour the mixture into 2 sections of a waffle maker
4. Cook for around 10 minutes



MEAL PLAN 1

CALORIES = 2309 PROTEIN = 26G
CARBS = 220G FATS = 9G

MEAL 1	<ul style="list-style-type: none"> • 1x Protein shake • Overnight oats 	<p>Ingredients for overnight oats.</p> <ul style="list-style-type: none"> • 50g Rolled oats • ¼ tsp ground cinnamon • 2 tbsp natural yoghurt • 50g mixed berries • Drizzle of honey • ½ tbsp peanut butter <p>Method</p> <p>1. The night before, stir the cinnamon and 100ml of water (or milk) into your oats with a pinch of salt and leave in the fridge</p> <p>2. The next day loosen the oats with some more water and add in in yoghurt, berries and a drizzle of honey with the peanut butter.</p>
MEAL 2	<ul style="list-style-type: none"> • Chicken and Orange salad (Muscle Maker recipe book) • Packet of beef jerky 	
MEAL 3	<ul style="list-style-type: none"> • 1x Tortilla wrap • 150g cooked chicken breast • Handful of cheese • Lettuce and salad items • 2x tbsp bbq sauce 	
MEAL 4	<ul style="list-style-type: none"> • Pepper Steak Double portion (Muscle Maker recipe book) • 1x boil in the bag rice <p>Dessert Anitoxidant blueberry protein smoothie (Muscle Maker recipe book)</p>	



MEAL PLAN 2

CALORIES = 2283 PROTEIN = 203G CARBS = 221G FAT = 65G

MEAL PLAN 3

CALORIES = 2300 PROTEIN = 157G CARBS = 193G FAT = 100G

MEAL 1

- Boiled eggs on toast
- 4x L eggs boiled peeled and chopped
- 1x slice Multiseeded bread (toasted)
- 1X tomato chopped
- 1x Apple

MEAL 1

- 300g Total Greek Yoghurt
- 150g Banana
- 30g Walnuts
- 50g Blueberries

MEAL 2

- 150g Chicken breast
- Boil in the bag rice (cooked in stock)
- 200g Broccoli
- 2x tbsp BBQ sauce

MEAL 2

- Tin of tuna in spring water
- Pack of microwave uncle bens Mexican rice
- 50g Avocado

MEAL 3

- Grilled Chicken and Pineapple salad (Muscle Maker recipe book)
- 150g Banana

MEAL 3

- 150g Chicken breast
- 1x tortilla wrap
- 2x tbsp mayo
- Handful of lettuce

MEAL 4

- Slow Cooked Chicken Fajita double portion (Muscle Maker recipe book)
- 1x tortillas wrap

MEAL 4

- Pork meatballs in tomato sauce double portion.
- (Pushed for time recipe book)



JAMES ROBERTSON
FITNESS



2300KCAL

MEAL PLAN 4

**CALORIES = 2300 PROTEIN =
188G CARBS = 193G FAT = 87G**

MEAL 1	<ul style="list-style-type: none">• 3x Bacon rashers (grilled)• 3x L Eggs• 2 slices multiseed bread
MEAL 2	<ul style="list-style-type: none">• Smoked Salmon and Strawberry salad (Double portion)• Fat fighter recipe book.
MEAL 3	<ul style="list-style-type: none">• Plain bagel• 3x Slices deli ham• 1 tbsp mayo• Packet of beef jerky.
MEAL 4	<ul style="list-style-type: none">• 200g (7oz) Rump steak• 150g Jacket potato• 150g Broccoli• 100g Carrots



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2400KCAL

MEAL PLAN 1

CALORIES = 2398 PROTEIN = 176G CARBS = 131G FAT = 130G

MEAL 1

- Protein Porridge (Fat Fighter recipe book)
- 3x L Eggs

MEAL 2

- 1x Tin Tuna spring water
- 150g Jacket Potato
- 2x tbsp mayo
- 150g avocado

MEAL 3

- Egg, Bacon, Avocado bowl (Fat Fighter recipe book)
- 1x Packet beef jerky
- 20g Walnuts

MEAL 4

- Jerk chicken and cauliflower rice (Fat Fighter recipe book)
- Protein shake

MEAL PLAN 2

CALORIES = 2400 PROTEIN = 190G CARBS = 128G FAT = 125G

MEAL 1

Egg, Bacon and Avocado bowl (1.5 portion size)
(The Fat Fighter recipe book)

MEAL 2

- Plain bagel
- Deli ham x2
- 50g mozerrella cheese
- Packet beef jerky
- 100g apple

MEAL 3

- 150g chicken (season too choice)
- 100g Apple
- 50g Walnuts

MEAL 4

- Baked Salmon with zoodles and Quinoa
- (Muscle Maker recipe book)
- Protein shake



MEAL PLAN 3

CALORIES = 2399 PROTEIN = 188G CARBS = 126G FAT = 127G

MEAL PLAN 4

CALORIES = 2397 PROTEIN = 202G CARBS = 206G FAT = 85G

MEAL 1

- 1x Multi-seeded bread toasted
- 3x L eggs
- 150g Avocado

MEAL 1

- 4 Weetabix
- ½ pint blue milk
- 4 L Eggs boiled

MEAL 2

- 4X Heck Chicken sausages
- 1x plain tortilla
- Handful of lettuce
- 40g cheese
- 2x tbsp ketchup

MEAL 2

- 200g Chicken breast (seasoned to choice)
- ½ pack Uncle Bens spicy Mexican rice
- 100g broccoli
- Protein shake

MEAL 3

- Salmon and Peach salad (The Muscle Maker)
- Beef jerky
- 100g apple

MEAL 3

- 1x plain bagel
- 3x bacon rashers
- 2 tbsp Chicken liver pate
- 30g cheese

MEAL 4

- 200g Rump Steak
- 100g mash potato (easy on the butter)
- Peas 50g

MEAL 4

- Turkey and Broccoli Stir fry (The Muscle Maker recipe book)
- 100g Greek yoghurt



JAMES ROBERTSON
FITNESS

2500KCAL

MEAL PLAN 1

CALORIES = 2543 PROTEIN = 165G CARBS = 203G FAT = 119G

MEAL 1

- 100g Porridge Oats
- ½ pint Semi Skimmed Milk
- 1x Scoop whey protein

MEAL 2

- 90g Beef Jerky
- 50g Walnuts

MEAL 3

- Salmon and Peach salad
- (Muscle Maker Recipe book)

MEAL 4

- Chicken Thigh with Hoisin Sauce and rice.
- (Muscle Maker recipe book have double portion)

MEAL PLAN 2

CALORIES = 2496 PROTEIN = 187G CARBS = 221G FAT = 96G

MEAL 1

- 2 Slices seeded toast
- 3 Large eggs scrambled
- 1x Tin baked beans

MEAL 2

- 1x Tortilla wrap
- 2 slices deli ham
- 100g Avocado
- Splash mayo
- 15g Walnuts

MEAL 3

- Chicken Orange and walnut salad
- (Muscle Maker recipe book)
- Protein shake

MEAL 4

- One Pot Turkey Chilli with rice
- (Muscle Maker recipe book)



MEAL PLAN 3

CALORIES = 2509 PROTEIN = 142G CARBS = 214G FAT = 120G

MEAL PLAN 4

CALORIES = 2495 PROTEIN = 160G CARBS = 232G FAT = 103G

MEAL 1

- Summer Smoothie Protein bowl with 23g walnuts
- (Muscle Maker have double portion)

MEAL 1

- 2 slices of seeded bread
- 4 rashers of bacon
- 2 Large eggs fried
- 1x tbsp olive oil

MEAL 2

- 150g Chicken breast season to choice
- Boil in the bag rice cooked in stock
- 150g Broccoli
- 100g Greek Yoghurt

MEAL 2

- 300g Jacket Potato
- Tin Tuna 25g
- 300g Jacket Potato
- 1 tbsp Mayo

MEAL 3

- Waldorf Salad
- (Muscle Maker recipe book have double portion)

MEAL 3

- Cucumber, Avocado and Chicken salad
- (Fat Fighter recipe book double portion)

MEAL 4

- Pork Meatballs with tomato sauce.
- (Pushed for time recipe book have double portion)

MEAL 4

- Jerk Chicken and cauliflower rice
- (Fat fighter recipe book)
- 200g Natural Greek yoghurt