THE SCULPTED *vegan*



BUILD
NON VEGAN MEAL PLAN

Non-Vegan Build Meal Plans

Week 1 - 1600 kcal

Meal /Ingredient	Metric	Imperial	Calories (kcal)	Carbs (g)	Protein (g)	Fat (g)
Breakfast - Huevos Rancheros						
Eggs (whole)	66 g	2.33 oz	95	0.7	7.8	6.5
Corn tortilla	30 g	1.06 oz	70	15	2	1
Canned black beans (drained)	130 g	4.6 oz	110	19	7	0.4
Salsa (tomato, onion, cilantro)	60 g	2.1 oz	15	3	0.5	0
Avocado	25 g	0.88 oz	40	2	0.5	3.5
Olive oil	2.5 ml	0.09 fl oz	22.5	0	0	2.5
Cumin	1 g	0.035 oz	4	0.4	0.2	0.2
Chili powder	1 g	0.035 oz	4	0.8	0	0.1
Breakfast Total	—	—	360.5	40.9	18	14.2
Post Workout Snack - Cherry Protein Shake						
Grass Fed Whey Protein Isolate	26.2 g	0.92 oz	90	2	20	0
Frozen cherries	75 g	2.65 oz	30	7	0.3	0
Almond milk (unsweetened)	150 ml	5 fl oz	15	1	0.5	1
Snack Total	—	—	135	10	20.8	1
Lunch - Mac and Cheese						
Whole wheat pasta (dry)	60 g	2.12 oz	216	44	8	1.6
Raw chicken breast	75 g	2.65 oz	124	0	23	3

Low-fat shredded cheese	28 g	1 oz	80	1	7	4
Raw broccoli	90 g	3.2 oz	31	6	2.5	0.3
Olive oil	2.5 ml	0.09 fl oz	22.5	0	0	2.5
Garlic powder	1 g	0.035 oz	3	1	0.1	0
Black pepper	1 g	0.035 oz	5	1	0.2	0
Lunch Total	—	—	481.5	53	40.8	11.4
Dinner - Hummus Bowls with Spiced Lamb						
Raw lean ground lamb	75 g	2.65 oz	188	0	19	13.5
Hummus	35 g	1.23 oz	90	7	2	5
Raw quinoa	25 g	0.88 oz	95	17	3	1.5
Salad (greens, cucumber, tomato)	100 g	3.5 oz	20	4	1	0
Olive oil	2.5 ml	0.09 fl oz	22.5	0	0	2.5
Cumin	1 g	0.035 oz	4	0.4	0.2	0.2
Coriander	1 g	0.035 oz	4	0.5	0.2	0.2
Garlic powder	1 g	0.035 oz	3	1	0.1	0
Dinner Total	—	—	426.5	29.9	25.5	22.9
Evening Snack - Iced Lemon Cookie Energy Balls						
Rolled oats	12 g	0.42 oz	42	9	1	0.8
Grass Fed Whey Protein Isolate	15 g	0.53 oz	52	1	11.5	0
Dates (pitted)	20 g	0.7 oz	60	16	0.5	0
Almond butter	6 g	0.21 oz	39	1.2	1.2	3.6
Lemon zest & juice	10 ml	0.35 fl oz	5	1	0	0
Snack Total	—	—	198	28.2	14.2	4.4
Daily Total	—	—	1601	162	119	54

Suggested Recipes

Breakfast – Huevos Rancheros

Prep time: 10 minutes **Cook time:** 10 minutes

Ingredients:

- 66 g (2.33 oz) Eggs (whole)
- 30 g (1.06 oz) Corn tortilla
- 130 g (4.6 oz) Canned black beans (drained)
- 60 g (2.1 oz) Salsa (tomato, onion, cilantro)
- 25 g (0.88 oz) Avocado
- 2.5 ml (0.09 fl oz) Olive oil
- 1 g (0.035 oz) Cumin
- 1 g (0.035 oz) Chili powder

Method:

1. Heat 2.5 ml olive oil in a pan over medium heat. Add cumin and chili powder and toast for 30 seconds until fragrant.

2. Add the drained black beans and cook for 4-5 minutes, stirring occasionally, until warmed through.

3. In a separate non-stick pan, lightly spray or add a small amount of oil and fry the eggs sunny side up or as desired.

4. Warm the corn tortilla on a dry skillet or microwave for 15-20 seconds.

5. Place the tortilla on a plate, spread beans evenly, top with eggs, spoon salsa over, and garnish with sliced avocado.

6. Serve immediately.

Post-Workout Snack – Cherry Protein Shake

Prep time: 5 minutes

Ingredients:

- 26.2 g (0.92 oz) Grass Fed Whey Protein Isolate
- 75 g (2.65 oz) Frozen cherries
- 150 ml (5 fl oz) Almond milk (unsweetened)

Method:

1. Combine whey protein isolate, frozen cherries, and almond milk in a blender.
2. Blend on high speed until smooth and creamy.
3. Pour into a glass and enjoy immediately.

Lunch – Mac and Cheese

Prep time: 10 minutes **Cook time:** 15 minutes

Ingredients:

- 60 g (2.12 oz) Whole wheat pasta (dry)
- 75 g (2.65 oz) Raw chicken breast
- 28 g (1 oz) Low-fat shredded cheese
- 90 g (3.2 oz) Raw broccoli
- 2.5 ml (0.09 fl oz) Olive oil
- 1 g (0.035 oz) Garlic powder
- 1 g (0.035 oz) Black pepper

Method:

1. Bring a pot of salted water to boil. Add pasta and cook for 8-10 minutes until al dente. Drain and set aside.

2. While pasta cooks, heat 2.5 ml olive oil in a skillet over medium heat. Season chicken breast with garlic powder and black pepper. Cook chicken for 4-5 minutes on each side or until cooked through. Slice into bite-sized pieces.

3. Steam or microwave broccoli for 3-4 minutes until tender but still crisp.

4. in a large bowl, mix cooked pasta, chicken pieces, broccoli, and shredded cheese while pasta is warm so cheese melts slightly.

5. Serve warm.

Dinner – Hummus Bowls with Spiced Lamb

Prep time: 10 minutes **Cook time:** 15 minutes

Ingredients:

- 75 g (2.65 oz) Raw lean ground lamb
- 35 g (1.23 oz) Hummus
- 25 g (0.88 oz) Raw quinoa
- 100 g (3.5 oz) Salad (greens, cucumber, tomato)
- 2.5 ml (0.09 fl oz) Olive oil
- 1 g (0.035 oz) Cumin
- 1 g (0.035 oz) Coriander
- 1 g (0.035 oz) Garlic powder

Method:

1. Rinse quinoa well. Boil 75 ml water, add quinoa, reduce heat, cover and simmer for 12 minutes until water is absorbed and quinoa is fluffy.

2. Heat 2.5 ml olive oil in a pan. Add cumin, coriander, and garlic powder; sauté for 30 seconds. Add ground lamb, cook on medium heat for 8-10 minutes until browned and cooked through. Season with salt if desired.

3. In a bowl, layer quinoa, lamb, hummus, and salad greens with cucumber and tomato. Drizzle any remaining olive oil over top if desired.

4. Serve immediately.

Evening Snack – Iced Lemon Cookie Energy Balls

Prep time: 15 minutes

Ingredients:

- 12 g (0.42 oz) Rolled oats
- 15 g (0.53 oz) Grass Fed Whey Protein Isolate
- 20 g (0.7 oz) Dates (pitted)
- 6 g (0.21 oz) Almond butter
- 10 ml (0.35 fl oz) Lemon zest & juice

Method:

1. In a food processor, pulse rolled oats until slightly broken down.
2. Add pitted dates, almond butter, protein isolate, and lemon zest & juice. Pulse until combined and sticky.
3. Roll mixture into small balls (about 6-8 balls depending on size).
4. Place balls in the fridge for at least 30 minutes to set.
5. Enjoy chilled as a snack.

7 Day Shopping List

Whole Grains & Starches

- Corn tortilla: 210 g (7.4 oz)
- Whole wheat pasta (dry): 420 g (14.8 oz)
- Quinoa (raw): 175 g (6.2 oz)
- Rolled oats: 84 g (2.96 oz)

Protein

- Whole eggs: 462 g (16.3 oz)
- Grass Fed Whey Protein Isolate: 288.4 g (10.17 oz)
- Raw chicken breast: 525 g (18.5 oz)
- Raw lean ground lamb: 525 g (18.5 oz)
- Canned black beans (drained): 910 g (32.1 oz)

Vegetables

- Broccoli (raw): 630 g (22.2 oz)
- Salad (greens, cucumber, tomato): 700 g (24.7 oz)
- Salsa (tomato, onion, cilantro): 420 g (14.8 oz)
- Avocado: 175 g (6.2 oz)

Fruits

- Frozen cherries: 525 g (18.5 oz)
- Dates (pitted): 140 g (4.9 oz)
- Lemon zest & juice: 70 ml (2.46 fl oz)

Nuts & Seeds (Healthy Fats)

- Almond butter: 42 g (1.48 oz)
- Olive oil: 17.5 ml (0.59 fl oz)

Pantry & Condiments

- Cumin (ground): 7 g (0.25 oz)
- Chili powder: 7 g (0.25 oz)
- Garlic powder: 14 g (0.49 oz)
- Black pepper: 7 g (0.25 oz)
- Hummus: 245 g (8.6 oz)
- Coriander (ground): 7 g (0.25 Oz)

Dairy & Alternatives

- Low-fat shredded cheese: 196 g (6.9 oz)
- Almond milk (unsweetened): 1050 ml (35.4 fl oz)

Non-Vegan Build Meal Plans

Week 2 - 1600 kcal

Meal / Ingredient	Metric	Imperial (oz)	Calories (kcal)	Carbs (g)	Protein (g)	Fat (g)
Breakfast - Lemon Poppy Seeds Waffles						
Whole wheat flour	28.5 g	1.01 oz	100	21	3.2	0.7
Poppy seeds	8 g	0.28 oz	44	2.4	1.6	3.6
Lemon zest	5 g	0.18 oz	5	1	0	0
Baking powder	2 g	0.07 oz	0	0	0	0
Olive oil	5 ml	0.18 fl oz	45	0	0	5
Greek yogurt (plain, low fat)	100 g	3.53 oz	58	5	8	0
Breakfast Total	—	—	252	29.4	12.8	9.3
Post Workout Snack - Banana Berry Shake						
Banana (medium)	100 g	3.53 oz	88	23	1.1	0.3
Mixed berries (blueberries, strawberries)	120 g	4.23 oz	56	12	0.8	0.2
Grass Fed Whey protein Isolate	26.2 g	0.92 oz	90	2	20	0
Unsweetened almond milk	240 ml	8.11 fl oz	30	2	1	2.5
Snack Total	—	—	264	39	22.9	3
Lunch - Stuffed Cabbage Cups						
Cabbage leaves (raw)	100 g	3.53 oz	25	6	1.7	0
Ground chicken (raw)	100 g	3.53 oz	165	0	22	5.6
Quinoa (raw)	27 g	0.95 oz	100	17.5	3.6	1.3

Tomato sauce (low-fat)	50 g	1.76 oz	20	5	1	0.5
Olive oil	5 ml	0.18 fl oz	45	0	0	5
Garlic powder	1 g	0.04 oz	3	1	0	0
Onion powder	2 g	0.07 oz	6	1	0	0
Ground cumin	2 g	0.07 oz	7	1	0	0
Lunch Total	—	—	371	31.5	28.3	12.4
Dinner - Rotisserie Chicken Pot Pies						
Rotisserie chicken (raw, meat only)	140 g	4.94 oz	266	0	37	7.4
Whole wheat pie crust (small)	35 g	1.23 oz	133	18	2	7
Mixed vegetables (peas, carrots, onions)	100 g	3.53 oz	60	15	2	0.5
Light sauce (low-fat milk/broth)	40 g	1.41 oz	24	4	2.4	1.6
Salt	1 g	0.04 oz	0	0	0	0
Black pepper	1 g	0.04 oz	3	1	0	0
Dried thyme	1 g	0.04 oz	3	1	0	0
Dinner Total	—	—	489	39	43.4	16.5
Evening Snack - Peanut Butter-S'mores Greek Yogurt Bark						
Greek yogurt (low-fat)	150 g	5.29 oz	90	8	15	2
Peanut butter	12 g	0.42 oz	71	2.3	3	6
Crushed graham crackers / dark chocolate	10 g	0.35 oz	47	7	0.7	1.3
Mini marshmallows	5 g	0.18 oz	20	5	0	0
Snack Total	—	—	228	22.3	18.7	9.3
Daily Total	—	—	1604	163.2	127.7	50.5

Suggested Recipes

Breakfast – Lemon Poppy Seeds Waffles

Prep time: 5 minutes **Cook time:** 10 minutes

Ingredients:

- 28.5 g (1.01 oz) Whole wheat flour
- 8 g (0.28 oz) Poppy seeds
- 5 g (0.18 oz) Lemon zest
- 2 g (0.07 oz) Baking powder
- 5 ml (0.18 fl oz) Olive oil
- 100 g (3.53 oz) Greek yogurt (plain, low fat)

Method:

1. In a bowl, combine whole wheat flour, poppy seeds, lemon zest, and baking powder. Mix well.

2. Add Greek yogurt and olive oil (or melted butter) into the dry ingredients. Stir gently until combined into a thick batter.

3. Preheat a non-stick skillet or waffle iron over medium heat. Lightly grease with olive oil or cooking spray.

4. Pour batter into the waffle iron or form small pancakes on the skillet. Cook each side for about 3-4 minutes until golden brown and cooked through.

5. Serve warm.

Post Workout Snack – Banana Berry Shake

Prep time: 5 minutes

Ingredients:

- 100 g (3.53 oz) Banana (medium)
- 120 g (4.23 oz) Mixed berries (blueberries, strawberries)
- 26.2 g (0.92 oz) Grass Fed Whey Protein Isolate
- 240 ml (8.11 fl oz) Unsweetened almond milk

Method:

1. Place banana, mixed berries, whey protein isolate, and almond milk in a blender.
2. Blend on high speed until smooth and creamy.
3. Pour into a glass and enjoy immediately.

Lunch – Stuffed Cabbage Cups

Prep time: 15 minutes **Cook time:** 30 minutes

Ingredients:

- 100 g (3.53 oz) Cabbage leaves (raw)
- 100 g (3.53 oz) Ground chicken (raw)
- 27 g (0.95 oz) Quinoa (raw)
- 50 g (1.76 oz) Tomato sauce (low-fat)
- 5 ml (0.18 fl oz) Olive oil
- 1 g (0.04 oz) Garlic powder
- 2 g (0.07 oz) Onion powder
- 2 g (0.07 oz) Ground cumin

Method:

1. Rinse quinoa under cold water. Cook quinoa in 100 ml water for about 15 minutes simmering in water. Set aside.

2. Blanch cabbage leaves in boiling water for 1-2 minutes until softened but still firm. Drain and set aside.

3. In a pan, heat olive oil over medium heat. Add ground chicken and cook until browned and fully cooked (about 7-10 minutes).

4. Add garlic powder, onion powder, and ground cumin to the chicken; stir to combine.

5. Mix cooked quinoa and tomato sauce into the chicken mixture, cook for an additional 2-3 minutes.

6. Spoon the chicken-quinoa mixture onto each cabbage leaf and carefully fold or roll to form cups.

7. Place stuffed cabbage cups in a baking dish and bake at 180°C (350°F) for 10-15 minutes until heated through. Serve warm.

Dinner – Rotisserie Chicken Pot Pies

Prep time: 15 minutes **Cook time:** 25 minutes

Ingredients:

- 140 g (4.94 oz) Rotisserie chicken (raw, meat only)
- 35 g (1.23 oz) Whole wheat pie crust (small)
- 100 g (3.53 oz) Mixed vegetables (peas, carrots, onions)
- 40 g (1.41 oz) Light sauce (low-fat milk/broth)
- 1 g (0.04 oz) Salt
- 1 g (0.04 oz) Black pepper
- 1 g (0.04 oz) Dried thyme

Method:

1. Preheat the oven to 180°C (350°F).
2. Shred rotisserie chicken into bite-sized pieces.
3. In a saucepan, heat light sauce and stir in mixed vegetables. Cook until vegetables are tender, about 5-7 minutes.
4. Add shredded chicken, salt, black pepper, and dried thyme; mix well. Heat through.
5. Line small ramekins or baking dishes with pie crust dough, spoon the chicken-vegetable filling inside. Cover with additional pie crust or lattice top if desired.
6. Bake for 20-25 minutes or until the crust is golden brown. Let cool for 5 minutes before serving.

Evening Snack – Peanut Butter-S'mores Greek Yogurt Bark

Prep time: 10 minutes **Cook time:** 60 minutes (freezing time)

Ingredients:

- 150 g (5.29 oz) Greek yogurt (low-fat)
- 12 g (0.42 oz) Peanut butter
- 10 g (0.35 oz) Crushed graham crackers or dark chocolate
- 5 g (0.18 oz) Mini marshmallows

Method:

1. Line a baking tray with parchment paper.
2. Mix Greek yogurt and peanut butter until well combined.
3. Spread the yogurt-peanut butter mixture evenly on the parchment paper about 1 cm thick.
4. Sprinkle crushed graham crackers (or dark chocolate) and mini marshmallows evenly over the top, pressing lightly into the mixture.
5. Freeze for at least 1 hour or until firm.
6. Break into pieces and serve chilled.

7 Day Shopping List

Whole Grains & Starches

- Whole wheat flour – 200 g (7.05 oz)
- Quinoa (raw) – 189 g (6.67 oz)
- Whole wheat pie crust (small) – 245 g (8.64 oz)
- Graham crackers or dark chocolate – 70 g (2.47 oz)

Protein

- Rotisserie chicken (raw, meat only) – 980 g (34.55 oz)
- Ground chicken (raw) – 700 g (24.7 oz)
- Grass Fed Whey Protein Isolate – 183 g (6.46 oz)

Vegetables

- Cabbage leaves (raw) – 700 g (24.7 oz)
- Mixed vegetables (peas, carrots, onions) – 700 g (24.7 oz)
- Tomato sauce (low-fat) – 350 g (12.3 oz)

Fruits

- Banana (medium) – 700 g (24.7 oz)
- Mixed berries (blueberries, strawberries) – 840 g (29.6 oz)

Nuts & Seeds (Healthy Fats)

- Poppy seeds – 56 g (2 oz)
- Olive oil – 70 ml (2.37 fl oz)
- Peanut butter – 84 g (2.96 oz)

Pantry & Condiments

- Salt – 7 g (0.25 oz
- Black pepper – 7 g (0.25 oz)
- Garlic powder – 7 g (0.25 oz)
- Onion powder – 14 g (0.49 oz)
- Ground cumin – 14 g (0.49 oz)
- Dried thyme – 7 g (0.25 oz)
- Lemon zest – 35 g (1.23 oz)
- Baking powder – 14 g (0.49 oz)
- Mini marshmallows – 35 g (1.23 oz)
- Greek yogurt (plain, low fat) – 1750 g (61.7 oz)

Dairy & Alternatives

- Unsweetened almond milk – 1680 ml (56.8 fl oz)
- Light sauce (low-fat milk/broth) – 280 g

Non-Vegan Build Meal Plans

Week 3 - 1700 kcal

Meal / Ingredient	Metric	Imperial	Calories (kcal)	Carbs (g)	Protein (g)	Fat (g)
Breakfast – Tiramisu Overnight Oats						
Rolled oats	65 g	2.29 oz	247	42	9	4.5
Chia seeds	5 g	0.18 oz	25	2	1	2
Almond milk	120 ml	4.06 fl oz	17	1	0.5	1
Greek yogurt (0–2%)	120 g	4.23 oz	72	3	13	0
Cocoa powder	2 g	0.07 oz	8	1	0.5	0.2
Instant coffee	1 g	0.04 oz	3	0	0	0
Breakfast Total	—	—	372	49	24	7.7
Post Workout Snack – Blueberry Oat Shake						
Blueberries	70 g	2.47 oz	40	10	0.5	0
Rolled oats	20 g	0.71 oz	76	13	3	1.5
Banana	100 g	3.53 oz	89	23	1	0
Grass Fed Whey protein Isolate	26.2 g	0.92 oz	90	2	20	0
Almond milk	200 ml	6.76 fl oz	28	2	1	1.8
Snack total	—	—	323	50	25.5	3.3
Lunch – Chicken & Chickpea Satay Salad						
Raw chicken breast	130 g	4.59 oz	143	0	27	3
Canned chickpeas (drained)	80 g	2.82 oz	118	20	6	2.1
Lettuce/spinach	50 g	1.76 oz	9	1	1	0

Carrots	50 g	1.76 oz	21	5	0.5	0
Cucumbers	50 g	1.76 oz	8	2	0.3	0
Peanut butter	18 g	0.63 oz	106	3.5	4.5	9
Soy sauce	5 g	0.18 oz	3	0.3	0.5	0
Lemon juice	15 g	0.53 oz	4	1	0	0
Lunch Total	—	—	412	32.8	39.8	14.1
Dinner – Salmon with Chermoula Sauce & Couscous						
Raw salmon	120 g	4.23 oz	240	0	23	15
Couscous (dry)	40 g	1.41 oz	148	30	5	0.5
Olive oil	10 g	0.35 oz	90	0	0	10
Cilantro	15 g	0.53 oz	4	1	0.3	0
Parsley	15 g	0.53 oz	4	1	0.3	0
Garlic	3 g	0.11 oz	5	1	0.2	0
Lemon juice	15 g	0.53 oz	4	1	0	0
Paprika and cumin	¼ tsp		4	0	0	0
Dinner Total	—	—	499	34	28.8	25.5
Evening Snack – Apple Crumble Yogurt Bark						
Greek yogurt	80 g	2.82 oz	48	2	5	0
Apple	30 g	1.06 oz	16	4	0	0
Rolled oats	5 g	0.18 oz	19	3	0.5	0.4
Cinnamon	1 g	0.04 oz	2	0	0	0
Snack total	—	—	85	9	5.5	0.4
Daily Total	—	—	1691	175	124	51

Suggested Recipes

Breakfast – Tiramisu Overnight Oats

Prep time: 5 minutes **Cook time:**(overnight soak)

Ingredients:

- 65 g (2.29 oz) Rolled oats
- 5 g (0.18 oz) Chia seeds
- 120 ml (4.06 fl oz) Almond milk
- 120 g (4.23 oz) Greek yogurt (0–2%)
- 2 g (0.07 oz) Cocoa powder
- 1 g (0.04 oz) Instant coffee powder

Method:

1. Combine oats and chia seeds in a jar or bowl.
2. Add almond milk, Greek yogurt, cocoa powder, and instant coffee.
3. Mix well, cover, and refrigerate overnight.
4. Serve chilled, optionally topped with extra cocoa powder or coffee granules.

Post Workout Snack – Blueberry Oat Shake

Prep time: 5 minutes

Ingredients:

- 70 g (2.47 oz) Blueberries
- 20 g (0.71 oz) Rolled oats
- 100 g (3.53 oz) Banana
- 26.2 g (0.92 oz) Grass Fed Whey Protein Isolate
- 200 ml (6.76 fl oz) Almond milk

Method:

1. Place all ingredients in a blender.
2. Blend on high speed until smooth.
3. Pour into a glass and enjoy immediately.

Lunch – Chicken & Chickpea Satay Salad

Prep time: 10 minutes **Cook time:** 15 minutes

Ingredients:

- 130 g (4.59 oz) Raw chicken breast
- 80 g (2.82 oz) Canned chickpeas (drained)
- 50 g (1.76 oz) Lettuce or spinach
- 50 g (1.76 oz) Carrots
- 50 g (1.76 oz) Cucumbers
- 18 g (0.63 oz) Peanut butter
- 5 ml (0.18 fl oz) Soy sauce
- 15 ml (0.53 fl oz) Lemon juice

Method:

1. Cook chicken breast in a skillet over medium heat for 6-7 minutes per side until cooked. Let rest and slice.

2. Chop lettuce/spinach, carrots, and cucumbers; combine with chickpeas and chicken in a bowl.

3. Whisk peanut butter, soy sauce, and lemon juice in a small bowl; thin with warm water if needed.

4. Drizzle dressing over salad and toss gently. Serve immediately.

Dinner – Salmon with Chermoula Sauce & Couscous

Prep time: 10 minutes **Cook time:** 15 minutes

Ingredients:

- 120 g (4.23 oz) Raw salmon
- 40 g (1.41 oz) Couscous (dry)
- 10 ml (0.35 fl oz) Olive oil
- 15 g (0.53 oz) Cilantro
- 15 g (0.53 oz) Parsley
- 3 g (0.11 oz) Garlic
- 15 ml (0.53 fl oz) Lemon juice
- ¼ tsp Paprika
- ¼ tsp Cumin

Method:

1. Boil 50 ml water with a pinch of salt and 1 tsp olive oil, remove from heat, add couscous, cover, and let sit for 5 minutes. Fluff with fork.

2. Finely chop cilantro, parsley, and garlic; mix with lemon juice, paprika, cumin, and 5 g olive oil to make chermoula sauce.

3. Heat 5 g olive oil in a pan, season salmon with salt and pepper if desired, and cook for 4-5 minutes each side.

4. Serve salmon topped with chermoula sauce alongside couscous.

Evening Snack – Apple Crumble Yogurt Bark

Prep time: 10 minutes + 2 hours freezing

Ingredients:

- 80 g (2.82 oz) Greek yogurt
- 30 g (1.06 oz) Apple (peeled and diced)
- 5 g (0.18 oz) Rolled oats
- 1 g (0.04 oz) Cinnamon

Method:

1. Mix Greek yogurt with cinnamon and oats in a bowl.
2. Fold in diced apple.
3. Spread mixture onto a lined baking tray.
4. Freeze for at least 2 hours until firm.
5. Break into pieces and serve chilled.

7 Day Shopping List

Whole Grains & Starches

- Rolled oats: 630 g (22.22 oz)
- Couscous (dry): 280 g (9.88 oz)

Protein

- Raw chicken breast: 910 g (32.09 oz)
- Raw salmon: 840 g (29.61 oz)
- Canned chickpeas (drained): 560 g (19.75 oz)
- Grass Fed Whey Protein Isolate: 183.4 g (6.47 oz)
- Greek yogurt (0–2% fat): 1400 g (49.4 oz)

Vegetables

- Lettuce or spinach: 350 g (12.35 oz)
- Carrots: 350 g (12.35 oz)
- Cucumbers: 350 g (12.35 oz)
- Garlic: 21 g (0.74 oz)
- Cilantro: 105 g (3.70 oz)
- Parsley: 105 g (3.70 oz)

Fruits

- Blueberries: 490 g (17.29 oz)
- Apple (peeled and diced): 210 g (7.41 oz)
- Lemon juice: 210 ml (7.10 fl oz)
- Banana: 700 g (24.69 oz)

Nuts & Seeds (Healthy Fats)

- Chia seeds: 35 g (1.23 oz)
- Peanut butter: 126 g (4.44 oz)

Pantry & Condiments

- Cocoa powder: 14 g (0.49 oz)

- Instant coffee powder: 7 g (0.25 oz)
- Soy sauce: 35 ml (1.18 fl oz)
- Olive oil: 70 ml (2.37 fl oz)
- Cinnamon: 7 g (0.25 oz)
- Paprika: 3.5 g (0.12 oz)
- Cumin: 3.5 g (0.12 oz)

Dairy & Alternatives

- Almond milk: 2240 ml (75.74 fl oz)

Non-Vegan Build Meal Plans

Week 4 - 1700 kcal

Meal / Ingredient	Metric	Imperial	Calories (kcal)	Carbs (g)	Protein (g)	Fat (g)
Breakfast – Crustless Quiche						
Eggs (whole)	120 g	4.2 oz	172	1.2	14.4	12
Egg whites	80 g	2.8 oz	42	0.8	9	0
Spinach (raw)	90 g	3.2 oz	20	3.5	2.3	0.3
Mushrooms (raw)	50 g	1.8 oz	12	2	1.6	0.1
Feta cheese	10 g	0.35 oz	27	0.3	0.8	2
Olive oil (for sauté)	2 ml	0.072 fl oz	16	0	0	1.8
Breakfast Total	—	—	289	7.8	28.1	16.2
Post Workout Snack – Tiramisu Protein Shake						
Grass Fed Whey Isolate Protein	26.2 g	0.92 oz	90	2	20	0
Almond milk (unsweetened)	200 ml	6.8 fl oz	30	1	1	2.5
Instant coffee powder	1 g	0.04 oz	2	0	0	0
Cocoa powder (unsweetened)	5 g	0.18 oz	12	3	1	0.5
Snack Total	—	—	134	6	22	3
Lunch – Halloumi with Lemony Lentils, Chickpeas & Beets						
Halloumi cheese	40 g	1.43 oz	130	0.8	8.9	10
Lentils (raw)	60 g	2.1 oz	210	36.6	15.6	0.7
Chickpeas (cooked)	80 g	2.8 oz	131	22	7.2	2.4

Beets (raw)	80 g	2.8 oz	35	8	1.3	0.1
Brown rice (cooked) 30g dry	90 g	3.2 oz	110	23	2.5	0.9
Lemon juice & zest	15 ml	0.5 fl oz	4	1	0	0
Olive oil (for dressing)	5 ml	0.18 fl oz	40	0	0	4.5
Garlic (minced)	3 g	0.1 oz	5	1	0.2	0
Parsley & mint (fresh)	10 g	0.35 oz	4	1	0.3	0
Lunch Total	—	—	669	93.4	36	15.6
Dinner – Crispy Chicken Thighs with Caramelized Lemon Rinds						
Chicken thighs (skin-on, raw)	120 g	4.2 oz	264	0	30.4	16
Olive oil (for cooking)	5 ml	0.18 fl oz	40	0	0	4.5
Lemon rind (zest and strips)	5 g	0.18 oz	5	1	0	0
Honey (for caramelizing)	10 ml	0.35 fl oz	30	8	0	0
Broccoli (side)	100 g	3.5 oz	35	7	3	0.5
Dinner Total	—	—	374	16	33.4	21
Evening Snack – Frozen Yogurt Parfait						
Low-fat Greek yogurt	150 g	5.3 oz	90	4	15	0
Mixed berries (blueberries, strawberries)	130 g	4.6 oz	65	16	1.3	0.3
Chia seeds	10 g	0.35 oz	49	4	2	3
Honey	10 g	0.35 oz	30	8	0	0
Snack Total	—	—	234	32	18.3	3.3
Daily Total	—	—	1700	154	138	62

Suggested Recipes

Breakfast – Crustless Quiche

Prep time: 10 minutes **Cook time:** 25 minutes

Ingredients:

- 120g (4.2 oz) Whole eggs
- 80g (2.8 oz) Egg whites
- 90g (3.2 oz) Raw spinach
- 50g (1.8 oz) Raw mushrooms, sliced
- 10g (0.35 oz) Feta cheese, crumbled
- 2 ml (0.072 fl oz) Olive oil

Method:

1. Preheat the oven to 180°C (350°F).
2. Heat olive oil in a skillet over medium heat. Add sliced mushrooms and cook for 4-5 minutes until softened. Add spinach and cook for another 2 minutes until wilted. Remove from heat.
3. In a bowl, whisk whole eggs and egg whites until smooth.
4. Stir the cooked spinach and mushrooms into the eggs mixture, then add crumbled feta cheese. Mix well.
5. Pour mixture into a greased small baking dish or ovenproof skillet (around 8-inch diameter).
6. Bake for 20-25 minutes until the quiche is set and lightly golden on top.
7. Let cool for 5 minutes before serving.

Post Workout Snack – Tiramisu Protein Shake

Prep time: 5 minutes

Ingredients:

- 26.2g (0.92 oz) Grass Fed Whey Isolate Protein Powder

- 200 ml (6.8 fl oz) Unsweetened almond milk
- 1g (0.04 oz) Instant coffee powder
- 5g (0.18 oz) Unsweetened cocoa powder

Method:

1. Add almond milk, protein powder, instant coffee, and cocoa powder into a blender or shaker bottle.

2. Blend or shake vigorously until smooth and frothy.

3. Pour into a glass and enjoy immediately. Optionally, add ice cubes for a colder shake.

Lunch – Halloumi with Lemony Lentils, Chickpeas & Beets

Prep time: 15 minutes **Cook time:** 25 minutes

Ingredients:

- 40g (1.43 oz) Halloumi cheese
- 60g (2.1 oz) Raw lentils
- 80g (2.8 oz) Cooked chickpeas
- 80g (2.8 oz) Raw beets, peeled and diced
- 90g (3.2 oz) Cooked brown rice (from 30g dry)
- 15 ml (0.5 fl oz) Lemon juice and zest
- 5 ml (0.18 fl oz) Olive oil (for dressing)
- 3g (0.1 oz) Minced garlic
- 10g (0.35 oz) Fresh parsley and mint, chopped

Method:

1. Rinse lentils and cook in boiling water for about 20-25 minutes until tender but not mushy. Drain and cool.

2. Peel and dice raw beets. Steam or boil for about 10 minutes until tender. Drain and cool.

3. Cook brown rice using 30g dry rice in 120 ml water. Simmer for 20 minutes until soft and water is absorbed
4. Slice halloumi into 1cm thick pieces. Heat a non-stick pan over medium heat, cook halloumi slices for 2-3 minutes each side until golden and crispy. Remove from the pan.

5. In a large bowl, combine cooked lentils, chickpeas, beets, and brown rice.

6. In a small bowl, whisk together lemon juice, zest, olive oil, minced garlic, chopped parsley, and mint.

7. Pour dressing over lentil mixture and toss gently.

8. Serve halloumi on top or alongside the lentil salad.

Dinner – Crispy Chicken Thighs with Caramelized Lemon Rinds

Prep time: 10 minutes **Cook time:** 30 minutes

Ingredients:

- 120g (4.2 oz) Chicken thighs, skin-on, raw
- 5 ml (0.18 fl oz) Olive oil
- 5g (0.18 oz) Lemon rind (zest and strips)
- 10 ml (0.35 fl oz) Honey
- 100g (3.5 oz) Broccoli, steamed

Method:

1. Preheat the oven to 200°C (400°F).
2. Pat chicken thighs dry with paper towels. Season with salt and pepper.
3. Heat olive oil in an ovenproof skillet over medium-high heat. Add chicken thighs skin-side down and sear for 6-8 minutes until skin is crispy and browned. Flip and sear the other side for 3 minutes.
4. Remove from heat. Add lemon rind strips to the pan around chicken. Drizzle honey over the chicken and lemon rind.
5. Transfer skillet to the oven and roast for 15-18 minutes until chicken is cooked through (internal temp 75°C / 165°F).
6. While chicken cooks, steam broccoli until tender (~5-7 minutes).
7. Serve chicken thighs with caramelized lemon rind and steamed broccoli.

Evening Snack – Frozen Yogurt Parfait

Prep time: 5 minutes

Ingredients:

- 150g (5.3 oz) Low-fat Greek yogurt
- 130g (4.6 oz) Mixed berries (blueberries, strawberries)
- 10g (0.35 oz) Chia seeds
- 10g (0.35 oz) Honey

Method:

1. In a glass or bowl, layer Greek yogurt and mixed berries.
2. Sprinkle chia seeds on top.
3. Drizzle honey over parfait.
4. If desired, freeze for 15-20 minutes for a chilled treat or enjoy immediately.

7 Day Shopping List

Whole Grains & Starches

- Brown rice (dry) – 210g (7.4 oz)
- Lentils (dry) – 420g (14.8 oz)
- Chickpeas (cooked or canned) – 560g (19.8 oz)
- Beets (raw) – 560g (19.8 oz)

Protein

- Whole eggs – 840g (~29.6 oz, approx. 14 large eggs)
- Egg whites – 560g (19.8 oz)
- Chicken thighs, skin-on, raw – 840g (29.6 oz)
- Halloumi cheese – 280g (9.9 oz)
- Grass Fed Whey Isolate Protein Powder (or equivalent) – 183.4g (6.46 oz)

Vegetables

- Spinach (raw) – 630g (22.2 oz)
- Mushrooms (raw, sliced) – 350g (12.3 oz)
- Broccoli (raw or steamed) – 700g (24.7 oz)
- Garlic (minced) – 21g (0.74 oz) (~7 cloves)
- Fresh parsley and mint – 70g (2.5 oz)
- Lemons (for juice, zest, rind) – about 7 lemons (medium size)

Fruits

- Mixed berries (blueberries, strawberries) – 910g (32 oz / 2 lb)

Nuts & Seeds (Healthy Fats)

- Chia seeds – 70g (2.5 oz)

Dairy & Alternatives

- Feta cheese (crumbled) – 70g (2.5 oz)

- Low-fat Greek yogurt – 1050g (37 oz / ~2.3 lbs)
- Unsweetened almond milk – 1400 ml (47.3 fl oz / ~6 cups)

Pantry & Condiments

- Olive oil – 84 ml (2.84 fl oz) (~5.6 tsp)
- Instant coffee powder – 7g (0.25 oz)
- Unsweetened cocoa powder – 35g (1.2 oz)
- Honey – 140 g (4.9 oz / ~9.3 tbsp)
- Salt & pepper – as needed

Non-Vegan Build Meal Plans

Week 5 - 1800 kcal

Meal/ Ingredient	Metric	Imperial	Calories (kcal)	Carbs (g)	Protein (g)	Fat (g)
Breakfast - Overnight Oats						
Rolled oats	34 g	1.20 oz	129	23.1	4.4	4.1
Low-fat milk	178 ml	6.30 fl oz	75	8.5	6.1	2
Chia seeds	9 g	0.32 oz	43	3.8	1.5	3
Grass Fed Whey protein isolate	21 g	0.74 oz	72	1.6	16	0
Blueberries	62 g	2.19 oz	33	9.3	0.4	0.1
Honey	6 g	0.21 oz	18	4.9	0	0
Cinnamon	0.7 g	0.02 oz	2	0.6	0.1	0
Breakfast Total	—	—	372	51.8	28.5	9.2
Post Workout Snack - Blueberry Protein Shake						
Grass fed whey protein isolate	21 g	0.74 oz	72	1.6	16	0
Blueberries	83 g	2.93 oz	44	12.4	0.5	0.1
Unsweetened almond milk	148 ml	5.00 fl oz	22	1	1	1.9
Snack Total	—	—	138	15	17.5	2
Lunch - Quick Chicken & Brown Rice Bowl						
Chicken breast	136 g	4.80 oz	226	0	42.2	4.8
Brown rice dry	58 g	2.05 oz	206	46.4	4.9	0.8
Mixed vegetables	89 g	3.14 oz	30	7.1	2.2	0.2
Olive oil	11 ml	0.37 fl oz	89	0	0	11

Salt	1 g	0.035 oz	0	0	0	0
Black pepper	0.5 g	0.018 oz	1	0.2	0.1	0.03
Garlic powder	1 g	0.035 oz	3	0.7	0.13	0.01
Paprika	1 g	0.035 oz	3	0.6	0.15	0.15
Cumin powder	1 g	0.035 oz	4	0.9	0.18	0.52
Onion powder	1 g	0.035	3	0.7	0.10	0.01
Lunch Total	—	—	565	56.6	49.96	17.52
Dinner - Pan-Seared Salmon with Potato & Spinach						
Salmon filet (raw)	143 g	5.04 oz	290	0	31.5	17.2
Potato	149 g	5.26 oz	124	29.8	2.2	0
Spinach	74 g	2.61 oz	17	3	2.2	0.4
Olive oil	4 ml	0.14 fl oz	32	0	0	4
Salt	1 g	0.035 oz	0	0	0	0
Black pepper	0.5 g	0.018 oz	1	0.2	0.1	0.03
Garlic powder	1 g	0.035 oz	3	0.7	0.13	0.01
Lemon zest	1 g	0.035 oz	3	1	0.1	0
Dried thyme	1 g	0.035 oz	3	0.7	0.1	0.1
Dinner Total	—	—	473	35.4	36.33	21.74
Evening Snack - Healthy Dark Chocolate Apple Treat						
Dark chocolate (80%)	22 g	0.78 oz	126	8.8	2	11
Apple (small)	222 g	7.82 oz	116	31	0	0
Snack Total	—	—	242	39.8	2	11
Daily Total	—	—	1789	198	134	61

Suggested Recipes

Breakfast - Overnight Oats

Prep time: 5 minutes

Ingredients:

- 34 g (1.20 oz) Rolled oats
- 178 ml (6.30 fl oz) Low-fat milk
- 9 g (0.32 oz) Chia seeds
- 21 g (0.74 oz) Grass Fed Whey Protein Isolate
- 62 g (2.19 oz) Blueberries
- 6 g (0.21 oz) Honey
- 0.7 g (0.02 oz) Cinnamon

Method:

1. In a jar or bowl, combine rolled oats, chia seeds, cinnamon, and whey protein isolate.
2. Add low-fat milk and honey; stir well to combine all ingredients.
3. Cover and refrigerate overnight (at least 6 hours).
4. Before serving, stir well and top with fresh blueberries.
5. Enjoy the cold or at room temperature.

Post-Workout Snack - Blueberry Protein Shake

Prep time: 5 minutes

Ingredients:

- 21 g (0.74 oz) Grass Fed Whey Protein Isolate
- 83 g (2.93 oz) Blueberries
- 148 ml (5.00 fl oz) Unsweetened almond milk

Method:

1. Add whey protein isolate, blueberries, and almond milk to a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and serve immediately.

Lunch - Quick Chicken & Brown Rice Bowl

Prep time: 10 minutes **Cook time:** 25 minutes

Ingredients:

- 136 g (4.80 oz) Chicken breast (raw)
- 58 g (2.05 oz) Brown rice (dry)
- 89 g (3.14 oz) Mixed vegetables (raw)
- 11 ml (0.37 fl oz) Olive oil
- 1 g (0.035 oz) Salt
- 0.5 g (0.018 oz) Black pepper
- 1 g (0.035 oz) Garlic powder
- 1 g (0.035 oz) Paprika
- 1 g (0.035 oz) Cumin powder
- 1 g (0.035 oz) Onion powder

Method:

1. Cook brown rice in 150 ml water for about 20 minutes until cooked.
2. While rice cooks, heat olive oil in a skillet over medium heat.
3. Season chicken breast with salt, pepper, garlic powder, paprika, cumin, and onion powder.
4. Add chicken to skillet and cook for 6–7 minutes per side until fully cooked (internal temp 75°C/165°F). Remove and rest.
5. In the same skillet, sauté mixed vegetables for 4–5 minutes until tender.
6. Slice chicken and serve over cooked brown rice with sautéed vegetables.

Dinner - Pan-Seared Salmon with Potato & Spinach

Prep time: 10 minutes **Cook time:** 20 minutes

Ingredients:

- 143 g (5.04 oz) Salmon filet (raw)
- 149 g (5.26 oz) Potato (raw)
- 74 g (2.61 oz) Spinach (raw)
- 4 ml (0.14 fl oz) Olive oil
- 1 g (0.035 oz) Salt
- 0.5 g (0.018 oz) Black pepper
- 1 g (0.035 oz) Garlic powder
- 1 g (0.035 oz) Lemon zest
- 1 g (0.035 oz) Dried thyme

Method:

1. Preheat the oven to 200°C (400°F).
2. Cut potato into 1-inch cubes; toss with 2 ml olive oil, salt, and pepper. Spread on a baking sheet and roast for 15-20 minutes until golden and tender.
3. While potatoes roast, season salmon with salt, pepper, garlic powder, lemon zest, and thyme.
4. Heat remaining olive oil in a non-stick skillet over medium-high heat.
5. Add salmon, skin-side down, and cook for 4-5 minutes until crisp. Flip and cook 3-4 minutes more until cooked through.
6. In the last 2 minutes, add spinach to the pan and sauté until wilted.
7. Serve salmon with roasted potatoes and sautéed spinach.

Evening Snack - Healthy Dark Chocolate Apple Treat

Prep time: 5 minutes

Ingredients:

- 22 g (0.78 oz) Dark chocolate (80%)
- 222 g (7.82 oz) Apple (small)

Method:

1. Slice the apple into thin wedges.
2. Melt dark chocolate in a microwave-safe bowl in 20-second increments, stirring between, until smooth.
3. Dip apple slices into melted chocolate or drizzle chocolate over apple slices.
4. Let chocolate set for a few minutes before serving.

7 Day Shopping List

Whole Grains & Starches

- Rolled oats: 238 g (8.40 oz)
- Brown rice (dry): 406 g (14.32 oz)
- Potatoes (raw): 1043 g (36.78 oz / ~2.3 lbs)

Proteins

- Grass Fed Whey Protein Isolate: 294 g (10.37 oz)
- Chicken breast (raw): 952 g (33.56 oz / ~2.1 lbs)
- Salmon filet (raw): 1001 g (35.31 oz / ~2.2 lbs)

Vegetables

- Mixed vegetables (raw): 623 g (21.96 oz / ~1.4 lbs)
- Spinach (raw): 518 g (18.27 oz / ~1.1 lbs)

Fruits

- Blueberries: 1015 g (35.79 oz / ~2.23 lbs)
- Apples (small): 1554 g (54.81 oz / ~3.4 lbs)

Nuts & Seeds (Healthy Fats)

- Chia seeds: 63 g (2.22 oz)
- Dark chocolate (80%): 154 g (5.44 oz)

Pantry & Condiments

- Honey: 42 g (1.48 oz)
- Olive oil: 105 ml (3.55 fl oz)
- Salt: 14 g (0.49 oz)
- Black pepper: 7 g (0.25 oz)
- Garlic powder: 14 g (0.49 oz)
- Paprika: 7 g (0.25 oz)
- Cumin powder: 7 g (0.25 oz)
- Onion powder: 7 g (0.25 oz)
- Cinnamon: 4.9 g (0.17 oz)
- Lemon zest (dried): 7 g (0.25 oz)
- Dried thyme: 7 g (0.25 oz)

Dairy & Alternatives

- Low-fat milk: 1246 ml (42.11 fl oz / ~1.25 liters)
- Unsweetened almond milk: 1036 ml (35.04 fl oz / ~1 liter)

Non-Vegan Build Meal Plans

Week 6 - 1800 kcal

Meal / Ingredient	Metric	Imperial	Calories (kcal)	Carbs (g)	Protein (g)	Fat (g)
Breakfast - Egg-Cheese Scramble						
Eggs, large	100 g	3.5 oz	140	2	12	10
Shredded cheddar cheese	25 g	0.88 oz	100	1	6	8
Whole wheat bread	30 g	1.06 oz	80	14	4	1
Butter	8 g	0.28 oz	58	0	0	6
Salt	1 g	0.035 oz	0	0	0	0
Black pepper	0.5 g	0.018 oz	1	0	0	0
Breakfast Total	—	—	379	17	22	25
Post Workout Snack - Blueberry Protein Shake						
Grass Fed Whey protein isolate	26.2 g	0.92 oz	90	2	20	0
Blueberries (fresh or frozen)	100 g	3.53 oz	57	14	1	0.3
Low-fat milk (1.5% fat)	250 ml	8.8 fl oz	110	12	9	4
Chia seeds	10 g	0.35 oz	49	4	2	3
Snack Total	—	—	306	32	32	7.3
Lunch - Orzo Tomato Soup						
Orzo (dry)	55 g	1.94 oz	192	38	6	1
Canned diced tomatoes	150 g	5.3 oz	30	6	1	0.5
Chicken breast	130 g	4.6 oz	143	0	27	3
Olive oil	6 ml	0.21 fl oz	54	0	0	6

Garlic	5 g	0.18 oz	7	1.5	0.3	0
Onion	50 g	1.76 oz	20	5	0.5	0
Salt & pepper	1 g	0.035 oz	0	0	0	0
Lunch Total	—	—	446	50.5	34.8	10.5
Dinner - Chicken Scampi Pasta						
Spaghetti pasta (dry)	65 g	2.29 oz	240	50	8	1
Chicken breast (raw)	150 g	5.3 oz	165	0	31	3.5
Olive oil	6 ml	0.21 fl oz	54	0	0	6
Butter	8 g	0.28 oz	58	0	0	6
Garlic (minced)	5 g	0.18 oz	7	1.5	0.3	0
Lemon juice	15 g	0.53 oz	4	1.3	0.1	0
Parsley (fresh)	5 g	0.18 oz	1	0.2	0.1	0
Salt & pepper	1 g	0.035 oz	0	0	0	0
Dinner Total	—	—	529	53	39.5	16.5
Evening Snack - Raspberry Frozen Yogurt Bites						
Plain Greek yogurt (2%)	120 g	4.2 oz	80	6	10	0.5
Fresh raspberries	50 g	1.76 oz	25	6	0.3	0
Honey	10 ml	0.35 fl oz	30	8	0	0
Snack Total	—	—	135	20	10.3	0.5
Daily Total	—	—	1795	172	138	60

Suggested Recipes

Breakfast – Egg-Cheese Scramble

Prep time: 5 minutes **Cook time:** 10 minutes

Ingredients:

- 100 g (3.5 oz) Eggs, large (about 2 large eggs)
- 25 g (0.88 oz) Shredded cheddar cheese
- 30 g (1.06 oz) Whole wheat bread (1 slice)
- 8 g (0.28 oz) Butter
- 1 g (0.035 oz) Salt
- 0.5 g (0.018 oz) Black pepper

Method:

1. Crack the eggs into a bowl, add salt and pepper, and whisk until fully combined.
2. Heat 4 g (about half) of the butter in a non-stick skillet over medium heat. Pour in the eggs and scramble gently with a spatula until they start to set but still moist.
3. Add shredded cheddar cheese on top, stir gently, and cook another minute until cheese melts and eggs are fully cooked. Remove from heat.
4. In another pan or toaster, toast the whole wheat bread.
5. Spread remaining butter on the toast if desired. Serve eggs alongside the toast.

Post Workout Snack – Blueberry Protein Shake

Prep time: 5 minutes

Ingredients:

- 26.2 g (0.92 oz) Grass Fed Whey Protein Isolate
- 100 g (3.53 oz) Blueberries (fresh or frozen)
- 250 ml (8.8 fl oz) Low-fat milk (1.5% fat)
- 10 g (0.35 oz) Chia seeds

Method:

1. Add whey protein isolate powder, blueberries, milk, and chia seeds to a blender.
2. Blend until smooth (about 30-45 seconds).
3. Pour into a glass and drink immediately.

Lunch – Orzo Tomato Soup

Prep time: 10 minutes **Cook time:** 20 minutes

Ingredients:

- 55 g (1.94 oz) Orzo (dry)
- 150 g (5.3 oz) Canned diced tomatoes
- 130 g (4.6 oz) Chicken breast (raw, diced)
- 6 ml (0.21 fl oz) Olive oil
- 5 g (0.18 oz) Garlic (minced)
- 50 g (1.76 oz) Onion (chopped)
- 1 g (0.035 oz) Salt & pepper

Method:

1. Heat olive oil in a medium pot over medium heat. Add garlic and onion; sauté for 3-4 minutes until softened.

2. Add diced chicken breast, season with salt and pepper, cook until chicken is mostly cooked (about 5-6 minutes).

3. Pour in canned diced tomatoes with juices and 500 ml water . Bring to a boil.

4. Add orzo to the pot and reduce heat to simmer. Cook for about 8-10 minutes, stirring occasionally, until orzo is tender and chicken is cooked through.

5. Taste and adjust salt and pepper if needed. Serve hot.

Dinner – Chicken Scampi Pasta

Prep time: 10 minutes **Cook time:** 20 minutes

Ingredients:

- 65 g (2.29 oz) Spaghetti pasta (dry)
- 150 g (5.3 oz) Chicken breast (raw, diced or sliced)
- 6 ml (0.21 fl oz) Olive oil
- 8 g (0.28 oz) Butter
- 5 g (0.18 oz) Garlic (minced)
- 15 g (0.53 oz) Lemon juice
- 5 g (0.18 oz) Fresh parsley (chopped)
- 1 g (0.035 oz) Salt & pepper

Method:

1. Bring a large pot of salted water to boil and cook spaghetti until al dente (about 8-10 minutes). Drain and set aside.
2. While pasta cooks, heat olive oil and butter in a large skillet over medium heat.
3. Add minced garlic and sauté for 1 minute until fragrant.
4. Add diced chicken breast, season with salt and pepper, and cook for 7-8 minutes until cooked through and lightly golden.
5. Stir in lemon juice and chopped parsley.
6. Add cooked pasta to the skillet, toss everything together to coat the pasta with sauce and chicken evenly. Heat through for 1-2 minutes.
7. Adjust seasoning to taste and serve hot.

Evening Snack – Raspberry Frozen Yogurt Bites

Prep time: 10 minutes (plus freezing time)

Ingredients:

- 120 g (4.2 oz) Plain Greek yogurt (2%)
- 50 g (1.76 oz) Fresh raspberries
- 10 ml (0.35 fl oz) Honey

Method:

1. Mix Greek yogurt and honey in a bowl until well combined.
2. Line a small baking tray or dish with parchment paper.
3. Spoon small dollops (about 1 tsp each) of the yogurt mixture onto the tray.
4. Press a fresh raspberry onto each dollop.
5. Freeze for at least 2 hours or until firm.
6. Once frozen, transfer bites to an airtight container and store in the freezer.
7. Enjoy as a refreshing, healthy snack

7 Day Shopping List

Whole Grains & Starches

- Whole wheat bread: 210 g (7.42 oz)
- Orzo (dry): 385 g (13.58 oz)
- Spaghetti pasta (dry): 455 g (16.04 oz)

Protein

- Eggs, large: 700 g (24.69 oz) (~14 eggs)
- Chicken breast (raw): 1960 g (69.13 oz / ~1.96 kg)
- Grass Fed Whey Protein Isolate: 183.4 g (6.47 oz)

Vegetables

- Canned diced tomatoes: 1050 g (37.04 oz / ~1.05 kg)
- Garlic (minced): 70 g (2.47 oz)
- Onion (chopped): 350 g (12.35 oz)
- Fresh parsley (chopped): 35 g (1.23 oz)

Fruits

- Blueberries (fresh or frozen): 700 g (24.69 oz)
- Fresh raspberries: 350 g (12.35 oz)
- Lemon juice: 105 g (3.7 oz / approx. 7 lemons)

Nuts & Seeds (Healthy Fats)

- Chia seeds: 70 g (2.47 oz)

Pantry & Condiments

- Olive oil: 84 ml (2.84 fl oz)
- Butter: 56 g (1.98 oz)
- Salt: 7 g (0.25 oz)
- Black pepper: 3.5 g (0.12 oz)
- Honey: 70 ml (2.47 fl oz)

Dairy & Alternatives

- Shredded cheddar cheese: 175 g (6.17 oz)
- Low-fat milk (1.5% fat): 1750 ml (59.17 fl oz / 1.75 L)
- Plain Greek yogurt (2% fat): 840 g (29.62 oz)

Non-Vegan Build Meal Plans

Week 7 - 1900 kcal

Meal / Ingredient	Metric	Imperial	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Breakfast - Crackpot Casserole						
Eggs	70 g	2.47 oz	100	8.8	0.8	6.6
Breakfast sausage	40 g	1.41 oz	120	6.8	1	10
Potatoes	70 g	2.47 oz	50	1.4	12	0
Cheddar cheese	10 g	0.35 oz	40	2.4	0.4	3.3
Spinach	20 g	0.7 oz	5	0.6	0.7	0.1
Onion	15 g	0.53 oz	6	0.15	1.35	0
Olive oil	2.5 ml	0.09 fl oz	23	0	0	2.5
Garlic powder	1 g	0.04 oz	3	0.2	0.7	0
Paprika	1 g	0.04 oz	3	0.15	0.5	0.1
Breakfast Total	—	—	350	20.5	17.45	22.6
Post Workout Snack - Strawberry Protein Shake						
Grass Fed Whey Protein Isolate	26.2 g	0.92 oz	90	20	2	0
Strawberries	100 g	3.53 oz	32	0.7	7.7	0.3
Skim milk	250 ml	8.82 fl oz	90	8.5	12.5	0.25
Cinnamon powder	1 g	0.04 oz	3	0.04	1	0
Snack Total	—	—	215	29.24	23.2	0.55
Lunch - Tuna Tostadas						
Tuna canned (water)	140 g	4.94 oz	154	32.2	0	1.4

Corn tostada shells	45 g	1.59 oz	180	2.3	34	2.3
Avocado	30 g	1.06 oz	48	0.6	2.7	4.5
Tomato	40 g	1.41 oz	7	0.36	1.56	0.08
Lettuce	20 g	0.7 oz	3	0.28	0.58	0.04
Lime juice	15 ml	0.53 fl oz	4	0.03	1.28	0
Cumin powder	1 g	0.04 oz	4	0.18	0.44	0.22
Lunch Total	—	—	400	35.95	40.56	8.54
Dinner - Skillet Chicken Tortellini Alfredo						
Raw chicken breast	90 g	3.17 oz	99	20.7	0	1.35
Raw cheese tortellini	120 g	4.23 oz	400	24	48	12
Alfredo sauce (light)	50 g	1.76 oz	113	3.75	3.75	8.75
Broccoli	50 g	1.76 oz	17	2.8	7	0.4
Olive oil	2.5 ml	0.09 fl oz	23	0	0	2.5
Garlic (minced)	5 g	0.18 oz	7	0.3	2	0
Dinner total	—	—	659	51.55	60.75	25
Evening Snack - Peanut Banana Oatmeal Bars						
Rolled oats	17 g	0.6 oz	64	2.13	11.48	1.28
Peanut butter	7 g	0.25 oz	42	1.75	1.4	3.5
Banana (mashed)	40 g	1.41 oz	36	0.44	9.2	0.12
Honey	8 ml	0.28 fl oz	24	0	6.56	0
Almond milk	20 ml	0.7 fl oz	13	0.4	0.5	1
Grass Fed Whey Protein Isolate	26.2 g	0.92 oz	90	20	2	0
Cinnamon powder	1 g	0.04 oz	3	0.04	1	0
Baking powder	2 g	0.07 oz	0	0	0	0
Snack Total	—	—	272	24.76	32.14	5.9
Daily Total	—	—	1896	162	174	62

Suggested Recipes

Breakfast - Crackpot Casserole

Prep Time: 5 minutes **Cook Time:** 15-20 minutes

Ingredients:

- 70 g (2.47 oz) Eggs
- 40 g (1.41 oz) Breakfast sausage (pre-cooked or raw)
- 70 g (2.47 oz) Potatoes (peeled and diced)
- 10 g (0.35 oz) Cheddar cheese (shredded)
- 20 g (0.7 oz) Spinach (fresh)
- 15 g (0.53 oz) Onion (finely chopped)
- 2.5 ml (0.09 fl oz) Olive oil
- 1 g (0.04 oz) Garlic powder
- 1 g (0.04 oz) Paprika
- Salt and pepper to taste

Method:

1. Preheat the oven to 180°C (350°F) or heat a non-stick pan on medium.
2. Heat olive oil in pan, sauté onion and potatoes until soft (about 7-8 minutes).
3. Add breakfast sausage; cook until browned (if raw).
4. In a bowl, whisk eggs with garlic powder, paprika, salt, and pepper.
5. Add spinach and cheddar cheese to the egg mixture.
6. Pour egg mixture over sausage and potatoes in the pan or a baking dish.
7. Cook on stovetop with lid on for 10-12 minutes until eggs set, or bake for 15-20 minutes until cooked through.
8. Serve warm.

Post Workout Snack - Strawberry Protein Shake

Prep Time: 5 min

Ingredients:

- 26.2 g (0.92 oz) Grass Fed Whey Protein Isolate
- 100 g (3.53 oz) Strawberries (fresh or frozen)
- 250 ml (8.82 fl oz) Skim milk
- 1 g (0.04 oz) Cinnamon powder

Method:

1. Add protein powder, strawberries, skim milk, and cinnamon to a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy immediately.

Lunch - Tuna Tostadas

Prep Time: 5 minutes **Cook Time:** 5 minutes (to crisp tostadas if needed)

Ingredients:

- 140 g (4.94 oz) Tuna canned in water (drained)
- 45 g (1.59 oz) Corn tostada shells
- 30 g (1.06 oz) Avocado (sliced or mashed)
- 40 g (1.41 oz) Tomato (diced)
- 20 g (0.7 oz) Lettuce (shredded)
- 15 ml (0.53 fl oz) Lime juice
- 1 g (0.04 oz) Cumin powder
- Salt and pepper to taste

Method:

1. If tostada shells are not crispy, bake in a preheated oven at 180°C (350°F) for 5 minutes or toast in a dry pan.
2. In a bowl, mix tuna with lime juice, cumin powder, salt, and pepper.
3. Spread avocado on each tostada shell.
4. Top with tuna mixture, then diced tomato and shredded lettuce.
5. Serve immediately.

Dinner - Skillet Chicken Tortellini Alfredo

Prep Time: 10 minutes **Cook Time:** 15 minutes

Ingredients:

- 90 g (3.17 oz) Raw chicken breast (cubed)
- 120 g (4.23 oz) Raw cheese tortellini
- 50 g (1.76 oz) Alfredo sauce (light)
- 50 g (1.76 oz) Broccoli (florets)
- 2.5 ml (0.09 fl oz) Olive oil
- 5 g (0.18 oz) Garlic (minced)
- Salt and pepper to taste

Method:

1. Heat olive oil in a large skillet over medium heat.
2. Add cubed chicken breast, season with salt and pepper, cook until no longer pink (6-7 min).
3. Meanwhile, boil water in a pot and cook raw tortellini according to package instructions (~3-4 min). Drain.
4. Steam broccoli florets until tender but crisp (~3-4 min).
5. Add minced garlic to the skillet with chicken, sauté for 1 minute.
6. Add cooked tortellini, Alfredo sauce, and steamed broccoli to the skillet. Stir to combine and heat through (~2-3 min).
7. Serve warm.

Evening Snack - Peanut Banana Oatmeal Bars

Prep Time: 10 minutes **Cook Time:** 15 minutes

Ingredients:

- 17 g (0.6 oz) Rolled oats
- 7 g (0.25 oz) Peanut butter
- 40 g (1.41 oz) Banana (mashed)
- 8 ml (0.28 fl oz) Honey
- 20 ml (0.7 fl oz) Almond milk
- 26.2 g (0.92 oz) Grass Fed Whey Protein Isolate
- 1 g (0.04 oz) Cinnamon powder
- 2 g (0.07 oz) Baking powder

Method:

1. Preheat the oven to 175°C (350°F). Line a small baking dish with parchment paper.

2. In a mixing bowl, combine mashed banana, peanut butter, honey, and almond milk until smooth.

3. Add rolled oats, whey protein, cinnamon powder, and baking powder. Mix well until combined.

4. Spread the mixture evenly into the baking dish.

5. Bake for 12-15 minutes until set and lightly golden on top.

6. Let cool, cut into bars, and store in an airtight container.

7 Day Shopping List

Whole Grains & Starches

- Rolled oats: 119 g (4.2 oz)
- Corn tostada shells: 315 g (11.1 oz)
- Raw cheese tortellini: 840 g (29.6 oz)
- Potatoes (peeled): 490 g (17.3 oz)
-

Protein

- Eggs: 490 g (17.3 oz)
- Breakfast sausage (pre-cooked): 280 g (9.9 oz)
- Grass Fed Whey Protein Isolate: 183.4 g (6.5 oz)
- Canned tuna in water (drained): 980 g (34.5 oz)
- Raw chicken breast (cubed): 630 g (22.2 oz)
- Peanut butter: 49 g (1.73 oz)

Vegetables

- Spinach (fresh): 140 g (4.9 oz)
- Onion (finely chopped): 105 g (3.7 oz)
- Tomato (diced): 280 g (9.9 oz)
- Lettuce (shredded): 140 g (4.9 oz)
- Broccoli (florets): 350 g (12.3 oz)
- Garlic (minced): 35 g (1.23 oz)

Fruits

- Strawberries (fresh or frozen): 700 g (24.7 oz)
- Banana (mashed): 280 g (9.9 oz)
- Lime juice: 105 ml (3.7 fl oz)
- Avocado: 210 g (7.41 oz)

Nuts, Seeds & Healthy Fats

- Olive oil: 35 ml (1.26 fl oz)
- Honey: 56 ml (2 fl oz)

Pantry & Condiments

- Garlic powder: 7 g (0.25 oz)
- Paprika: 7 g (0.25 oz)
- Cumin powder: 7 g (0.25 oz)
- Cinnamon powder: 7 g (0.25 oz)
- Salt and pepper: to taste
- Baking powder: 14 g (0.5 oz)

Dairy & Alternatives

- Cheddar cheese (shredded): 70 g (2.47 oz)
- Skim milk: 1750 ml (59.2 fl oz)
- Alfredo sauce (light): 350 g (12.3 oz)
- Almond milk: 140 ml (4.9 fl oz)

Non-Vegan Build Meal Plans

Week 8 - 2000 kcal

Meal / Ingredient	Metric	Imperial	Calories (kcal)	Carbs (g)	Protein (g)	Fat (g)
Breakfast - Classic Eggs & Whole Wheat Toast with Avocado						
Eggs, whole	110 g	3.9 oz	154	1	13	11
Whole wheat bread (2 slices)	56 g	2.0 oz	140	30	6	2
Avocado, half	50 g	1.76 oz	81	4	1	7
Black pepper (pinch)	1 g	0.035 oz	2	0	0	0
Olive oil	2 ml	0.072 fl oz	18	0	0	2
Breakfast Total	—	—	395	35	20	22
Post-Workout Snack: Banana Shake						
Grass fed whey protein isolate	38 g	1.33 oz	130	2.8	28.8	0
Almond milk, unsweetened	250 ml	8.8 fl oz	30	1	1	2.5
Banana without skin	50 g	1.76 oz	46	11	0.6	0.1
Snack Total	—	—	206	14.8	30.4	2.6
Lunch - Grilled Chicken Breast with Quinoa Salad						
Chicken breast, raw	140 g	4.9 oz	231	0	43	5
Quinoa, raw	40 g	1.41 oz	147	25.5	5.5	2.5
Cherry tomatoes	100 g	3.5 oz	18	4	1	0
Cucumber	50 g	1.8 oz	8	2	0.5	0
Parsley, fresh	15 g	0.5 oz	6	1	0.5	0
Olive oil	10 ml	0.35 fl oz	90	0	0	10

Lemon juice	10 ml	0.35 fl oz	3	1	0	0
Salt & pepper (to taste)	2 g	0.07 oz	0	0	0	0
Lunch Total	—	—	503	33.5	50.5	17.5
Dinner - Beef Stir-Fry with White Rice and Mixed Veg						
Lean beef strips, raw	90 g	3.17 oz	225	0	27	14
White rice, raw	60 g	2.11 oz	216	48	5	0.4
Sweet potato	116 g	4.09 oz	100	23	1.9	0.1
Bell peppers	100 g	3.5 oz	31	7	1	0
Broccoli	100 g	3.5oz	35	7	3	0
Soy sauce	15 ml	0.5 fl oz	10	1	2	0
Garlic, minced	5 g	0.18 oz	7	1	0	0
Ginger, minced	5 g	0.18 oz	4	1	0	0
Olive oil	9 ml	0.32 fl oz	81	0	0	4
Dinner Total	—	—	709	88	39.9	23.5
Evening Snack - Apple Cinnamon Greek Yogurt Parfait						
Low-fat Greek yogurt	120	4.2	66	5	12	0
Apple, diced	100	3.5	52	14	0	0
Cinnamon, ground	2	0.07	6	2	0	0
Honey	7	0.25	21	6	0	0
Granola	10	0.35	40	5	1	1.3
Snack Total	—	—	185	32	13	1.3
Daily Total			1998	203	154	65

Suggested Recipes

Breakfast - Classic Eggs & Whole Wheat Toast with Avocado

Prep Time: 5 minutes **Cook Time:** 7 minutes

Ingredients:

- 110 g (3.9 oz) Eggs, whole
- 56 g (2.0 oz) Whole wheat bread (2 slices)
- 50 g (1.76 oz) Avocado (half)
- 1 g (0.035 oz) Black pepper
- 2 ml (0.072 fl oz) Olive oil

Method:

1. Heat a non-stick pan and add 2 ml olive oil.
2. Crack the eggs into the pan and cook to your preferred style (fried, scrambled, or sunny side).
3. Toast the whole wheat bread until lightly golden.
4. Scoop avocado onto the toast and mash gently with a fork.
5. Season eggs with black pepper.
6. Serve eggs alongside avocado toast.

Post Workout Snack - Banana Protein Shake

Prep Time: 2 minutes

Ingredients:

- 38 g (1.33 oz) Grass-fed whey protein isolate
- 250 ml (8.8 fl oz) Unsweetened almond milk
- 50 g (1.76 oz) Banana (without skin)

Method:

1. Add almond milk, banana, and whey protein to a blender.
2. Blend on high for 20–30 seconds until fully smooth.
3. Pour into a shaker bottle or glass and enjoy immediately.

Lunch — Grilled Chicken Breast with Quinoa Salad

Prep Time: 10 minute **Cook Time**: 20 minutes

Ingredients:

- 140 g (4.9 oz) chicken breast, raw
- 40 g (1.41 oz) quinoa, raw
- 100 g (3.5 oz) cherry tomatoes
- 50 g (1.8 oz) cucumber
- 15 g (0.5 oz) fresh parsley
- 10 ml (0.35 fl oz) olive oil
- 10 ml (0.35 fl oz) lemon juice
- 2 g (0.07 oz) salt & pepper

Method:

1. Rinse quinoa. Add to a pot with 100 ml water, bring to boil, then simmer for 12–15 minutes. Fluff and let cool.

2. Season the chicken breast with salt and pepper. Grill for 5–6 minutes per side or until fully cooked. Rest and slice.

3. Chop tomatoes, cucumber, and parsley. Mix with cooled quinoa.

4. Add olive oil and lemon juice. Season with salt & pepper.

5. Place sliced grilled chicken over quinoa salad and serve.

Dinner — Beef Stir-Fry with White Rice, Mixed Veg & Sweet Potato

Prep Time: 10 minutes **Cook Time:** 20–22 minutes

Ingredients:

- 90 g (3.17 oz) lean beef strips, raw
- 60 g (2.11 oz) white rice, raw
- 116 g (4.09 oz) sweet potato, raw
- 100 g (3.5 oz) bell peppers
- 100 g (3.5 oz) broccoli
- 15 ml (0.5 fl oz) soy sauce
- 5 g (0.18 oz) garlic, minced
- 5 g (0.18 oz) ginger, minced
- 9 ml (0.32 fl oz) olive oil

Method:

1. Rinse 60 g white rice and cook with 120 ml water until fluffy.
2. Peel and cube sweet potato. Boil or steam for 8–10 minutes until tender but not mushy.
3. Heat a pan with olive oil. Add beef strips and cook on high heat until browned (3–4 minutes).
4. Add garlic and ginger; sauté for 30 seconds. Add bell peppers and broccoli. Stir-fry on high heat for 4–5 minutes.
5. Add soy sauce and toss everything together. Add cooked sweet potato last and mix gently to avoid breaking.
6. Serve hot over cooked white rice.

Evening Snack — Apple Cinnamon Greek Yogurt Parfait

Prep Time: 5 minutes

Ingredients:

- 120 g (4.2 oz) low-fat Greek yogurt
- 100 g (3.5 oz) diced apple
- 2 g (0.07 oz) cinnamon
- 7 g (0.25 oz) honey
- 10 g (0.35 oz) granola

Method:

1. In a bowl, add Greek yogurt.
2. Top with diced apple.
3. Sprinkle cinnamon evenly.
4. Drizzle honey over the top.
5. Add granola just before serving to keep it crunchy.

7 Day Shopping List

Whole Grains & Starches

- Whole wheat bread: 392 g (13.8 oz)
- White rice (raw): 420 g (14.8 oz)
- Quinoa (raw): 280 g (9.88 oz)
- Sweet potato: 812 g (28.6 oz / 1.8 lb)

Proteins

- Eggs: 770 g (27.2 oz) → ~14 large eggs
- Chicken breast: 980 g (34.5 oz / 2.1 lb)
- Lean beef strips: 630 g (22.2 oz / 1.38 lb)
- Grass-fed whey protein isolate: 266 g (9.4 oz)

Vegetables

- Avocado: 350 g (12.3 oz) → ~3–4 avocados
- Cherry tomatoes: 700 g (24.7 oz)
- Cucumber: 350 g (12.3 oz)
- Fresh parsley: 105 g (3.7 oz)
- Bell peppers (mixed colors): 700 g (24.7 oz)
- Broccoli: 700 g (24.7 oz)
- Garlic: 35 g (1.23 oz)
- Ginger: 35 g (1.23 oz)

Fruits

- Bananas: 350 g (12.3 oz)
- Apples: 700 g (24.7 oz) → ~6–7 apples

Nuts, Seeds & Healthy Fats

- Olive oil: 147 ml (5 fl oz)
- Honey: 49 g (1.7 oz)
- Granola: 70 g (2.47 oz)

Dairy & Alternatives

- Low-fat Greek yogurt: 840 g (29.6 oz / 1.85 lb)
- Unsweetened almond milk: 1,750 ml (59 fl oz)

Pantry & Condiments

- Salt & pepper: 14 g (0.49 oz)
- Soy sauce: 105 ml (3.55 fl oz)
- Cinnamon: 14 g (0.49 oz)
- Lemon juice: 70 ml (2.46 fl oz)

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