



FX Fitness Experience Personal Training and Performance Centre

Example Meal Plan (in association with Edwards Butchers, Burnley).

Performance Plan

Average	Calories	Protein (g)	Carbs (g)	Fats (g)
	1849	154	106	89.5

Day 1

Meal 1	Super berry shake!			
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)	
240	24 (96)	27 (108)	4 (36)	
Meal 2	300g Chicken stir fry with mixed leaf salad			
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)	
330	45 (180)	15 (60)	10 (90)	
Meal 3	2 Beef sausages with tomato, feta and cucumber salad			
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)	
570	34 (136)	20 (80)	40 (360)	
Meal 4	Lean chili with basmati rice (125g) & side salad			
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)	
690	65 (260)	40 (160)	30 (270)	
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)	
1830	168 (672)	102 (408)	84 (756)	

Day 2

Meal 1	Smoked salmon (100g), 2 eggs scrambled, avocado & spinach		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
494	38 (152)	9 (36)	34 (306)
Meal 2	Chicken schnitzel with quinoa & beetroot salad		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
485	35 (140)	30 (120)	25 (225)
Meal 3	Lean chilli with basmati (125g) & caprese salad		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
747	68 (272)	40 (160)	35 (315)
Meal 4	Chicken fajitas with wholemeal tortilla		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
267	30 (120)	21 (84)	7 (63)
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
1993	171 (684)	100 (400)	101 (909)

Day 3

Meal 1	Banana & berry smoothie		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
458	37 (148)	55 (220)	10 (90)
Meal 2	2 Chicken sausage with Mexican side salad		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
597	40 (160)	30 (120)	35 (315)
Meal 3	Tuna tin with mixed leaf salad & baked potato		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
344	31 (124)	37 (148)	8 (72)
Meal 4	Maple and orange chicken breast with noodles & stir fry veg		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
520	45 (180)	40 (160)	20 (180)
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
1919	152 (612)	162 (648)	73 (657)

Day 4

Meal 1	Smoked salmon (100g), 2 eggs scrambled, avocado & spinach		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
494	38 (152)	9 (36)	34 (306)
Meal 2	1 Pork medallion, beetroot salad & feta		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
400	35 (140)	20 (80)	20 (180)
Meal 3	Maple & orange chicken with Kale caesar salad & crispy chickpeas		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
410	45 (180)	17 (68)	17 (162)
Meal 4	Tuna tin with sweet potato & side salad		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
296	29 (116)	27 (108)	8 (72)
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
1600	147 (588)	73 (292)	79 (711)

Day 5

Meal 1	Super berry shake		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
240	24 (96)	27 (108)	4 (36)
Meal 2	Chicken schnitzel kale caesar salad		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
530	35 (140)	30 (120)	30 (270)
Meal 3	Chicken Mini Fillets flavored with Mexican salad		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
535	35 (140)	20 (80)	35 (315)
Meal 4	Chicken fajitas with wraps		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
495	50 (200)	40 (160)	15 (135)
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
1800	144 (576)	117 (468)	84 (756)

Day 6

Meal 1	Smoked salmon (100g), 2 eggs scrambled, avocado & asparagus		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
494	38 (152)	9 (36)	34 (306)
Meal 2	2 Chicken skewers, asparagus, grilled tomatoes, mushrooms & peppers		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
306	29 (116)	25 (100)	10 (90)
Meal 3	1 Beef Burgers, whole meal burger bun & Mixed Salad		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
858	30 (120)	70 (280)	30 (270)
Meal 4	1 Salmon fillet with grilled Mediterranean veg		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
405	35 (140)	10 (40)	25 (225)
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
2063	152 (608)	114 (456)	111 (999)

Day 7

Meal 1	2 Beef sausage, 1 grilled tomato, 50g mushrooms, 50g cooked kale		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
385	25 (100)	15 (60)	25 (225)
Meal 2	2 Chicken skewers & Mediterranean veg		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
330	40 (160)	20 (80)	10 (90)
Meal 3	Salmon & tomatoes, green veg (e.g. broccoli, asparagus, etc) & balsamic vinegar		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
444	45 (180)	21 (84)	20 (180)
Meal 4	2 Spicy chicken grills & caprese salad		
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
580	35 (140)	20 (80)	40 (360)
Calories	Protein (g/ kcal)	Carbs (g/ kcal)	Fats (g/ kcal)
1739	145 (580)	76 (304)	95 (855)

How this plan works

Here at FX Fitness Experience, we regularly get asked for meal plans to see “exactly” what to eat, and when. The issue with this is that everyone needs good nutrition, but that is based on several factors such as body type, weight, activity levels, health, body composition and a lot more! We’ve put this plan together to give you an option, and an idea of good nutrition, but please be aware that this is not an exact plan. It will require you to ensure you are aware of portion sizes, cooking methods etc and have a basic understanding of nutrition (see our Nutrition Ebook on your diet plan section of the app!).

However, we feel this plan will be an easy to follow guide to get started with good nutrition, and our partners at Edwards butchers have helped us to put together a weekly meat box for FX Fitness Experience clients that can be collected upon order, and can be split up into two pick-ups if you choose to avoid freezing any of the meat.

How to order

We suggest 2 pick-ups per week, one on Monday and one on Thursday. Please order your meat box a minimum of 2 hours before collection where possible, by calling Edwards on 01282 422051. You will need to leave your name to get the FX discount. If you wish to swap certain products, that’s fine, just let them know. Please be aware although discount will still apply, this may alter the price.

How Strict is the plan?

Remember, this is an **example** meal plan to provide you with ideas for salads, veg, salad dressings, shakes/smoothies and cooked meals, therefore if you wish to create your own, **that’s fine!** But remember to stick to good nutrition, and consider your calories & macros. If you wish to reduce calories, try to keep lower fats and carbohydrate meals (but include enough good fats!), and discuss possible changes with your PT. If you wish to increase calories, adding protein shakes and bars, or increasing the carbohydrate content of some meals on this plan may be appropriate.

This example plan not only gives you 4 meals a day, it also has a supermarket shopping list attached based on these example meals. **Please note that the alternative shakes/smoothies, salad dressings and the alternative chilli are not included in your supermarket shopping list. Again, here we are looking to give you an idea on good nutrition, so feel free to mix up all the sides to make it work for you (but consider calories when doing so!).**

Shopping List



Edwards Butchers box FX Fitness Box (£45)

** all suggested numbers are approximate, and without added calories from cooking methods!

Mon – Thurs (Monday Pick up)

- 1 pork medallions (130g each- P= 35g, C=0g, F=10g) (calories 230 per serving)
- 6 eggs (2 eggs= P= 14g, C=0g, F=12g) (calories=150g)
- 1 chicken schnitzel (125g each- P= 35g, C=15g, F=5g) (calories 250)
- 500g lean minced steak (serving size 250g uncooked, P= 45g, C=5g, F=25g) (Calories 425)
- 2 maple and orange chilli chicken breast (175g total= P- 45g, C= 30g, F=12g) (calories 400)
- 1 chicken fillets (175g cooked each- P= 50g, C=0g, F=5g) (calories 250)
- 300gr chicken stir fry (P=30, C= 20g, F= 10g) (calories 300)
- 2 beef sausage (150g for 2- P= 20g, C=15g, F=20g) (calories 320)
- 2 chicken sausage (150g for 2- P=22g, C=15g, F=7g) (calories 200)

Friday – Sunday (Thursday Pick up)

- 1 beef burgers (125g each- P= 25g, C= 15g, F=20g) (calories 340)
- 1 chicken schnitzel (125g each- P= 35g, C=15g, F=5g) (calories 250)
- 2 beef sausage (150g for 2- P= 20g, C=15g, F=20g) (calories 320)
- 1 chicken mini fillets flavored (175g total, P=45, C=10g, F=5g)
- 2 spicy chicken grills (125g each- P= 20g, C=15g, F=20g) (calories 320)
- 1 chicken fillets (175g cooked each- P= 50g, C=0g, F=5g) (calories 250)
- 4 chicken skewers (150g each- P= 40g, C= 20g, F=5g) (calories 300 approx.)
- 2 salmon fillets (200g each-P=45g, C=0g, F= 20g) (calories 360 per serving)

Optional weekly Supermarket shopping list (split in 2 as necessary)

- Smoked salmon 3x 100g
- Basmati rice
- Green veg (mint peas, broccoli)
- Stir fry veg
- Asparagus
- Peppers
- Chunky chips
- Noodles
- Wholemeal burger buns
- Mediterranean veg
- Mushrooms
- Tomatoes
- Spinach
- Salt & Pepper
- Blueberry's
- Raspberries
- Strawberries
- Bananas
- Almond milk or whole milk
- Kale
- Spinach
- Chai seeds or flax seeds
- Ice
- Low fat natural yogurt
- Quinoa
- Almonds
- Beetroot
- Carrots
- Avocado
- Wholemeal tortillas
- Feta cheese
- Light mayo
- Lemon juice
- Garlic
- Parmesan cheese
- Croutons
- Chickpeas
- Lime juice
- Sweetcorn
- Red onion
- Onion
- Radish
- Spring onion
- Cucumber
- Tomato's
- Mixed leaf lettuce
- Extra virgin olive oil
- Rocket leaf
- Mozzarella
- Balsamic vinegar
- Fajita spice mix
- Guacamole
- Feta cheese
- Kidney beans
- Smoked paprika
- Chopped tomatoes
- Tomato paste
- Iceberg lettuce

Recipes

Smoothies/Shakes

Super berry smoothie

Ingredients -

- Fist sized portion of mixed berries (e.g. strawberry/raspberry/blueberry)
- 200 ml almond or whole milk
- Hand full of kale or spinach
- Chia seeds or flax seeds
- Ice

Method -

- Add water or more milk for a smoother consistency
- Blend all ingredients

Green smoothie – Serves 2

(Not based on shopping list)

Ingredients -

- 50 g Spinach
- 1 Celery stick
- 1 Apple
- The juice of 1 orange
- The juice of 1 lime
- ½ tsp grated fresh root ginger
- Ice

Method -

- Blend all ingredients until smooth



Banana and berry smoothie – Serves 2

Ingredients

- 1 Banana
- 100g Strawberries
- 100g Blueberries
- 50ml low-fat natural yoghurt
- Ice

Method -

- Blend all ingredients

Kiwi, nectarine and grape smoothie – Serves 2

(Not based on shopping list)

Ingredients

- 2 Kiwi's
- 1 Nectarine
- 150g Grapes
- Ice

Method -

- Blend all ingredients

Chunky monkey shake – serves 1

(Not based on shopping list)

Ingredients -

- ½ Banana
- ½ tbsp Cocoa powder
- 1 ½ tbsp. Peanut butter
- 250ml Almond milk
- 1 scoop (30g) Chocolate protein powder
- 2 tsp Sesame seeds

Method -

- Blend all ingredients until smooth

Blueberry and banana protein shake – Serves 1

(Not based on shopping list)

Ingredients -

- 75g Oats
- Fist size portion of blueberries
- 1 Banana
- 1 scoop (30g) Vanilla or strawberry protein powder
- 1 tbsp Chia seeds
- 250ml Coconut water or water

Method -

- Blend all ingredients until smooth

Salad's

Quinoa & beetroot salad –

Ingredients -

- Mixed leaf salad
- Cooked quinoa
- Sliced almonds
- Raw beetroot sliced
- Large carrot cut into ribbons
- 1 Avocado sliced
- Spinach

Method -

- Add salad dressing if required
- Mix all ingredients together

Kale ceaser salad with crispy chickpeas –

Ingredients -

- Mixed leaf salad
- Light mayo
- Lemon juice
- Garlic crushed
- Parmesan cheese
- Kale
- Croutons
- Chickpeas

Method -

1. Remove tough stalks from kale
2. Drain and fry chickpeas until crispy, then place on top of salad
3. Add salad dressing if required
4. Mix all ingredients together

Mexican salad –

Ingredients -

- Iceberg Lettuce
- Coriander
- 0% Greek Yogurt
- Lime juice
- 1 Avocado
- 1 Garlic clove crushed
- Salt & pepper

Method -

- Add salad dressing if required
- Mix all ingredients together

Side salad –

Ingredients -

- Iceberg lettuce
- Sweetcorn
- Peppers
- Red onion

Method -

- Add salad dressing if required
- Mix all ingredients together

Tomato, cucumber & feta salad –

Ingredients -

- Lettuce
- Tomatoes
- Small handful of radish
- Cucumber
- Yellow pepper
- Spring onion
- Feta cheese

Method -

- Add salad dressing if required
- Mix all ingredients together

Mixed leaf salad -

Ingredients -

- Mixed leaf salad
- Extra virgin olive oil
- Mixed lettuce leaves
- Cucumber
- Onion, chopped
- Carrot, shredded
- Tomato, sliced
- Sweetcorn

Method -

- Add salad dressing if required
- Mix all ingredients together

Caprese salad

Ingredients -

- Virgin olive oil & balsamic vinegar
- Mozzarella, sliced
- Tomato, sliced
- Rocked leaf

Method -

- Add salad dressing if required
- Mix all ingredients together

Salad dressings

Italian vinaigrette – Serves 6 people

(Not based on shopping list)

Ingredients -

- 175ml Avocado oil/Extra virgin olive oil
- 45ml Red wine vinegar
- 1 tbsp Parsley
- 1 tsp Oregano
- 1 crushed Garlic clove

Method -

- Mix all ingredients together

Wild ranch dressing – serves 8 people

(Not based on shopping list)

Ingredients -

- 125ml Light mayo
- 3-5 teaspoons of Dill
- 125ml Coconut milk
- 1 tsp of Chives
- ¼ tsp Onion powder
- Salt & pepper

Method -

- Mix all ingredients together

Zingy yoghurt dressing

(Not based on shopping list)

Ingredients -

- 4 tbsp Low fat natural yoghurt
- 2 tsp Lemon juice
- 1 tsp Honey
- Mint or coriander, chopped finely

Method -

- Mix all ingredients together

Alternative light herby dressing

(Not based on shopping list)

Ingredients -

- 3 tbsp Light mayo
- ½ Garlic clove, crushed
- Dried herbs
- Black pepper

Method -

- Mix all ingredients together

Chicken Fajitas

Ingredients -

- Extra virgin olive oil
- 500g chicken
- Fajita spice mix
- 1 onion, chopped
- 2 peppers, diced
- 1 x garlic clove crushed
- Fresh chilli
- Feta cheese
- Greek yogurt
- Guacamole

Method –

1. Heat griddle pan and add extra virgin olive oil
2. Add onion, peppers and garlic and cook until the onion begins to soften
3. Add chicken and allow to cook through, occasionally stirring
4. Add fresh chilli and spice mix and allow to simmer for 20-30 minutes

Lean mince chilli

Ingredients -

- 1tbs Extra virgin oil
- 1 Red onion, finely chopped
- 1 Red and 1 green or yellow pepper, diced
- 300g Reduced fat beef mince (around 5% fat)
- 1tsp Smoked paprika
- 1tsp Ground cumin
- Salt & pepper
- Red kidney beans
- Chopped tomatoes
- 1 x garlic clove, chopped

Method –

1. Heat pan and add extra virgin olive oil
2. Add onion, peppers and garlic and cook until the onion begins to soften
3. Add beef mince into the pan and allow to brown whilst separating and stirring
4. Add the remaining ingredients and allow to simmer for 30-40 minutes

Alternate lean mince chilli

Ingredients -

- 500g 5% Fat lean minced beef
- 500g 5% Fat lean minced pork
- Salt & Pepper
- 1 x Onion, chopped
- 2 x Peppers, diced
- Chilli powder or fresh chilli
- Garlic, crushed
- Kidney beans
- 1tbsp tomato paste
- Sundried tomatoes, blended
- Lentils (*for an extra source of protein and fibre*)
- Cauliflower rice

Method –

1. Combine both lots of mince in a bowl
2. Heat pan and add extra virgin olive oil
3. Add onion, peppers and garlic and allow to cook until onions soften
4. All mince into the pan and allow to cook through whilst stirring and breaking the mince up
5. Add chilli, blended sundried tomatoes, tomato paste and allow to simmer for 5 minutes
6. Drain kidney beans and add into the chilli mix, allow to simmer for 20

Useful Tools

Our recipe Books –

<http://fitness-experience.co.uk/fx-fitness-experience-recipe-books/>

Other Resources

Lean in 15

Our Facebook Pages

Our E-book

