

maxi muscle

NEW YEAR. | NEW PHYSIQUE.

KICK START MEAL PLANNER

DAY 1

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OVERNIGHT OATS

609 KCAL | 65G CARBS | 40G PROTEIN | 19G FAT

- 80G ROLLED OATS
- 80G MIXED BERRIES
- 1 SERVE PROMAX CHOCOLATE
- 300ML ALMOND MILK



SNACK 1: PROMAX BAR & FRUIT

295 KCAL | 34G CARBS | 20G PROTEIN | 8G FAT

VANILLA & ALMOND BAR, PEAR

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TUNA SALAD PITTA

590 KCAL | 80G CARBS | 47G PROTEIN | 7G FAT

- 2 WHOLEMEAL PITTAS
- 1 CAN TUNA
- 2 HANDFULS LETTUCE
- 60G SWEETCORN



SNACK 2: YOGHURT & NUTS

538 KCAL | 17G CARBS | 30G PROTEIN | 35G FAT

200G HIGH PROTEIN YOGHURT, 2 HANDFULS MIXED NUTS

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CHICKEN DINNER

448 KCAL | 40G CARBS | 56G PROTEIN | 4G FAT

- GRILLED CHICKEN BREAST
- 6 NEW POTATOES
- 240G MIXED VEG
- 30G GRAVY



SCROLL FOR MORE



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POACHED EGGS & VEG

387 KCAL | 36G CARBS | 25G PROTEIN | 13G FAT

- 2 POACHED EGGS
- 2 SLICES GRANARY BREAD
- 80G SPINACH
- 80G MUSHROOMS



SNACK 1: BERRY SMOOTHIE

333 KCAL | 35G CARBS | 28G PROTEIN | 9G FAT

1 SERVE STRAWBERRY PROMAX, 20G YOGHURT, 75G BERRIES

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BLT WRAP

658 KCAL | 31G CARBS | 33G PROTEIN | 44G FAT

- WHOLEMEAL WRAP
- 3 RASHES BACON
- 25G LETTUCE
- 1 TOMATO



SNACK 2: PEANUT BUTTER CRISP BREADS

629 KCAL | 46 G CARBS | 20G PROTEIN | 41G FAT

3 CRISP BREADS, 75G PEANUT BUTTER, 1 APPLE

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JACKET POTATO & BEANS

607 KCAL | 115G CARBS | 27G PROTEIN | 2G FAT

- 1 LARGE POTATOE
- 1 CAN BAKED BEANS



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GRANOLA & BANANA

633 KCAL | 83G CARBS | 19G PROTEIN | 24G FAT

- 100G GRANOLA
- 200ML SEMI-SKIMMED MILK
- 1 BANANA



SNACK 1: PROMAX BAR

191 KCAL | 17G CARBS | 20G PROTEIN | 4G FAT

CHOCOLATE BROWNIE BAR

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TOMATO SOUP

522 KCAL | 89G CARBS | 19G PROTEIN | 12G FAT

- 400G SOUP
- 3 SLICES THICK WHOLEMEAL TOAST
- 200G MIXED SALAD



SNACK 2: CHOC PROTEIN BANANA BREAD

441 KCAL | 59G CARBS | 22G PROTEIN | 10G FAT

3 SLICES BANANA BREAD

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FISH CAKES & VEG

954 KCAL | 117G CARBS | 32G PROTEIN | 39G FAT

- 2 FISH CAKES
- 200G MIXED ROAST VEG
- 300G MASHED POTATO



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SCRAMBLED EGG & SALMON

510 KCAL | 28G CARBS | 43G PROTEIN | 24G FAT

- 3 EGGS
- 40G SMOKED SALMON
- 2 SLICES WHOLEMEAL BREAD



SNACK 1: GRANOLA POT

464 KCAL | 64G CARBS | 21G PROTEIN | 14G FAT

3 TBSP GREEK YOGHURT, 1 BANANA, 50G GRANOLA

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QUINOA & ROASTED VEG

623 KCAL | 81G CARBS | 31G PROTEIN | 15G FAT

- 300G COOKED QUINOA
- 200G ROASTED VEG
- 60G REDUCED FAT FETA



SNACK 2: PROMAX SHAKE & FRUIT

272 KCAL | 16G CARBS | 35G PROTEIN | 7G FAT

STRAWBERRY PROMAX, 300ML SEMI-SKIMMED MILK, PEAR

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TURKEY BURGER

561 KCAL | 45G CARBS | 47G PROTEIN | 21G FAT

- 1 TURKEY BREAST
- 1/2 AVOCADO
- 20G ROCKET
- LARGE SEEDED ROLL



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GRANOLA & YOGHURT

678 KCAL | 64G CARBS | 31G PROTEIN | 29G FAT

- 100G GRANOLA
- 200G HIGH PROTEIN YOGHURT
- 80G MIXED BERRIES



SNACK 1: PROMAX BAR & FRUIT

290 KCAL | 38G CARBS | 22G PROTEIN | 5G FAT

MILLIONAIRES SHORTBREAD BAR, 3 KIWIS

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EGG SANDWICHES

725 KCAL | 58G CARBS | 46G PROTEIN | 33G FAT

- 4 EGGS
- 4 SLICES WHOLEMEAL BREAD
- 30G LIGHT MAYONNAISE



SNACK 2: FRUIT SALAD

264 KCAL | 28G CARBS | 3G PROTEIN | 11G FAT

250G MIXED FRUIT, 2 TBSP CREME FRAICHE

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SPAGHETTI & MEATBALLS

514 KCAL | 59G CARBS | 30G PROTEIN | 16G FAT

- 5 MEAT BALLS IN TOMATO SAUCE
- 200G WHOLEMEAL PASTA

SHOP THE RANGE