

Simple**GAINZ**

2250 Calorie Meal Plan

Macros:

40% Protein (225g)

40% Carbs (225g)

20% Fat (50g)

Breakfast (575 calories)

Spiced Turkey Scramble with Toast

- 175g turkey mince seasoned with:
 - 1 tsp smoked paprika
 - 1 tsp ground cumin
 - ½ tsp garlic powder
- 2 whole eggs
- 1 slice wholemeal bread
- 100g spinach
- 50g mushrooms

Prep time: 15 minutes Protein: 58g | Carbs: 40g | Fat: 14g

Lunch (625 calories)

Cajun Chicken Rice Bowl

- 175g chicken breast seasoned with:
 - 2 tsp cajun seasoning
 - 1 tbsp plain flour for coating
 - ½ tsp black pepper
- 125g brown rice (uncooked weight)
- 150g mixed peppers
- 100g broccoli
- 20g light mayo for dressing

Prep time: 25 minutes Protein: 62g | Carbs: 58g | Fat: 14g

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Snack (325 calories)

Protein Yoghurt Parfait

- 225g 0% Greek yoghurt
- 25g protein powder (vanilla)
- 35g granola
- 100g mixed berries

Prep time: 5 minutes Protein: 42g | Carbs: 32g | Fat: 5g

Dinner (725 calories)

Herb-Crusted Baked Cod with Sweet Potato

- 225g cod fillet coated with:
 - 2 tbsp wholemeal flour
 - 1 tsp dried herbs (thyme, parsley)
 - 1 tsp garlic powder
 - Lemon zest
- 250g sweet potato (wedges)
- 175g green beans
- 125g peas

Prep time: 30 minutes Protein: 63g | Carbs: 95g | Fat: 17g

Batch Cooking Tips

1. Protein Prep:
 - Season and cook 875g chicken breast with Cajun seasoning
 - Prepare 875g turkey mince with spice mix
 - Store in portions in fridge (3 days) or freezer (3 months)
2. Carb Bases:
 - Cook 625g brown rice
 - Roast 1.25kg sweet potato wedges
 - Store in containers for 3-4 days
3. Vegetables:
 - Pre-chop peppers and broccoli for 3 days
 - Blanch green beans and store

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Shopping List

Proteins

- Turkey mince
- Chicken breast
- Cod fillets
- Greek yoghurt
- Eggs
- Protein powder

Carbohydrates

- Wholemeal bread
- Brown rice
- Sweet potatoes
- Granola

Fresh Produce

- Spinach
- Mushrooms
- Mixed peppers
- Broccoli
- Green beans
- Peas
- Mixed berries
- Lemon

Pantry Items

- Plain flour
- Wholemeal flour
- Smoked paprika
- Ground cumin
- Garlic powder
- Cajun seasoning
- Dried herbs
- Black pepper
- Light mayo