5 Day *Weight loss* MEAL PREP



Daily structure:

Meal	Approx.calories/Protein
🍫 Chocolate Berry Overnight Oats	330 kcal / 30 g
🥬 Dirty Cabbage + potato	420 kcal / 40 g
🍗 Chicken & roast veg	450 kcal / 50 g
🍓 Snack	150 – 180 kcal / 10 – 20 g

Daily total 1,350 – 1,380 kcal - 130 – 140 g

These are approximate calories, please take into account if you add anything else.
That leaves a little flexibility for milk in coffee, condiments, an extra piece of fruit, etc.

Breakfast:
Chocolate Berry Overnight Oats



Ingredients:

250g Rolled oats
500g Low-fat Greek yoghurt
500ml Low-fat milk or Unsweetened almond milk
150g Chocolate protein powder
25g Unsweetened cocoa
50g Chia seeds
250g Strawberries/mixed berries
1½ tsp Vanilla essence
1½ tsp Cinnamon -optional
Sweetener To taste
Salt Pinch

Per serving: approximately 330 kcal / 30 g protein

How to Prepare:

Mix everything except the berries, divide between 5 containers, then add 50 g berries or fruit of your choice to each.

Makes 5 portions

Lunch:
Dirty Cabbage



Ingredients:

625g Extra-lean beef mince
1kg White cabbage
200g Onion
250g Carrots
200g Bell peppers
1 × 410g tin Chopped tomatoes
25g Tomato paste
10ml (2 tsp)Olive oil
200ml Beef stock
15ml Worcestershire sauce
3–4 cloves Garlic
2tsp Smoked paprika
1½tsp Cumin
1tsp Oregano
To taste Chilli flakes
To taste Salt & pepper

Per serving: Approximately 420 kcal | ~40 g protein

How to Prepare:

1. Brown beef: Heat olive oil and brown the mince for 5–7 minutes.
2. Add veg: Add onion, carrots, peppers and garlic. Cook 5 minutes.
3. Season: Add paprika, cumin, oregano, chilli, salt and pepper. Stir for 1 minute.
4. Add sauce: Stir in tomato paste, chopped tomatoes, beef stock and Worcestershire sauce.
5. Add cabbage: Add cabbage, cover and simmer for 20–30 minutes, stirring occasionally, until tender.
6. Adjust: Season to taste and cook uncovered briefly if too watery.

Divide into 5 portions and serve with 100 g cooked baby potatoes per portion if desired. The potato is optional. If you're not hungry, skip it and save ~75–85 kcal.

Dinner:
Chicken& Roast Vegetable Bowl



Ingredients:

1kg Chicken breast, raw
750g Potatoes or Sweet Potatoes
750g Broccoli
500g Butternut
20ml Olive Oil
2 tsp Paprika
2 tsp Garlic Powder
2 tsp Mixed herbs
15ml Lemon Juice
To Taste Salt & Pepper

How to Prepare:

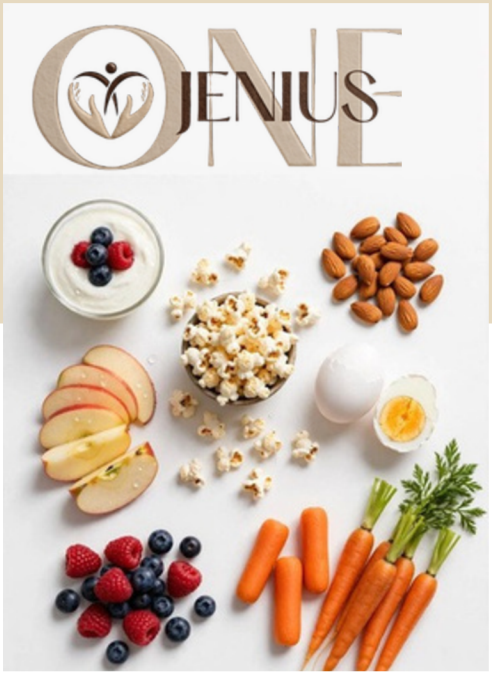
- Season chicken: Toss chicken with lemon juice, paprika, garlic powder, mixed herbs, salt and pepper.
- Roast vegetables: Toss potatoes, butternut and broccoli with olive oil, salt and pepper. Roast at 200°C for 30–40 minutes, turning halfway.
- Cook chicken: Bake or pan-fry chicken until golden and cooked through, then slice. (or air-fry)
- Build the bowls: Divide the roasted vegetables between 5 containers, top with 180–200 g cooked chicken, and finish with a squeeze of fresh lemon.
- Optional: Add a sprinkle of herbs or a little extra paprika before serving for extra flavour.

Keep in separate containers and assemble for dinner or lunch.

5 Servings

Safety note: "Store prepped meals in airtight containers in the fridge for up to 4 days, or freeze dinner/lunch portions for Days 4 & 5 to maintain freshness."

Daily Snacks



Pick one each day.

Option A — Greek yoghurt & berries
150 g low-fat Greek yoghurt
50 g berries
120–140 kcal | 15 g protein

Option B — Apple + peanut butter
1 medium apple
10 g peanut butter
150 kcal

Option C — 2 Boiled eggs
140–160 kcal | 12–13 g protein

Option D — Protein shake
120–150 kcal | 20–30 g protein

I'd alternate these so you don't get bored.

Shopping List



Protein

625 g extra-lean beef mince
1 kg chicken breast
150 g chocolate protein powder
1250 g Greek yoghurt (500 g for oats + 150 g snack)
6 eggs — you'll only need 2 for the planned snack, but a half-dozen gives you flexibility

Vegetables

1kg cabbage
200 g onions
250 g carrots
200 g bell peppers
750 g broccoli
500 g butternut
Garlic
Lemons

Fruit

500 g berries
1–2 apples
Carbohydrates
250 g rolled oats
~1.5 kg potatoes — 750 g for dinner + ~500 g for lunches, with a little spare

Other

50 g chia seeds
25 g cocoa
Peanut butter
Olive oil
Chopped tomatoes
Tomato paste
Beef stock
Worcestershire sauce
Milk
Vanilla essence
Sweetener
Spices/herbs