



Places  
Gym

Part of Places for People

# 7-day easy meal plan

## Breakfast

## Lunch

## Dinner

1

Chocolate peanut butter  
overnight oats

Quinoa &  
kale salad

Diced beef with brown  
rice & broccoli

2

Mango smoothie

Chicken breast &  
cauliflower fried rice

Salmon with a lemon  
dressing & asparagus

3

Porridge with peanut  
butter & banana slices

Chicken breast, sugar  
snap peas & brown rice

Veggie & spinach salad  
with 2 boiled eggs

4

Protein shake or  
protein smoothie

Beef salad wrap

Spinach & pasta with  
pesto sauce

5

Boiled eggs  
& soldiers

Grain salad with  
roasted chickpeas

Cilantro-lime chicken  
& rice bowl

6

Berry & yoghurt  
overnight oats

Chicken, spinach  
& veggie salad

Jacket potato  
with tuna

7

Mushroom & onion  
omlette

Minestrone soup

Chicken quesadillas with  
peppers & onions

Made to move you