



LM Fitness

LM FITNESS

Meal Prep & Food Guide



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Introduction

Welcome to the LM Fitness Meal Prep and Food Guide. This pack contains all the ingredients (literally) you need to get the body shape you have always wanted.

Much like training, getting the right results from your diet can be a trial and error scenario. As a trainer writing a diet, we are simply making educated guesses based on all the information we have. Age, gender, activity level, body composition, lifestyle and much more; all these factors have to be taken into account. Getting it right first time can be very difficult.

However, here is the plus side; healthy eating 'does what it says on the tin'. Although it's not an exact science, generally speaking, if you choose a healthy balance of good nutritious foods, combined with of course an active lifestyle, then you will get results!

Food Planning, Meal Prep and Counting Macros

Preparation is key; without planning your meals the temptation will be much higher to make poorer food choices. Bulk cooking tends to be the most efficient way to food prep, making it cheaper, easier and more time efficient. Unfortunately the downside is that it can be a tad repetitive. Basically you are deciding what you are going to eat for the next few days even though it's impossible to judge what will 'tickle your fancy' on the day itself.

In this meal plan guide I will guide you on how to cook some healthy meals in bulk and also provide some single recipes for those evenings when you fancy a change.

Ok, macro counting can seem a bit extreme, 'I'm not a gym freak' you may think, 'I don't want to spend my life weighing food out'. Sound familiar? You don't have to be as serious as Arnold Schwarzenegger was about training to justify paying attention to your macros (Protein, Carbs, Fats)

Knowing roughly what is in your meals could be the key to making progress. All you are doing is manipulating your diet to get the result you want. Not all calories have the same nutritional value. Take for example a slice of cake vs a banana, even if they have the same calorie content, one is far better than the other... can you guess which!??

Paying attention to your macros helps you to manipulate the calories that really count!



Traffic Light Key:

Green = Very Healthy

Orange = Healthy

Red = Be Cautious

Breakfast

MEAL: Oats & Whey Protein with Peanut Butter (1 meal) *(quick & easy)*

- ✓ Oats (35g)
- ✓ Whey Protein (40g)
- ✓ Peanut or Almond Butter (10g)

Mix your oats and protein powder into a bowl together, add hot water while stirring, then add you peanut butter or have it separate.

Macros Approx. 358kcal

- Carb- 25g
- Protein- 42g
- Fats- 10g

MEAL: Weetabix Protein with Greek Yogurt (1 meal) *(quick & easy)*

- ✓ 2 x Weetabix Protein
- ✓ 150ml Skimmed Milk
- ✓ 100g SKYR Strawberry Yogurt (Arla)

Put your Weetabix in a bowl, poor on your milk. Either add your Greek Yogurt on top or have it separate.

Macros Approx. 287kcal

- Carb- 40g
- Protein- 23.5g
- Fats- 3.7g

MEAL: Dry Granola & Strawberry Greek Yogurt (1 meal) *(quick & easy)*

- ✓ 30g Berry Granola
- ✓ 225g SKYR Strawberry Yogurt (Arla)

Simply mix your Granola and Greek Yogurt in a bowl together.

Macros Approx. 284kcal

- Carb- 38g
- Protein- 24g
- Fats- 4g



MEAL: Ham & Cheese Omelette on Toast (1 meal)

- ✓ 4 Eggs (only 2 yolks)
- ✓ 50% Less Fat grated Cheese (30g)
- ✓ Wafer thin Ham (3 slices)
- ✓ 2 Slices of Wholemeal thin sliced bread (approx. 10g carb per slice)

Crack 4 eggs into a bowl, take away 2 yolks and whisk. Chop up your ham and mix in. Place on medium heat hob, add cheese until ready. Toast your wholemeal bread

Macros Approx. 383kcal

- Carb- 22g
- Protein- 40g
- Fats- 15g

MEAL: Steak & Egg with Strawberry Greek Yogurt (1 meal)

- ✓ 100g Rump Steak
- ✓ 1 Egg
- ✓ Strawberry Greek Yogurt SKYR (Arla)- 225g/half a tub

Spray some fry light in your pan, fry your steak and egg to how you like it. Have your Greek Yogurt as a pallet cleanser

Macros Approx. 395kcal

- Carb- 20g
- Protein- 45g
- Fats- 15g

MEAL: Salmon & Poached Egg on Toast (1 meal)

- ✓ 100g Smoked Salmon Slices
- ✓ 3 x Poached or Fried Egg (only 1 yolk)
- ✓ 2 Slices of Wholemeal, medium sliced bread (approx. 10g carb per slice)

Crack your eggs into a bowl. Take out 2 yolks and either poach in the microwave or fry using the low cal spray. Toast your bread then place your salmon and poached egg on top.

Macros Approx. 397.5kcal

- Carb- 20g
- Protein- 40g
- Fats- 17.5g



Bulk Prep for Lunch & Dinner

MEAL: Chicken Thigh & Turkey Bacon (4 Meals)

- ✓ 10 Turkey Rashers (*Aldi home brand is a 10 pack, Mattessons is an 8 pack*)
- ✓ 500g of Chicken Thigh,
- ✓ 1 Pepper & 3 Salad tomato's

Put turkey rashers on the bottom of the tray then add your chicken thigh, peppers & tomato's on top, use low cal spray & some seasoning- Schwartz (BBQ, all spice etc).
Oven 180-200 degrees, approx. 25-30 mins cooking time.

Macros per meal Approx. 303kcal (without adding carbs, see carb page)

- *Carb- 6g*
- *Protein- 45g*
- *Fats- 11g*

MEAL: Chicken Sausage & Turkey Bacon (5 Meals)

- ✓ 10 Turkey Rashers
- ✓ 2 x Pack of Chicken Italia Sausages (Heck)
- ✓ 1 Pepper & 3 Salad Tomato's

Put turkey rashers on the bottom of the tray then add your chicken sausages, peppers & tomato's on top, use low cal spray & some seasoning- Schwartz (BBQ, all spice etc).
Oven 180-200 degrees, approx. 20-25 mins cooking time.

Macros per meal Approx. 297kcal (without adding carbs, see carb page)

- *Carb- 8g*
- *Protein- 55g*
- *Fats- 5g*

MEAL: Chicken Breast & Bacon Medallion Rashers (4 Meals)

- ✓ 1 Pack of Reduced fat Bacon Medallions (8 Rashers)
- ✓ Chicken Breast (600-650g approx.)
- ✓ 1 Pepper & 3 Salad Tomato's

Put bacon medallion rashers on the bottom of the tray then add your chicken breast, peppers & tomato's on top, use low cal spray & some seasoning- Schwartz (BBQ, all spice etc).
Oven 180-200 degrees, approx. 25-30 mins cooking time.

Macros per meal Approx. 262kcal (without adding carbs, see carb page)

- *Carb- 6g*
- *Protein- 46g*
- *Fats- 6g*



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MEAL: Lean Beef or Pork Mince & Turkey Bacon (4 Meals)

- ✓ 10 Turkey Rashers (chopped up)
- ✓ 500g Pack of Lean Beef/Pork Mince (5%)
- ✓ Tin of Chopped Tomatoes (400g)

Add low cal spray to the pan then add the tinned tomatoes for 1-2 mins before breaking up the mince and dropping into the pan with your turkey rashers. Medium hob heat. Approx. cooking time 5-10 mins.

Macros per meal Approx. 254kcal (without adding carbs, see carb page)

- Carb- 5g
- Protein- 45g
- Fats- 6g

MEAL: Homemade Turkey & Chorizo Burgers (4 Meals)

- ✓ 2% Turkey Mince (750g)
- ✓ Chorizo Sausage (100g)
- ✓ 1 Onion

Chop your chorizo and onions and mix into your turkey mince. Take approx. 100g of your mix and make it into a ball/burger. This should make 8 burgers (2 per meal). Heat the oven to approx. 180 degrees. Spray the burgers with low cal spray and then pop them in the oven for approx. 15-20 mins. Do not overcook your burgers as this will dry out the mince. Option B: Just fry your mince, chorizo & onions all in a pan together using fry light.

Macros per meal Approx. 324kcal (without adding carbs, see carb page)

- Carb- 3g
- Protein- 51g
- Fats- 12g

MEAL: Beef Burgers or Meatballs (Aldi) or Turkey Burgers (Asda) (4 Meals)

- ✓ 2 x Packs Lean Beef Burgers (8) or Meatballs (24) or Turkey Burgers (8)
- ✓ 1 x Pepper & 3 x Salad Tomatoes

Use low cal spray and place your 8 burgers or 24 meatballs in the oven with your chopped peppers and tomatoes for approx. 15-20 mins, 180-200 degrees

Lean Beef Burgers (2)	Lean Beef Meatballs (6)	Turkey Burgers (2)
<i>Approx. 356Kcal</i>	<i>Approx. 284Kcal</i>	<i>Approx. 305Kcal</i>
<i>Carb- 15g</i>	<i>Carb- 13g</i>	<i>Carb- 10g</i>
<i>Protein- 56g</i>	<i>Protein- 40g</i>	<i>Protein- 46g</i>
<i>Fats- 8g</i>	<i>Fats- 8g</i>	<i>Fats- 9g</i>



Individual Meals for Lunch & Dinner *(Meals for 1 or 2)*

Simply half the ingredients if you wish to cook the meal just for 1..... ☹️

MEAL: Lean Double Cheese Burger *(Meal for 2)*

- ✓ 4x Lean Burgers (Aldi) or 4x Turkey Burger (Asda)
- ✓ 2x Wholemeal Thin or 4 slices of Warburtons thin sliced brown bread
- ✓ 4x Light Dairylea Cheese Slices

Fry your burgers using low cal spray. Toast your wholemeal thins/bread. Add your burgers then the cheese on top. Either 1 thin or 2 slices of bread per person. 2 burgers and 2 cheese slices per person.

Lean Beef Burgers (2)	Turkey Burgers (2)
<i>Carb- 32g</i>	<i>Carb- 27g</i>
<i>Protein- 68g</i>	<i>Protein- 58g</i>
<i>Fats- 14g</i>	<i>Fats- 15g</i>
<i>Approx. Kcals: 526</i>	<i>Approx. Kcals 475</i>

MEAL: Tomato & Meatball Wraps *(Meal for 2)*

- ✓ 1x Pack of Lean Meatballs (12) (Aldi)
- ✓ 100g Tinned Chopped Tomatoes
- ✓ 4x Mini Wraps *(by Deli- wheat & white)*

Fry your meatballs using low cal spray. Add your chopped tomatoes to the pan. Use 3 meatballs for each mini wrap. 2 wraps per person.

Macros per meal Approx. 436kcal

- *Carb- 36g*
- *Protein- 46g*
- *Fats- 12g*

MEAL: Balsamic Pork Loin Medallions & Peri Peri rice *(Meal for 2)*

- ✓ 400g (4 loins) Pork Loin Medallions (Aldi)
- ✓ 250g (full packet) Peri Peri Rice *(by Tilda)*

Fry your pork loins using low cal spray, add some seasoning- Schwartz (bbq, all spice etc). Pop your rice in the microwave for 2 mins.

Macros per meal Approx. 384kcal

- *Carb- 30g*
- *Protein- 48g*
- *Fats- 8g*



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MEAL: Salmon Fillets with Sweet Potato Soft Cheese Spread (meal for 2)

- ✓ 240g of Salmon Fillet (2)
- ✓ 400g Sweet Potato
- ✓ 180g (small tub) Lightest Soft Cheese Spread

Put your sweet potato in the oven for approx. 45-60 mins. Cook the salmon skin side down in the oven for approx. 15-20 mins using low cal spray or alternatively fry it. Once cooked add half the tub (90g) of soft cheese to each plate and dip away!

Macros per meal Approx. 495kcal

- Carb- 45g
- Protein- 36g
- Fats- 19g

MEAL: Lime & Coriander Cod Fillets with Couscous (Meal for 2)

- ✓ 2x Packs of Cod Fillets (4)
- ✓ Half a Lime
- ✓ 1x Packet Coriander (100g)
- ✓ 1x Pack Couscous (100g)

Wrap your cod fillets in tin foil and place them in the oven on a tray for approx. 20-25 mins, heat 180-200 approx. Prepare your couscous and split over 2 plates then add 2 cod fillets to each plate. Squeeze ¼ of each lime to each meal and place on top along with some coriander.

Macros per meal Approx. 412kcal

- Carb- 37g
- Protein- 57g
- Fats- 4g

MEAL: Rump Steak & Turkey Bacon with Wholemeal Pasta (Meal for 2)

- ✓ 1 x Rump Steak (approx. 230g per steak)
- ✓ 6 Turkey Rashers (*Aldi home brand is a 10 pack, Mattessons is a 8 packs*)
- ✓ 120g Raw Pasta (whole-wheat penne)
- ✓ 200g Bolognese Sauce

Prepare your pasta and fry your steak to how you like them using fry light for the steak. Add your turkey rashers (chopped up) towards the end as they only take a few mins to cook. Add your bolognese sauce to your pasta then split across 2 plates. Finally pour the contents of your pan (steak and turkey bacon) over your pasta.

Macros per meal Approx. 580kcal

- Carb- 44g
- Protein- 46g
- Fats- 13g



Protein, Fats & Carbs and their Importance

The number one rule of 'weight loss' is calories in vs calories out, but it's not the only rule and too much importance can be placed on this. My rule for 'fat loss' is high protein, medium fat and low to medium carbs.

Carbs tend to be the main component when losing or gaining weight, but we will get onto that in a minute.

Let's start with protein; protein is essential for growth and repair but also out of the three macro nutrients protein is the hardest macronutrient to turn into body fat. Thus why most fat loss diets focus on higher protein.

Next we have fats; fats help regulate body temperature and insulate your joints. Certain fats also encourage the body to burn fats as a fuel source, so by this law fats are still a very important component of a diet. However, you should be careful with the amounts of fat in your diet. Due to its nature it's very high/dense in calories (1g of fat = 9kcal). More than twice that of protein and carbs (1g of protein/carb = 4kcal).

Finally we have carbs; carbs are the body's main energy source. Once in the body a carb is broken down into glucose (sugar) and used by the body. Now here's the issue, if there are too many carbs present in your bloodstream then your body will 'spill over' these extra carbs and turn the excess glucose into fat. The slower the release of glucose the less likely you will 'spill over' as the body has time to breakdown and use the energy. This is why slow release carbs (sweet potato, oats, brown rice) etc are placed in such high regard and fast release carbs (sugar) have such a bad reputation!

So now you understand the importance of carbs in the body, maybe you will think twice before eating that breakfast bar which is full of carbs and no protein and swap it for a high protein snack even if it contains the same calories.

Most people have a carb intake to fat loss sweet spot (see carb curve in the starter pack). For me, if I'm eating 150g of carbs or less a day then I tend to lose body fat. Of course there are many other factors that influence this, like the amount of cardio I am doing or my overall calorie intake etc. Finding your sweet spot might just take some practice.



Carbs to add to your meals

Food in raw weight (uncooked/ no water added)

Carb content can vary depending on brand/type.

Carb:	Food Weight:	Carb Content Approx:
Oats	100g	66g carbs
Sweet Potato	100g	20g carbs
Brown Pasta	100g	65g carbs
Brown or Balsmati Rice	100g	75g carbs
Peri Peri Packet Rice (Tilda)	100g	23.5g carbs
Sun Dried Tomato Packet rice (Tilda)	100g	24g carbs
Caribbean Rice & Peas Rice Packet (Tilda)	100g	19g carbs
Packet Couscous	100g	75g carbs
Quinoa	100g	64g carbs
Gnocchi	100g	36g carbs
Wholemeal Bread (thin sliced & small)	1 Slice	10g carbs
Wholemeal Bread (thin sliced & medium)	1 Slice	15-20g carbs
Wholemeal thins	1 Thin	20g carbs
Mini Wrap	1 Wrap	15g carbs
Large Wrap	1 Wrap	30g carbs
Banana	Small, Medium, Large	20g, 25g, 30g carbs
Apple	Medium	25g carbs
Orange	Medium	15g carbs
Pear	Medium	25g carbs
Blueberries	100g	15g carbs

Note: If I wish to bulk cook my carbs then for example: 1kg of sweet potato = 200g of carbs, then if I split this over 4 meals it = 50g carbs per meal. If I only wish to have 25g per meal then I only need to cook 500g of sweet potato (=100g carbs) then split over 4 meals = 25g per meal. It doesn't have to be rocket science.



Healthy Snacks

High Protein Snack	Light Carb/Fat Snack
Arla Protein Yogurt (200g)	2 x Rice cake & a spread of Peanut Butter
Arla SKYR Yogurt (225g/half a tub)	Packet of Snack a Jacks, skips, low fat light crisps etc
Nestle KVARG Yogurt (150g)	Fibre One 90 Cal bars
Aldi Isey SKYR yogurt (170g)	Piece of fruit (banana, apple, blueberries, orange)
Babybel Light (4 Babybel)	Handful of Nuts (almonds, cashew nuts, peanuts)
Small Tin of Tuna	Celery dipped in low fat Houmous (50g)
Protein bar (choose a low carb one)	Dried vegetables
Protein Shake (30g scoop female, 50g scoop male)	Half a Tub of Protein Ice Cream (Breyers, Halo Top, Oppo)

Basic Diet Example

7AM	BREAKFAST	OATS AND WHEY PROTEIN
9-10AM	SNACK 1	PROTIEN YOGURT
12-1PM	LUNCH	CHICKEN BREAST, SWEET POTATO & VEG
3-4PM	SNACK 2	FRUIT & HANDFUL OF NUTS
6-7PM	DINNER	LEAN BEEF MINCE, RICE & VEG

2-3 litres of water/fluids per day



Supplements

Ah the magic of supplements.....NOT! Do not make the mistake of thinking supplements will get you to your goal. The foundation of getting the right result will always be the result of a clean, nutritious, healthy diet. Supplements should only be used to 'supplement' your diet and not replace it. That said there are a few products I can recommend.

1. **Whey Protein-** Essential for muscle growth, easy and cheap to use, serves as a great meal replacement/snack but mainly used for post workout nutrition. *(I would recommend)*
2. **BCAA-** Branch chain amino acids are a group of 3 essential amino acids. BCAA are commonly taken to boost muscle growth, they may also help with weight loss and reduce fatigue after exercise. *(this is not an essential supplement but lots of health professionals swear by its benefit and it taste pretty good!)*
3. **Glucose/Dextrose-** Basically sugar. This is used to aid performance by replenishing depleted glycogen stores. In my opinion this should only be used during/after a weights workout or during/after sports performance. *(non-essential, but in my experience helps with muscle gain)*
4. **Creatine-** Creatine essentially helps produce energy during heavy lifting or high intensity exercise. *(non-essential, but in my experience helps with strength gain)*
5. **Caffeine & Fat Burners-** Caffeine has been proven to help performance and reduce fatigue during exercise. Fat burners are much over hyped and even though they may contain some products that help with fat loss the effects will be minimal. *(fat burners are non-essential, but in my experience they give me a small boost mainly because of the caffeine. I think caffeine absolutely helps energy levels and your workouts but it is important not to become reliant on it)*
6. **Protein Bars, Protein Ice Cream & Other Protein Products-** There are tons of protein products on the market, some better than others. The ones I look out for the most are high protein, low carb and low fat versions. I would still minimise the amounts of man-made products I use and try to get a higher percentage of my nutrition from natural foods. That said some of the products on the market taste great and really help to curb those cravings. *(grenade protein bars taste awesome!)*



Summary

Gaining structure to your diet is half the battle. If your goal is lose body fat then not taking your diet seriously will limit your progress. You can't 'out train' bad eating, however you can 'out eat' bad training. Let me clarify, if your diet is on point but your training isn't you can still see a fat loss result, but if your diet is poor regardless of good training you will struggle to get the right result.

Creating a calorie deficit is always going to be the number one rule behind weight loss, however, getting your calories from the best sources should still be a top priority. Healthy eating doesn't have to be boring but it does have to be moderated and requires a little more discipline. Still allow yourself to eat foods you like (not just pizza) but foods with nutritional value. For example a steak with a nice sauce that you are going to enjoy. Find the balance between eating for your goal and also enjoying the foods you're eating. Consistently eating plain, bland and boring foods might be great for your fat loss goal but not always great for your mind, especially if you get bored, resulting in a drop in motivation.

Try and bulk your meals out with plenty of vegetables. Even though they are still classed as a carbohydrate they are full of fibre and tend to be much lower in calories than most other carbs, especially green veg!

Finally, apply the number one LM Fitness rule..... **CONSISTENCY**. Stick to a healthy pallet as well as being consistent with your training and you will see a result!