

Prep Perfect's 28 Day Meal Plan

Lunch Dinner & Snack every day for 4 weeks - 4 Free Deliveries.

Our 28 day plans have been designed to help you reach your goals without the stress of knowing what food to buy and cook. Each week we craft new tasty recipes to help you lose weight and you are never left bored or wondering what to eat!

Start your day off well with a healthy, homemade breakfast of your choice knowing you've got the rest of your food prepped for the day.

28 Day Weight Loss Meal Plan								
Dishes	Cals	Pro	Carbs	Fat	Sat Fat	Sugar	Fibre	Allergens
Week one & three deliveries								
Chinese Halloumi -Egg noodles - stir fry veg	566.6	33.16	38.1	31.25	19.3	8.3	2.8	Contains milk, gluten & eggs
Garlic & Butter Chicken burger - Basmati rice - Mixed greens	314.2	32	37.9	5.6	1.7	4.1	4	Contains milk
Italian White fish - Brown Rice -Broccoli	318.4	38.5	33.55	3.31	1.4	4	3.8	
Jamaican Jerk White fish - Roasted new potatoes - Green beans	270	35.94	24.5	2.8	0.7	3.3	6.1	Contains mustard
Kickin' Chilli Quorn - Sweet potato wedges - savoy cabbage	336.7	19.5	35.9	4.15	1.5	20.1	14.6	Contains soya
Stick BBQ Quorn -Sweet potato mash - Roasted veg	268.1	19.45	38.9	3.84	1.5	22.8	13.1	Contains soya
Sticky BBQ Turkey breast - Roasted new potatoes - Roasted veg	298.4	40.55	25.1	4.04	1.2	8.9	2.7	
Tangy Sweet Chilli Turkey breast - Sweet potato mash - roasted root veg	392.05	40.45	42.2	6.92	1.8	23.9	6.8	
tandoori Salmon - Basmati rice - Mixed greens	433.7	36.33	37.8	15.38	3.1	5.4	4	Contains milk
Piri Piri Turkey breast - Basmati rice - Asparagus	364.35	44.61	36.15	4.75	1.7	3.7	2.5	
Tikka Tandoor Beef burger - Basmati rice - Green beans	361.7	29.43	39.6	9.58	3.8	5.8	4.8	Contains milk
Garlic & Butter Chicken breast - Brown rice - Mixed greens	315.5	36.9	35.4	4.6	0.9	3.7	4.7	Contains milk
Piri Piri Chicken breast - Sweet potato wedges - Mixed greens	298.85	35.11	34.55	2.35	1.1	17.6	6.6	
Jamaican Jerk Turkey breast - Cous cous -Green beans	341.5	45.54	26.9	5.5	1.1	4.5	7.6	Contains Gluten, Milk & Mustard
& a variety of 7 prepacked snacks per a week (calories can be found via our website or above)								
Week two & four deliveries								
Chinese Rump steak - Egg noodles - Stir fry veg	386.9	31.86	35.8	12.95	4.4	7.1	2.8	Contains gluten & egg
Garlic & Butter Halloumi - Basmati rice - Leeks & peas	600	33.4	43.4	34.2	20.3	6.2	4.2	Contains milk
Jamaican Jerk Chicken breast - Brown rice - green beans	329.8	36.64	36.9	3.6	0.5	2.4	6.5	Contains mustard
Kickin' Chilli Chicken burger - roasted new potatoes - Broccoli	250.7	35.9	21.1	2.55	1.4	5.4	3.4	
Italian White fish - Brown Rice -Broccoli	318.4	38.5	33.55	3.31	1.4	4	3.8	
Jamaican Jerk White fish - Roasted new potatoes - Green beans	270	35.94	24.5	2.8	0.7	3.3	6.1	Contains mustard
Sticky BBQ Beef burger - Sweet potato wedges - Leeks & peas	372.3	29.55	38	11.34	3.7	20.2	6.8	
Tangy Sweet Chilli Turkey breast - Sweet potato mash - roasted root veg	392.05	40.45	42.2	6.92	1.8	23.9	6.8	
tandoori Salmon - Basmati rice - Mixed greens	433.7	36.33	37.8	15.38	3.1	5.4	4	Contains milk
Chinese Beef burger - Roasted new potatoes - Leeks & peas	324.65	29.56	26.3	11.25	3.6	7.1	4.5	
Kickin' Chilli Quorn - Sweet potato wedges - savoy cabbage	336.7	19.5	35.9	4.15	1.5	20.1	14.6	Contains soya
Stick BBQ Quorn -Sweet potato mash - Roasted veg	268.1	19.45	38.9	3.84	1.5	22.8	13.1	Contains soya
Garlic & Butter Chicken breast - Basmati rice - Roasted root vegetables	366	35.6	45.3	6.4	1.7	8.9	3.8	Contains milk
Kickin' Chilli White fish - Sweet potato wedges - Mixed greens	303.75	36.1	34.7	2.35	1.2	19.1	6.6	
& a variety of 7 prepacked snacks per a week (calories can be found via our website or above)								

Price

£300.00

28 Day Muscle Gain Meal Plan								
Dishes	Cals	Pro	Carbs	Fat	Sat Fat	Sugar	Fibre	Allergens
Week one & three deliveries								
Chinese Halloumi -Egg noodles - stir fry veg	934.4	54.46	62	52.05	32.1	10.2	3.6	Contains milk, gluten & eggs
Garlic & Butter Chicken burger - Basmati rice - Mixed greens	514.4	52	62.6	7.9	2.6	4.7	4.6	Contains milk
Italian White fish - Brown Rice -Broccoli	521.6	62.6	56.35	5.11	1.8	4.4	4.8	
Jamaican Jerk White fish - Roasted new potatoes - Green beans	422.1	58.64	37.4	3.9	1.1	4.3	6.9	Contains mustard
Kickin' Chilli Quorn - Sweet potato wedges - savoy cabbage	502.3	31.8	59.6	6.55	2.4	32.2	22.9	Contains soya
Stick BBQ Quorn -Sweet potato mash - Roasted veg	433.7	31.75	62.6	6.24	2.4	34.9	21.4	Contains soya
Sticky BBQ Turkey breast - Roasted new potatoes - Roasted veg	477.8	66.95	38	6.44	2	9.9	3.8	
Tangy Sweet Chilli Turkey breast - Sweet potato mash - roasted root veg	609.7	66.75	64.5	9.42	2.7	35.5	9.7	
tandoori Salmon - Basmati rice - Mixed greens	714	59.23	62.5	25.28	5	6	4.6	Contains milk
Piri Piri Turkey breast - Basmati rice - Asparagus	597.55	72.31	60.85	7.25	2.9	4.3	3.4	
Tikka Tandoor Beef burger - Basmati rice - Green beans	593.1	48.23	64.3	15.88	6.4	6.4	5.4	Contains milk
Garlic & Butter Chicken breast - Brown rice - Mixed greens	516	60.3	58.2	6.4	1.3	4.1	5.7	Contains milk
Piri Piri Chicken breast - Sweet potato wedges - Mixed greens	486.5	57.01	56.85	3.55	1.6	29.2	9.2	
Jamaican Jerk Turkey breast - Cous cous -Green beans	545.4	75.04	41.7	8.4	1.9	6.5	9.6	Contains Milk, Gluten & mustard
& a variety of 7 prepacked snacks per a week (calories can be found via our website or above)								
Week two & four deliveries								
Chinese Rump steak - Egg noodles - Stir fry veg	634.9	52.36	58.2	21.45	7.3	8.2	3.6	Contains gluten & egg
Garlic & Butter Halloumi - Basmati rice - Leeks & peas	970.3	53.6	69.6	54.7	33.7	7.6	4.8	Contains milk
Jamaican Jerk Chicken breast - Brown rice - green beans	530.3	60.04	59.7	5.4	0.9	2.8	7.5	Contains mustard
Kickin' Chilli Chicken burger - roasted new potatoes - Broccoli	392.6	49.7	34	6.45	2.1	6.4	4.2	
Italian White fish - Brown Rice -Broccoli	521.6	62.6	56.35	5.11	1.8	4.4	4.8	
Jamaican Jerk White fish - Roasted new potatoes - Green beans	422.1	58.64	37.4	3.9	1.1	4.3	6.9	Contains mustard
Sticky BBQ Beef burger - Sweet potato wedges - Leeks & peas	588.1	46.95	60.3	17.64	6	31.8	9.4	
Tangy Sweet Chilli Turkey breast - Sweet potato mash - roasted root veg	609.7	66.75	64.5	9.42	2.7	35.5	9.7	
Tikka tandoori Salmon - Basmati rice - Mixed greens	714	59.23	62.5	25.28	5	6	4.6	Contains milk
Chinese Beef burger - Roasted new potatoes - Leeks & peas	502.25	47.06	39.2	17.45	5.8	8.1	5.3	
Kickin' Chilli Quorn - Sweet potato wedges - savoy cabbage	502.3	31.8	59.6	6.55	2.4	32.2	22.9	Contains soya
Stick BBQ Quorn -Sweet potato mash - Roasted veg	433.7	31.75	62.6	6.24	2.4	34.9	21.4	Contains soya
Garlic & Butter Chicken breast - Basmati rice - Roasted root vegetables	569.2	58.9	70	7.6	2.5	9.5	4.4	Contains milk
Kickin' Chilli White fish - Sweet potato wedges - Mixed greens	494.05	58.7	57	3.55	1.7	30.7	9.2	
& a variety of 7 prepacked snacks per a week (calories can be found via our website or above)								

Price

£400.00