

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 Muscle Gain Meal Plan								
Dishes	Cals	Pro	Carbs	Fat	Sat Fat	Sugar	Fibre	Allergens
Week one & three deliveries								
Chinese turkey breast – egg noodles – stir fry veg	591.65	73.36	58.2	7.25	1.5	8.2	4.3	GLUTEN
Garlic & Butter Beef burger – Basmati Rice - Broccoli	591.1	49.7	60.8	18.2	7.2	4.2	3.7	DAIRY
Garlic & Butter Chicken breast - Whole-wheat pasta – Roasted veg	535.8	61.8	59	6	0.6	7.9	8.5	GLUTEN, DAIRY
Italian Halloumi -Sweet potato mash - Roasted root vegetables	694.55	30.3	66.75	34.01	20.5	36.2	9	DAIRY
Italian Quorn - Basmati rice - Mixed greens	466.95	36.2	65.95	6.51	3.4	6.7	18.8	SOYA
Jamaican Jerk Turkey breast - Roasted new potatoes – Green beans	490.3	68.04	37.4	7.3	1.9	4.3	7.6	MUSTARD
Kickin' Chilli Chicken breast – Basmati Rice - Savoy cabbage	592.25	58.9	61.7	3.55	2	6.3	4.1	
Piri Piri Halloumi -Sweet Potato Wedges -Leeks & peas	677.45	32.91	62.35	32.95	20.2	31.3	9.4	DAIRY
Piri Piri Quorn - Roasted new potatoes – Green beans	346.75	32.61	40.85	5.95	2.1	7	20.1	SOYA
Salmon – Brown Rice – Green beans	692.9	58.5	56	26.1	3.6	2.8	6.5	
Sticky BBQ Chicken burger - Sweet potato mash - Roasted veg	481.15	47.45	59.2	6.04	1.6	33.7	7.2	
Tangy Sweet Chilli Turkey breast - Egg noodles – Stir fry veg	592.05	73.45	58.1	7.32	1.5	7.9	4.3	GLUTEN
Tikka Tandoor Chicken breast - Brown rice – roasted root veg	562.8	58.93	65.5	7.28	1.5	10.2	5.5	DAIRY
Tikka Tandoori White fish – Sweet Potato Mash – Roasted Veg	495	57.33	59.1	3.28	1.4	33.5	7.2	DAIRY
Peanut Butter Protein Balls	443.8	11.2	24.8	31.7	13.4	13.2	6.1	peanuts milk, soya, oats, wheat, gluten, sulphites
Peanut Butter Protein Balls	443.8	11.2	24.8	31.7	13.4	13.2	6.1	peanuts milk, soya, oats, wheat, gluten, sulphites
Chocolate Protein Brownie	493.6	12.2	49.2	26.4	15.3	40	2.5	milk, soya, lactose, eggs, wheat, gluten
Chocolate Protein Brownie	493.6	12.2	49.2	26.4	15.3	40	2.5	milk, soya, lactose, eggs, wheat, gluten
Berry Protein Cheesecake	395.4	13.1	25.7	26.4	16.6	18.7	1.1	milk wheat, soy
Berry Protein Cheesecake	395.4	13.1	25.7	26.4	16.6	18.7	1.1	milk wheat, soy
Protein Vanilla Shortcake	276.1	6.8	23.2	17	10.6	10.7	1.1	wheat, soy, milk
Week two & four deliveries								
Chinese White fish – Basmati Rice - Roasted veg	530.55	60.46	64.8	3.25	2.1	9.1	2.6	
Garlic & Butter Chicken burger - Sweet potato wedges - Kale	474.2	49.8	55.6	7.5	1.5	29.9	10	DAIRY
Garlic & butter white fish – Roasted new potatoes – Savoy cabbage	477.8	57.6	35.1	4.9	1.2	5.9	4.6	DAIRY
Italian chicken breast – roasted new potatoes – leeks & peas	431.75	58.3	39.05	4.71	1.3	7.3	5.3	
Italian Rump steak - Brown Rice - Savoy cabbage	704.25	49	57.35	22.41	7.7	5.2	5.2	
Jamaican Jerk Turkey breast - Roasted new potatoes - Asparagus	490.2	69.74	34.1	8	2	3.7	4.9	MUSTARD
Kickin Chilli Halloumi - Basmati Rice - Broccoli	681.25	35.6	63	31.85	21.4	6.7	3.7	DAIRY
Kickin' Chilli Beef burger - Sweet potato mash - Green beans	558.95	45.1	58.8	15.95	5.7	31.1	10	
Peri peri Turkey breast - Sweet potato wedges - Green beans	562.65	67.41	58.65	6.55	2.1	29.6	10.7	
Sticky BBQ Chicken breast - Roasted new potatoes - Roasted root vegetables	448.25	55.85	43.3	5.74	1.6	11.9	4.9	
Sticky BBQ White fish - Basmati rice - Leeks & peas	559.35	63.05	65.8	4.84	2.3	7.1	4.8	
Tikka Tandoor Quorn - Brown rice - Savoy cabbage	530.5	35.03	60.7	7.78	2.1	6.9	19.4	DAIRY, SOYA
Tikka Tandoor Chicken burger - Basmati rice - Asparagus	515	52.93	61	6.58	2.3	5.8	2.7	
Tikka Tandoor Quorn - Brown rice - Savoy cabbage	530.5	35.03	60.7	7.78	2.1	6.9	19.4	DAIRY, SOYA
Peanut Butter Protein Balls	443.8	11.2	24.8	31.7	13.4	13.2	6.1	peanuts milk, soya, oats, wheat, gluten, sulphites
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Price

£400.00