

# Optimized 5-Day Meal Plan

Based on Patient's Food Preferences | High Protein & High Fiber

120g  
Protein Daily

30g+  
Fiber Daily

~1,800  
Calories Daily

## Day 1 (Friday Style)

Time	Food Item	Calories	Protein	Fiber
8:30 AM	1 Banana + 2 tbsp natural peanut butter (pre-workout fuel)	295	8g	5g
11:00 AM	Protein Shake: 40g protein powder, 3 dates, 250ml So Good Protein Almond Milk, 1 tbsp chia seeds	350	42g	7g
1:00 PM	2 Eggs (fried/scrambled), whole wheat bagel, 1 cup lettuce, 1 baby cucumber, 1 jalapeño, ½ avocado	470	22g	10g
3:00 PM	1 Royal Gala Apple + 15g almonds	165	4g	5g
6:30 PM	150g Beef Teriyaki, 1 cup brown rice, large mixed salad with chickpeas (½ cup), edamame (½ cup)	620	48g	12g
Drinks	2.5 litre water, optional: 1 light beer or wine instead of Breezer	100	0g	0g
DAY 1 TOTAL		2,000	124g	39g

## Day 2 (Saturday Style)

Time	Food Item	Calories	Protein	Fiber
10:30 AM	3-egg omelette with spinach, mushrooms, 2 slices turkey bacon, 1 protein wrap, small latte	520	40g	6g
1:00 PM	Protein Shake: 40g protein powder (whey + plant blend), 1 banana, 250ml almond milk, 1 tbsp flaxseed	350	42g	6g
3:30 PM	Greek yogurt (170g) + ½ cup mixed berries + 1 tbsp chia seeds	220	17g	6g
5:30 PM	6-8 chicken meatballs in tikka masala sauce, ¾ cup basmati rice, 1 cup mixed salad, 2 baby cucumber, side of lentils (½ cup cooked)	650	42g	11g
Drinks	2.5 litre water	0	0g	0g
DAY 2 TOTAL		1,740	141g	29g
<div>Note: Add 1 apple or 1 cup of raspberries as evening snack to reach 30g+ fiber (adds 4-8g fiber)</div>				

Day 3 (Sunday Style)

Time	Food Item	Calories	Protein	Fiber
11:00 AM	2 protein dosa with coconut chutney, 1 idli, ½ cup chickpea curry (chana masala), side salad, pickles	550	28g	12g
2:00 PM	1 Banana + 30g mixed nuts (almonds, cashews)	260	8g	6g
4:00 PM	Protein bar (Quest or similar, high fiber)	200	20g	14g

Time	Food Item	Calories	Protein	Fiber
5:30 PM	Chicken Biryani (1.5 cups) with extra chicken breast (150g total chicken), raita (yogurt), side salad	750	55g	6g
8:00 PM	Protein shake: 25g protein powder, 200ml almond milk	150	26g	1g
Drinks	1 milk tea (with low-fat milk), 2.5 litre water	80	3g	0g
DAY 3 TOTAL		1,990	140g	39g

Day 4 (Monday Style)

Time	Food Item	Calories	Protein	Fiber
11:00 AM	1 Banana, overnight oats: ½ cup oats, 30g protein powder, 1 tbsp chia seeds, 200ml almond milk, cinnamon	445	38g	11g
1:00 PM	High-protein wrap: 2 Simsons protein wraps, 150g chicken breast slices, 1 cup lettuce, 2 cucumber, hummus (2 tbsp), ½ avocado	520	52g	14g
4:00 PM	1 Royal Gala Apple + 2 hard-boiled eggs	220	13g	4g
6:00 PM	Air-popped popcorn (4 cups) + 100g cottage cheese with cherry tomatoes	240	15g	6g
8:00 PM	Protein-packed stir-fry: 150g tofu or prawns, mixed vegetables (broccoli, capsicum, beans), brown rice (½ cup)	380	32g	8g
Drinks	Sparkling water with lime (instead of Ginger Ale), 2.5 litre water	0	0g	0g
DAY 4 TOTAL		1,805	150g	43g

Day 5 (Tuesday Style)

Time	Food Item	Calories	Protein	Fiber
12:00 PM	1 Banana + 2 scrambled eggs with spinach on 2 slices wholegrain toast	395	22g	9g
2:00 PM	High-protein omelette: 1 whole egg + 3 egg whites, 40g light mozzarella, 1 protein wrap, 1 cucumber, 1 jalapeño, ½ avocado, salsa	480	40g	10g
5:00 PM	8 prawn gyoza dumplings, egg fried rice (1 cup) made with 2 eggs, mixed vegetables, edamame (½ cup)	580	35g	6g
6:00 PM	1 cup strawberries, 1 apple with 2 tbsp Mayvers protein peanut butter	270	10g	8g
8:30 PM	Greek yogurt parfait: 170g Greek yogurt, ¼ cup granola, chia seeds	250	20g	5g
Drinks	2.5 litre water	0	0g	0g
DAY 5 TOTAL		1,975	127g	38g

5-Day Summary

Average Daily Calories	1,902 cal/day	
Average Daily Protein	136g/day	✓ Target met (120g)
Average Daily Fiber	38g/day	✓ Target met (30g)



Weekly Shopping List (Based on Meal Plan)

- **Proteins:** Eggs (2-3 dozen), protein powder (whey/plant), chicken breast, beef, turkey bacon, cottage cheese, Greek yogurt, tofu/prawns

- **Dairy/Alternatives:** So Good Protein Almond Milk, light mozzarella cheese, low-fat milk
- **Breads/Wraps:** Simsons Pantry protein wraps, whole wheat bagels, wholegrain bread
- **Grains:** Oats, brown rice, basmati rice
- **Fruits:** Bananas (7-8), Royal Gala apples (4-5), strawberries, mixed berries, dates
- **Vegetables:** Baby cucumbers, lettuce, spinach, avocados, jalapeños, mushrooms, broccoli, capsicum, green beans, cherry tomatoes
- **Legumes:** Chickpeas (canned/dried), lentils, edamame
- **Nuts/Seeds:** Almonds, mixed nuts, chia seeds, flaxseed, Mayvers protein peanut butter, natural peanut butter
- **Frozen:** United Food Co. Prawn Gyoza, mixed vegetables
- **Pantry:** Hummus, coconut chutney, tikka masala sauce, Indian pickles
- **Snacks:** High-fiber protein bars (Quest), air-popped popcorn or kernels, granola

#### 💡 Tips for Success:

- **Meal prep:** Cook rice, hard boil eggs, and prep overnight oats in advance
- **Protein timing:** Distribute protein throughout the day for better absorption
- **Fiber boost:** Add chia/flax seeds to shakes and yogurt for easy fiber increase
- **Pre-workout:** Keep banana + peanut butter combo 30-60 min before RPM class
- **Restaurant ordering:** Request extra protein (double chicken/prawns) and add a side of lentils or chickpeas
- **Hydration:** Continue excellent 2.5L water intake daily
- **Flexibility:** Swap similar proteins (chicken ↔ turkey ↔ tofu) or grains (brown rice ↔ quinoa) as preferred