

The Custom 7-Day High-Protein Meal Prep Guide

Calculate Your Exact Calories & Macros
for Any Body Weight.

Built for Busy Professionals & Fitness Enthusiasts —
practical, science-backed meal prep that fits your
schedule.

Prepared by: FitGuide Nutrition

Step 1 — Calculate Your Daily Calories (3 steps)

Start with a baseline: $\text{weight} \times \text{activity factor}$. Then adjust for your goal. Short, precise math gives a daily calorie target to plan meals around.

1

Find Your Baseline

- Sedentary: $\text{kg} \times 30$ (or $\text{lbs} \times 14$)
- Moderately active: $\text{kg} \times 33$ (or $\text{lbs} \times 15$)
- Very active: $\text{kg} \times 36$ (or $\text{lbs} \times 16$)

2

Set Your Goal

- Fat loss: $\text{baseline} - 400\text{-}500 \text{ kcal}$
- Muscle build: $\text{baseline} + 200\text{-}300 \text{ kcal}$
- Maintain: keep baseline

Example: Quick Baseline Calculation

75 kg, moderately active

$$\rightarrow 75 \times 33 = 2,475 \text{ kcal}$$

baseline. Use this as the starting point to set deficit or surplus.

- Keep this baseline handy — it guides protein, fat, and carb targets.

Step 2 — Set High-Protein Macro Targets

Protein is non-negotiable for muscle retention. Set fats as 25–30% of calories and fill the rest with carbs.



Protein

1.8–2.2 g/kg (≈ 0.8 –1.0 g/lb). Quick formula: $\text{kg} \times 2 \approx \text{grams/day}$.

Example: 75 kg $\rightarrow$ 150 g protein.



Fats

25–30% of total calories — ~ 0.8 –1 g/kg. Prioritize olive oil, nuts, avocado.



Carbs

Fill remaining calories with complex carbs: oats, rice, potatoes, quinoa.

Scale Portions — Hand Portion System

No scale? Use your hand as a simple, portable tool to match portions to your goals.



1 Palm

Protein → ~25–30 g protein (chicken, fish, beef)



1 Cupped Hand

Carbs → ~25–30 g carbs (rice, oats, potatoes)



1 Fist

Veggies → fiber & micronutrients



1 Thumb

Fats → ~8–10 g (oil, nuts, nut butter)



Adjust counts: smaller bodies use fewer palms; larger bodies add 1.5–2 palms protein and more carbs.

Master Grocery List — Flexible & Efficient

Pick 2–3 items from each category. Shop once, cook fast, rotate flavors.



Protein Picks

Chicken, lean beef/turkey, eggs, Greek yogurt, whey, canned tuna/salmon.



Complex Carbs

Rolled oats, basmati rice, whole wraps, sweet potatoes, quinoa.



Produce & Fats

Spinach, broccoli, peppers; avocados, olive oil, peanut butter, almonds.

7-Day Meal Plan — Core Templates

Use these base recipes and scale servings with your calorie target. Portions here assume ~150 g protein/day baseline.

Breakfast — High-Protein Overnight Oats

40–60 g oats + 1 scoop whey + 150 ml almond milk + 10 g chia. Add PB for extra fats.

Lunch — Protein Power Bowl

150 g grilled protein + 100 g cooked rice/quinoa + cup veggies + ½ avocado or 1 tsp oil.

Dinner — Lean Skillet or Stir-Fry

150 g lean mince/prawns/tofu + 150 g roasted sweet potato + sautéed peppers & onions.

High-Protein Snacks & Variations

Quick snacks to hit protein targets between meals.

Rotate options to avoid boredom.



Greek Yogurt + Berries

200 g yogurt + 50 g berries → ~20–24 g protein.



Whey Shake + Fruit

1 scoop whey + 1 apple → ~25 g protein, quick and portable.

Batch Prep: 60-Minute Weekend Plan

Cook smart to free weekdays. Use one oven and one stove session to batch proteins and carbs.

01

Batch Cook Protein

Bake 1 kg chicken/tofu at 200°C for 22–25 min with simple seasoning.

02

Batch Cook Carbs

Cook 4–6 servings rice, quinoa, or roast sweet potatoes.

03

Assemble & Store

Divide into airtight containers. Label with protein and carb amounts so daily scaling is fast.

END

Thank You

Wishing you all the best with your fitness journey!