

LEVEL NUTRIENT

FREE DOWNLOAD

7-Day Starter Meal Plan

A week of simple, high-protein meals built from our most popular recipes, with full macros for every meal.

About 1,350–1,600 kcal a day

120–145g protein a day

How to use this plan

This plan gives you three meals and a snack for seven days. Every recipe is one of our published Level Nutrient recipes, so you can also find it on our website with step-by-step instructions.

1. Check the calories

The plan provides roughly 1,350 to 1,600 calories and 120 to 145g of protein a day, which suits many people aiming for gradual fat loss. If you're very active, taller or losing weight faster than about 1% of your body weight a week, add food: an extra snack, a bigger portion of rice or pasta, or a piece of fruit with each meal.

2. Cook once, eat twice

Most dinners make four servings. Keep the leftovers in the fridge (up to 3–4 days for cooked meat, 2 days for fish) and eat them for lunch, as shown in the plan. Freeze anything you won't eat in time.

3. Prep on Sunday

- Make the chocolate mousse (it keeps for 3 days) and a batch of energy bites (1 week).
- Make the chicken salad filling for the Day 1 and Day 3 wraps (make a fresh batch for Day 5).
- Bag smoothie ingredients into freezer packs.
- Cook the burrito bowl chicken and cauliflower rice for Day 1 dinner and Day 2 lunch.

4. Swap freely

Don't like a meal? Swap it for another one from the same slot. Macros will shift a little, but the plan still works. Vegetarian? Use the red lentil chili and tofu in place of meat.

A note on health: this plan is general information, not medical advice. If you have a medical condition, are pregnant or breastfeeding, or have a history of disordered eating, speak to a qualified professional before changing your diet.

YOUR WEEK

The 7-day plan

	BREAKFAST	LUNCH	DINNER	SNACK	TOTAL
Day 1	Chocolate Peanut Butter Protein Smoothie 375 kcal · 31g protein	Greek Yogurt Chicken Salad Wraps 380 kcal · 49g protein	Chicken Burrito Bowl with Cauliflower Rice 420 kcal · 42g protein	High-Protein Chocolate Mousse 260 kcal · 24g protein	1,435 kcal 146g protein
Day 2	Green Tropical Protein Smoothie 360 kcal · 38g protein	Chicken Burrito Bowl with Cauliflower Rice 420 kcal · 42g protein	Baked Salmon with Lemon Herb Quinoa 510 kcal · 37g protein	Peanut Butter Protein Energy Bites 225 kcal · 13g protein	1,515 kcal 130g protein
Day 3	Chocolate Peanut Butter Protein Smoothie 375 kcal · 31g protein	Greek Yogurt Chicken Salad Wraps 380 kcal · 49g protein	Turkey Zucchini Meatballs in Marinara 330 kcal · 31g protein	High-Protein Chocolate Mousse 260 kcal · 24g protein	1,345 kcal 135g protein
Day 4	Green Tropical Protein Smoothie 360 kcal · 38g protein	Turkey Zucchini Meatballs in Marinara 330 kcal · 31g protein	15-Minute Garlic Shrimp Stir-Fry 490 kcal · 47g protein	Peanut Butter Protein Energy Bites 225 kcal · 13g protein	1,405 kcal 129g protein
Day 5	Chocolate Peanut Butter Protein Smoothie 375 kcal · 31g protein	Greek Yogurt Chicken Salad Wraps 380 kcal · 49g protein	Turkey Taco Rice Bowls 510 kcal · 37g protein	High-Protein Chocolate Mousse 260 kcal · 24g protein	1,525 kcal 141g protein
Day 6	Green Tropical Protein Smoothie 360 kcal · 38g protein	Turkey Taco Rice Bowls 510 kcal · 37g protein	Tuna & White Bean Pasta 440 kcal · 31g protein	Peanut Butter Protein Energy Bites 225 kcal · 13g protein	1,535 kcal 119g protein
Day 7	Chocolate Peanut Butter Protein Smoothie 375 kcal · 31g protein	Tuna & White Bean Pasta 440 kcal · 31g protein	Baked Salmon with Lemon Herb Quinoa 510 kcal · 37g protein	High-Protein Chocolate Mousse 260 kcal · 24g protein	1,585 kcal 123g protein

Calories and protein are per serving, estimated from standard food data. Leftover lunches come from the previous night's dinner.

RECIPE

Chocolate Peanut Butter Protein Smoothie

A thick, milkshake-style chocolate peanut butter smoothie with 31g protein. Five ingredients, five minutes.

Prep 5 min

Total 5 min

Serves 1

375
CALORIES

31g
PROTEIN

37g
CARBS

13g
FAT

Ingredients

- 1 scoop (30 g) chocolate whey or plant protein powder
- 1 medium banana, sliced and frozen
- 1 tbsp (16 g) smooth peanut butter
- 250 ml (1 cup) unsweetened almond milk
- 1 tbsp unsweetened cocoa powder
- A handful of ice

Method

1. Add the almond milk to the blender first, then the protein powder, cocoa, peanut butter, frozen banana and ice.
2. Blend on high for 45 to 60 seconds until completely smooth and thick.
3. Add a splash more milk if it's too thick to pour. Serve straight away.

Tips

- **More protein:** add 100 g of Greek yogurt for +10 g protein (about 60 kcal).
- **Lower calorie:** use 1 tbsp powdered peanut butter to save about 60 kcal.
- **No frozen banana?** Use a fresh one plus an extra handful of ice.

Full recipe online: levelnutrient.com/chocolate-peanut-butter-protein-smoothie/

RECIPE

Greek Yogurt Chicken Salad Wraps

A creamy, crunchy chicken salad made with Greek yogurt instead of mayo. 49g of protein per wrap and ready in 15 minutes.

Prep 15 min

Total 15 min

Serves 4

380
CALORIES

49g
PROTEIN

27g
CARBS

8g
FAT

Ingredients

- 500 g (about 3 cups) cooked chicken breast, diced
- 200 g (3/4 cup) plain nonfat Greek yogurt
- 1 tbsp Dijon mustard
- 1 tbsp lemon juice
- 1 celery stalk, finely diced
- 1 crisp apple, cored and diced
- 1/4 small red onion, finely diced
- 2 tbsp chopped fresh dill or parsley
- Salt and black pepper, to taste
- 4 large high-fiber tortillas
- 2 big handfuls of lettuce or baby spinach

Method

1. In a large bowl, stir together the Greek yogurt, Dijon mustard, lemon juice, salt and pepper.
2. Add the chicken, celery, apple, red onion and herbs. Fold until everything is evenly coated. Taste and adjust the seasoning.
3. Lay out the tortillas and add a layer of lettuce to each, keeping a border around the edge.
4. Divide the chicken salad between the tortillas, fold in the sides and roll up tightly. Cut in half and serve.

Tips

- **Meal prep:** store the filling and tortillas separately and assemble just before eating so the wraps don't go soggy.
- **Lower carb:** skip the tortilla and serve the chicken salad in lettuce cups (about 270 kcal per serving).
- **Storage:** keeps in an airtight container in the fridge for up to 3 days.

Full recipe online: levelnutrient.com/greek-yogurt-chicken-salad-wraps/

RECIPE

Chicken Burrito Bowl with Cauliflower Rice

Smoky spiced chicken, black beans, corn and pico de gallo over cilantro-lime cauliflower rice. 420 calories and 42g protein.

Prep 15 min

Cook 20 min

Total 35 min

Serves 4

420
CALORIES

42g
PROTEIN

32g
CARBS

14g
FAT

Ingredients

- 600 g (1.3 lb) boneless, skinless chicken breast
- 1 tbsp olive oil, divided
- 2 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1/2 tsp chili powder
- 600 g (about 5 cups) cauliflower rice, fresh or frozen
- 1 lime, zested and juiced
- Small bunch of cilantro, chopped
- 1 can (400 g) black beans, drained and rinsed
- 150 g (1 cup) sweetcorn
- 200 g (1 cup) pico de gallo or fresh salsa
- 1 ripe avocado, sliced
- Salt and black pepper

Method

1. Mix the paprika, cumin, garlic powder, chili powder, 1/2 tsp salt and some pepper. Rub the spices and half the oil all over the chicken.
2. Cook the chicken in a hot skillet over medium-high heat for 5 to 6 minutes per side, until it reaches 74°C / 165°F inside. Rest for 5 minutes, then slice.
3. Wipe the pan, add the remaining oil and the cauliflower rice. Cook for 5 to 6 minutes, stirring, until tender. Stir in the lime zest, half the lime juice, the cilantro and a pinch of salt.
4. Warm the black beans and corn together in a small pan or the microwave.
5. Divide the cauliflower rice between four bowls and top with the chicken, beans, corn, pico de gallo and avocado. Finish with the remaining lime juice.

Tips

- **More carbs for training days:** mix in 150 g of cooked brown rice (about 45 kcal extra per serving).
- **Meal prep:** add the avocado and salsa on the day you eat it.
- **Storage:** keeps for 4 days in the fridge.

Full recipe online: levelnutrient.com/chicken-burrito-bowl-cauliflower-rice/

RECIPE

High-Protein Chocolate Mousse

A rich, silky chocolate mousse made with cottage cheese and Greek yogurt. 24g protein and only 260 calories per serving.

Prep 10 min

Chill 30 min

Total 40 min

Serves 2

260
CALORIES

24g
PROTEIN

30g
CARBS

7g
FAT

Ingredients

- 250 g (1 cup) 2% cottage cheese
- 150 g (2/3 cup) plain nonfat Greek yogurt
- 20 g (3 tbsp) unsweetened cocoa powder
- 2 tbsp (25 g) maple syrup
- 1/2 tsp vanilla extract
- Pinch of salt
- 100 g (3/4 cup) raspberries, to serve
- 10 g dark chocolate, grated, to serve

Method

1. Add the cottage cheese, Greek yogurt, cocoa, maple syrup, vanilla and salt to a blender or food processor.
2. Blend for 1 to 2 minutes, scraping down the sides, until completely smooth.
3. Taste and add a little more maple syrup if you like it sweeter.
4. Divide between two glasses and chill for at least 30 minutes to thicken.
5. Top with raspberries and grated dark chocolate before serving.

Tips

- **Smoothness matters:** a high-speed blender gives the silkiest result. A stick blender works, but blend for longer.
- **Mocha version:** add 1 tsp instant espresso powder.
- **Storage:** keeps for 3 days covered in the fridge. Add the toppings just before serving.

Full recipe online: levelnutrient.com/high-protein-chocolate-mousse/

RECIPE

Green Tropical Protein Smoothie

Mango, banana and spinach blended with vanilla protein and Greek yogurt. A bright, filling breakfast with 38g protein in 360 calories.

Prep 5 min

Total 5 min

Serves 1

360
CALORIES

38g
PROTEIN

42g
CARBS

6g
FAT

Ingredients

- 1 scoop (30 g) vanilla protein powder
- 100 g (2/3 cup) frozen mango chunks
- 1/2 medium banana
- 1 large handful (30 g) baby spinach
- 100 g (1/3 cup) plain nonfat Greek yogurt or skyr
- 1 tbsp chia seeds
- 200 ml (3/4 cup) cold water or coconut water
- A few ice cubes

Method

1. Add the water, yogurt and spinach to the blender and blend for 20 seconds to break down the spinach.
2. Add the protein powder, mango, banana, chia seeds and ice.
3. Blend on high for about a minute until smooth. Serve immediately.

Tips

- **Freezer packs:** portion the mango, banana, spinach and chia into bags and freeze. In the morning just add liquid, yogurt and protein.
- **Dairy-free:** use a plant-based yogurt and protein powder.
- **Coconut water** adds about 40 kcal but makes it taste more tropical.

Full recipe online: levelnutrient.com/green-tropical-protein-smoothie/

RECIPE

Baked Salmon with Lemon Herb Quinoa

Tender baked salmon on a bed of lemony herb quinoa with green beans. A 30-minute dinner with 37g of protein and plenty of omega-3s.

Prep 10 min

Cook 20 min

Total 30 min

Serves 2

510
CALORIES

37g
PROTEIN

37g
CARBS

23g
FAT

Ingredients

- 2 salmon fillets (about 140 g / 5 oz each), skin on or off
- 90 g (1/2 cup) dry quinoa, rinsed
- 200 g (7 oz) green beans, trimmed
- 1 tsp olive oil
- 1 lemon, zested and juiced
- 1 garlic clove, finely grated
- 2 tbsp chopped fresh parsley
- 1 tbsp chopped fresh dill (optional)
- Salt and black pepper

Method

1. Heat the oven to 200°C / 400°F and line a baking tray with parchment paper.
2. Add the quinoa to a small pan with 240 ml (1 cup) of water and a pinch of salt. Bring to a boil, cover and simmer for 15 minutes, then turn off the heat and leave covered for 5 minutes.
3. Meanwhile, place the salmon and green beans on the tray. Drizzle with olive oil, season with salt, pepper and half the lemon zest.
4. Roast for 12 to 14 minutes, until the salmon flakes easily and reaches 60°C / 140°F in the thickest part.
5. Fluff the quinoa with a fork and stir in the garlic, remaining lemon zest, lemon juice and herbs. Season to taste.
6. Divide the quinoa between two plates and top with the salmon and green beans.

Tips

- **Swap the fish:** trout or cod work well. Cod is leaner, bringing the dish down to about 400 kcal.
- **Make it ahead:** cook the quinoa up to 4 days in advance and reheat with a splash of water.
- **Storage:** leftovers keep for 2 days in the fridge. Eat cold over salad or reheat gently.

Full recipe online: levelnutrient.com/baked-salmon-lemon-herb-quinoa/

RECIPE

Peanut Butter Protein Energy Bites

No-bake oat and peanut butter bites with protein powder and dark chocolate. A grab-and-go snack with 13g protein per two bites.

Prep 15 min

Chill 30 min

Total 45 min

Serves 14 bites (7 servings of 2)

225
CALORIES

13g
PROTEIN

23g
CARBS

10g
FAT

Ingredients

- 90 g (1 cup) rolled oats
- 60 g (2 scoops) vanilla or chocolate protein powder
- 96 g (6 tbsp) natural peanut butter
- 3 tbsp honey or maple syrup
- 30 g (3 tbsp) dark chocolate chips
- 1 tbsp chia seeds
- 1 to 2 tbsp milk of choice, as needed
- Pinch of salt

Method

1. In a bowl, mix the oats, protein powder, chia seeds and salt.
2. Add the peanut butter and honey and stir until the mixture comes together. It should hold when squeezed. If it's crumbly, add milk a teaspoon at a time.
3. Stir in the chocolate chips.
4. Roll into 14 even balls (about 28 g each) and place them on a plate or tray.
5. Chill for at least 30 minutes to firm up.

Tips

- **Storage:** keeps in an airtight container in the fridge for 1 week, or in the freezer for 3 months.
- **Nut-free:** use sunflower seed butter.
- **Protein powder varies:** plant proteins absorb more liquid, so you may need an extra splash of milk.

Full recipe online: levelnutrient.com/peanut-butter-protein-energy-bites/

RECIPE

Turkey Zucchini Meatballs in Marinara

Juicy lean turkey meatballs with hidden zucchini, baked and simmered in marinara. 330 calories and 31g protein per serving.

Prep 15 min

Cook 25 min

Total 40 min

Serves 4

330
CALORIES

31g
PROTEIN

16g
CARBS

16g
FAT

Ingredients

- 500 g (1.1 lb) 93% lean ground turkey
- 1 medium zucchini (about 200 g), coarsely grated
- 1 large egg
- 30 g (1/2 cup) panko breadcrumbs
- 30 g (1/3 cup) finely grated Parmesan
- 2 garlic cloves, finely grated
- 1 tsp dried oregano
- 1/2 tsp salt and plenty of black pepper
- 500 g (2 cups) low-sugar marinara sauce
- Fresh basil, to serve

Method

1. Heat the oven to 200°C / 400°F and line a baking tray with parchment paper.
2. Squeeze the grated zucchini in a clean kitchen towel to remove as much water as possible.
3. In a large bowl, mix the turkey, zucchini, egg, panko, Parmesan, garlic, oregano, salt and pepper until just combined. Don't overmix.
4. With damp hands, roll into about 20 meatballs (roughly 40 g each) and place them on the tray.
5. Bake for 15 minutes, until lightly golden.
6. Warm the marinara in a large pan, add the meatballs and simmer for 8 to 10 minutes until cooked through (74°C / 165°F inside). Scatter with basil and serve.

Tips

- **Serve it lighter:** 150 g of zucchini noodles adds only about 25 kcal per serving.
- **Freezer friendly:** freeze the baked meatballs on a tray, then bag them. They keep for 3 months.
- **Storage:** keeps for 4 days in the fridge in the sauce and reheats well.

Full recipe online: levelnutrient.com/turkey-zucchini-meatballs-marinara/

RECIPE

15-Minute Garlic Shrimp Stir-Fry

Plump garlic-ginger shrimp and crisp vegetables in a sticky soy-honey sauce. On the table in 15 minutes with 47g protein.

Prep 5 min

Cook 10 min

Total 15 min

Serves 2

490
CALORIES

47g
PROTEIN

56g
CARBS

9g
FAT

Ingredients

- 400 g (14 oz) raw peeled shrimp, deveined
- 1 tbsp avocado or sesame oil
- 300 g (10 oz) stir-fry vegetables: snap peas, peppers, broccoli
- 3 garlic cloves, finely chopped
- 1 tbsp fresh ginger, grated
- 2 tbsp low-sodium soy sauce
- 1 tbsp honey
- 1 tsp rice vinegar
- 1 tsp cornstarch mixed with 3 tbsp water
- 250 g (about 1 1/2 cups) cooked jasmine rice, to serve
- Sliced spring onions and sesame seeds, to serve

Method

1. Whisk together the soy sauce, honey, rice vinegar and cornstarch slurry. Set aside.
2. Heat the oil in a wok or large skillet over high heat. Add the vegetables and stir-fry for 3 minutes until bright and just tender.
3. Push the vegetables to the side, add the garlic and ginger and cook for 30 seconds until fragrant.
4. Add the shrimp and cook for 2 to 3 minutes, turning once, until pink and opaque.
5. Pour in the sauce and toss for about 1 minute until glossy and thickened.
6. Serve over the rice, topped with spring onions and sesame seeds.

Tips

- **Gluten-free:** use tamari instead of soy sauce.
- **Lower carb:** serve over cauliflower rice to save about 140 kcal per serving.
- **Don't overcook:** take the shrimp off the heat as soon as they curl into a 'C'. An 'O' shape means overcooked.

Full recipe online: levelnutrient.com/15-minute-garlic-shrimp-stir-fry/

RECIPE

Turkey Taco Rice Bowls

Seasoned lean turkey, rice, black beans and salsa topped with a Greek yogurt 'sour cream'. A 20-minute, budget-friendly dinner with 37g protein.

Prep 5 min

Cook 15 min

Total 20 min

Serves 4

510
CALORIES

37g
PROTEIN

65g
CARBS

11g
FAT

Ingredients

- 500 g (1.1 lb) 93% lean ground turkey
- 2 tbsp taco seasoning (or 1 tsp each chili powder, cumin, paprika and garlic powder)
- 600 g (about 4 cups) cooked basmati or long-grain rice
- 1 can (400 g) black beans, drained and rinsed
- 150 g (1 cup) sweetcorn, frozen or canned
- 200 g (1 cup) tomato salsa
- 150 g (2/3 cup) plain nonfat Greek yogurt
- 1 lime, cut into wedges
- Shredded lettuce and chopped cilantro, to serve

Method

1. Cook the turkey in a large nonstick skillet over medium-high heat for 6 to 7 minutes, breaking it up, until browned and cooked through.
2. Add the taco seasoning and 60 ml (1/4 cup) of water. Simmer for 2 minutes until saucy.
3. Stir in the black beans and corn and cook for 2 minutes more until hot.
4. Warm the rice according to the package instructions.
5. Divide the rice between four bowls and top with the turkey mixture, lettuce, salsa and a spoonful of Greek yogurt. Serve with lime wedges and cilantro.

Tips

- **Swap the turkey:** lean ground beef (95%) or a plant-based mince both work.
- **Meal prep:** pack the salsa and yogurt separately and reheat the rest.
- **Storage:** keeps for 4 days in the fridge.

Full recipe online: levelnutrient.com/turkey-taco-rice-bowls/

RECIPE

Tuna & White Bean Pasta

A 20-minute pantry pasta with canned tuna, cannellini beans, garlic, chili and lemon. 31g protein per bowl on a budget.

Prep 5 min

Cook 15 min

Total 20 min

Serves 4

440
CALORIES

31g
PROTEIN

64g
CARBS

8g
FAT

Ingredients

- 300 g (10 oz) whole-wheat spaghetti or penne
- 1 tbsp olive oil
- 3 garlic cloves, thinly sliced
- 1/2 tsp chili flakes
- 2 cans (about 225 g drained) tuna in water, drained
- 1 can (400 g) cannellini beans, drained and rinsed
- 100 g (3 cups) baby spinach
- 1 lemon, zested and juiced
- 20 g (1/4 cup) grated Parmesan
- Chopped parsley, salt and black pepper

Method

1. Cook the pasta in well-salted boiling water according to the package. Before draining, save 250 ml (1 cup) of the pasta water.
2. While the pasta cooks, heat the olive oil in a large skillet over medium heat. Add the garlic and chili flakes and cook for 1 to 2 minutes until the garlic is golden.
3. Add the cannellini beans and cook for 2 minutes. Lightly crush a few with the back of a spoon.
4. Add the drained pasta, tuna, spinach, lemon zest and a good splash of pasta water. Toss for 1 to 2 minutes until the spinach wilts and the sauce turns glossy.
5. Season with lemon juice, salt and pepper. Serve topped with Parmesan and parsley.

Tips

- **Higher protein:** use chickpea or lentil pasta for about 10 g extra protein per serving.
- **Dairy-free:** skip the Parmesan and add a spoonful of capers.
- **Storage:** keeps for 3 days in the fridge. Great cold as a pasta salad.

Full recipe online: levelnutrient.com/tuna-white-bean-pasta/

WHAT'S NEXT

Enjoyed your week?

Keep the momentum going with a full plan. Every Level Nutrient meal plan includes portions, macros, shopping lists and a prep schedule.

30-Day Fat Loss Meal Plan

Four weeks of filling, high-protein meals with three calorie levels to choose from.

30-Day High-Protein Meal Plan

150g+ protein a day from real food, built for training and muscle gain.

Personalized Meal Plan

A 4-week plan built around your goals, preferences and schedule.

See all plans at levelnutrient.com/meal-plans/