

4-Day High Protein Meal Prep (Approx. 1500 Calories & 140g+ Protein/Day)

These three meals are balanced, satisfying, and high in protein. Feel free to add snacks between meals if needed!

Breakfast: Blueberry Cheesecake Overnight Weetbix (Per Portion)

Ingredients (per portion):

- 2 Weetbix
- 82ml milk of choice
- 100g Greek yoghurt
- 30g protein powder (I used blueberry whey)
- 1 tbsp lemon juice
- 50g blueberries

Method:

1. Crush the Weetbix into a small container or bowl.
2. Pour over 82ml milk and press down to form a firm base layer.
3. In a separate bowl, mix the Greek yoghurt, protein powder, and lemon juice until smooth.
4. Spread the yoghurt mixture over the Weetbix base.
5. Top with fresh or defrosted blueberries.
6. Cover and refrigerate overnight (or for at least 4 hours).

Macros (approx. per portion):

Calories: 315 | Protein: 30g | Carbs: 32g | Fat: 8g

Lunch: Hot Honey Beef and Sweet Potato Bowl

Makes 4 servings

Ingredients:

- 750g lean beef mince
- 4 medium sweet potatoes, cubed
- Olive oil and salt (for roasting)
- Steak and chops seasoning (or any preferred spice blend)
- 200g cottage cheese (50g per serving)
- 2 avocados (½ per serving)
- Hot honey (or regular honey + dried chilli flakes)

Method:

1. Preheat oven to 200°C (392°F).
2. Dice sweet potatoes, coat in olive oil and salt, and roast for 35–40 minutes, flipping halfway.
3. Meanwhile, cook the beef mince in a large non-stick pan over medium-high heat with your chosen spices until browned and fully cooked (about 10–12 minutes).
4. Once cooked, divide beef and sweet potatoes between 4 containers.
5. Add 50g cottage cheese and ½ an avocado to each bowl.
6. Drizzle each with hot honey or a mix of honey and chilli flakes just before eating.

Macros (approx. per serving):

Calories: 490 | Protein: 40g | Carbs: 30g | Fat: 24g

Dinner: Creamy Cheese Mushroom Orzo with Chicken

Makes 4 servings

Ingredients:

- 4 chicken breast fillets (about 600g total)
- 4 garlic cloves, minced (optional)
- 400g mushrooms, sliced
- 300g dry orzo
- 250g low-fat smooth cottage cheese
- 60g grated parmesan
- 700ml low-sodium chicken stock
- 1 tsp dried herbs (thyme, oregano, or Italian blend)
- 2 handfuls of spinach (optional)
- Juice of 1 lemon (optional)
- Salt and black pepper, to taste

Method:

1. Cook chicken breasts in the air fryer at 200°C for 10–12 minutes, flipping halfway, or pan-fry until golden and cooked through.
2. In a large pan, sauté garlic (if using) and mushrooms in a little olive oil until browned (about 6–8 minutes).
3. Stir in the orzo and toast for 1–2 minutes.
4. Add chicken stock, herbs, salt, and pepper. Simmer uncovered for 10–12 minutes, stirring often, until orzo is tender and most liquid absorbed.
5. Stir in cottage cheese, parmesan, spinach, and lemon juice.

6. Slice the chicken and add on top or mix through before portioning.

Macros (approx. per serving):

Calories: 520 | Protein: 45g | Carbs: 35g | Fat: 20g

Step-by-Step: How to Prep All 3 Meals in 1 Hour

0:00–0:05 — Prep & Set Up

- Preheat oven to 200°C.
- Gather all ingredients and equipment.
- Wash produce (sweet potatoes, mushrooms, spinach, etc.)

0:05–0:10 — Roast Sweet Potatoes

- Cube sweet potatoes, toss with olive oil and salt.
- Spread on a lined tray and roast for 35–40 minutes, flipping halfway.

0:10–0:20 — Cook Beef & Chicken

- Heat a pan and cook beef mince with seasoning.
- Season chicken breasts and air fry at 200°C for 10–12 minutes, flipping halfway.

0:20–0:30 — Start Orzo & Sauté Veggies

- In another pan, sauté mushrooms (and garlic if using).
- Add orzo, toast briefly, then pour in stock and simmer 10–12 minutes, stirring often.

0:30–0:35 — Make Weetbix Base

- Crush 2 Weetbix each into 4 containers.

- Pour over 82ml milk per container and press down.

0:35–0:40 — Make Yoghurt Topping

- Mix yoghurt, protein powder, and lemon juice.
- Spoon over Weetbix base and top with blueberries.
- Cover and refrigerate.

0:40–0:50 — Finish Orzo

- Stir cottage cheese, parmesan, spinach, and lemon juice into the cooked orzo.
- Season to taste and let cool.
- Slice cooked chicken and mix in or top each portion.

0:50–1:00 — Assemble Lunch & Dinner

- Divide beef mince and roasted sweet potato into 4 containers.
- Add 50g cottage cheese and ½ avocado to each.
- Drizzle hot honey on top (or add later).
- Portion creamy mushroom orzo into 4 containers.