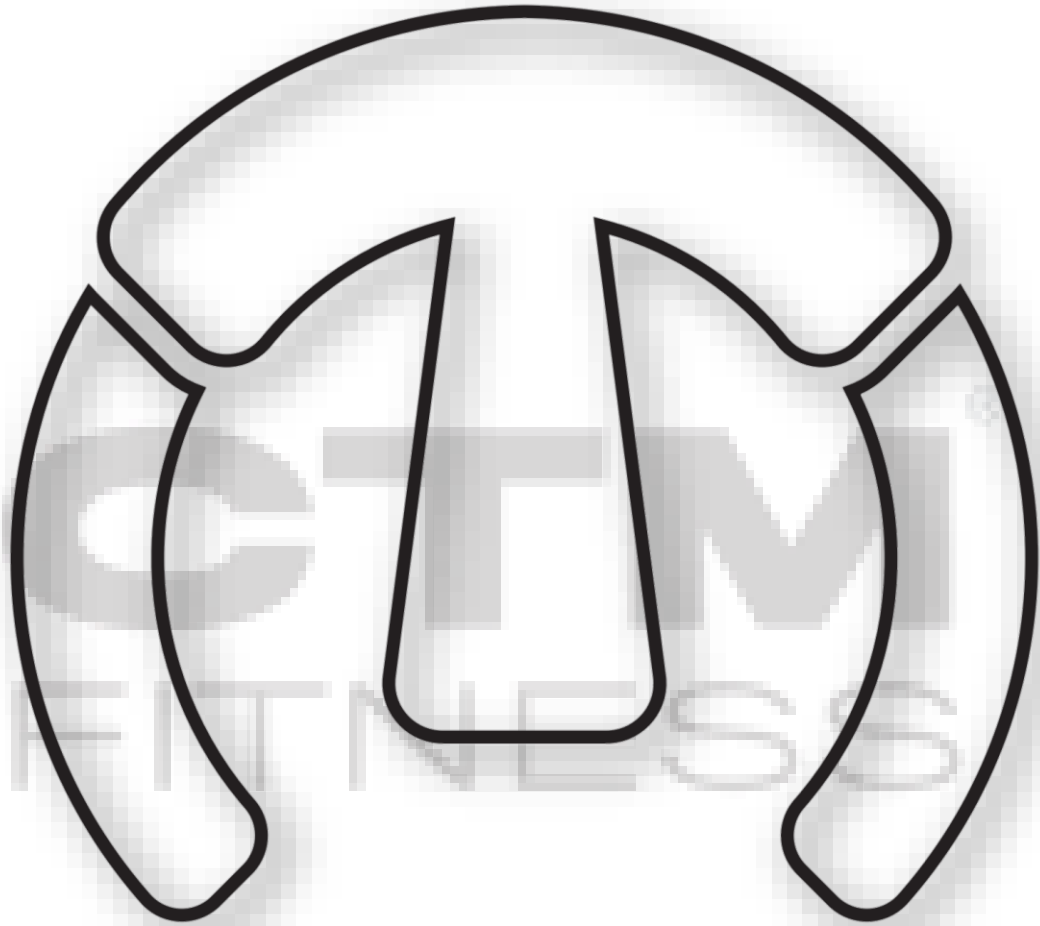


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FITNESS



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Client Name: **Example ONLY**

Description: Full 7 Day Meal Plan

## Disclaimer

CTMfitness holds no responsibility if sickness may occur while following.

This is a guideline ONLY of types and quantities of foods to promote a healthier lifestyle. Please refrain from any foods that have allergens or that you are intolerant towards.

This plan was designed and calculated for NO client in particular.

If you decide to use this, please consult with your physician or medical expert prior to use.

This meal plan has been devised unknowing to any allergies or intolerances. Please replace foods at your own accord.

Client may reduce/include food quantities and replace brands based on availability or preferred choices.



Monday

Fluid: Water **3 liters minimum** each day

Meal 1

3 full eggs, 3 egg whites – scrambled in 5ml olive oil  
1 white bagel – toasted under grill  
1 tomato sliced in half – grilled  
20g almonds.

Meal 2

1 tub fat free FAGE yoghurt,  
15g crushed cashew nuts – sprinkled into yoghurt  
1 apple

Meal 3

Beef salad wrap - 1 large tortilla wrap  
100g thin sliced roast beef (pre-packed)  
Shredded lettuce – small handful  
1 tomato – sliced  
1 tsp Dijon mustard  
1 tsp horseradish

Meal 4





150g grilled halibut,

½ cup mushrooms, ½ cup green beans, 1 small white onion (chopped) – all sautéed in 1 tsp olive oil & 1 tsp balsamic vinegar,

1 medium sweet potato, cut into large wedges & oven roasted (20 mins)

Night time Snack – Barebells (caramel & cashew) 1 bar

Tuesday

Meal 1

Burrito – made with 1 medium whole wheat tortilla,

4 egg white, 1 full egg – scrambled,

¼ cup chopped red pepper, ½ white onion, 40g grated low-fat cheddar cheese

Chopped spinach, 1 tsp pesto

Meal 2

30g whey protein – with water, 1 medium orange

Meal 3

CTM BLT - 2 slices Granary Bread,

2 slices back bacon, handful of lettuce, 1 tomato – sliced, 2 tsp Lighter than Light Hellman's mayonnaise

1 bar Barebells – caramel & cashew

1 tin Diet Coke

Meal 4

Spaghetti Bolognese –

200g lean steak mince, ½ medium onion ½ tin tomatoes, 1 clove Garlic, ½ tsp chilli flakes



100g spaghetti – dry weight, 30g grated cheddar cheese – sprinkled on top  
Chopped parsley – sprinkled on top

### Night time Snack

2 slices white bread – toasted, 2 slices deli cooked ham  
2 tsp butter, 1 glass (120mls) semi-skimmed milk.

### Wednesday

#### Meal 1

2 slices whole meal bread – toasted  
3 eggs – poached, ½ avocado – mashed onto toast, 25g cashew nuts

#### Meal 2

1 bar – Barebells (caramel & cashew)  
1 medium apple

#### Meal 3

200g Asda chicken tikka (pre-packed),  
125g whole grain rice (½ pouch Uncle Bens microwave rice)  
½ cup chopped green beans, 1 can Diet Coke

#### Meal 4

##### Beef Stir-fry

150g braising steak – sliced thin, fried gently in Wok with 1 tsp olive oil





Asda stir-fry veg mix, Asda pouch black bean stir-fry sauce  
1 pkt egg noodles, chopped parsley sprinkled on top

### Night time Snack

40g porridge oats, 1 tbsp Nutella mixed in  
30g Whey protein powder, mixed with water.

### Thursday

#### Meal 1

##### Omelet -

3 full eggs, ¼ cup red pepper, handful spinach, ½ onion  
1 slice whole meal bread toasted, 1 tsp butter

#### Meal 2

1 tub low fat FAGE yoghurt, 10g chocolate chips mixed in

#### Meal 3

##### Caesar salad -

150g chicken breast, 2 handfuls Romaine Lettuce, ½ Avocado sliced, 5 cherry tomatoes,  
¼ red onion, 2 tbsp light Caesar dressing

#### Meal 4

##### Beef burger & Fries





150g lean steak mince, 1 egg whisked, ¼ onion finely chopped, 1 tsp tomato puree  
(in a mixing bowl - bind together all ingredients and make into a pate. Fry gently in hot pan)  
Serve on seeded bun, Romaine lettuce, ½ tomato sliced, ½ tsp Dijon mustard  
1 medium sweet potato – chipped and oven roasted (12 mins 200 degrees). 1 can Diet coke

### Night time snack

1 bar - Dairy milk,  
30g Whey protein powder (mixed with water)

### Friday

#### Meal 1

##### CTM Scrambled eggs

3 full eggs, mix in when cooking – 20g grated cheddar cheeses, 1 slice deli cooked ham (thinly diced)  
2 slices whole meal bread – toasted, 2 tsp butter, cracked black pepper, chopped parsley sprinkled

#### Meal 2

30g whey protein – with water, 1 medium orange

#### Meal 3

##### CTM BLT - 2 slices Granary Bread,

2 slices back bacon, handful of lettuce, 1 tomato – sliced, 2 tsp Lighter than Light Hellman's mayonnaise



1 bar Barebells – caramel & cashew

1 tin Diet Coke

#### Meal 4

Baked Potato bacon and cheese –

1 large potato

(wrap potato in tinfoil, place into preheated oven, 180 degrees for 40-50 minutes)

2 slices back bacon – diced, 30g grated cheddar cheese melted on top

100g broccoli, 100g cauliflower, Mixed salad to garnish.

#### Night time Snack

3 rice cakes, 1 tbsp Nutella, 30 g Whey protein (with water)

#### Saturday

##### Meal 1

2 slices whole meal bread – toasted

3 eggs – poached, ½ avocado – mashed onto toast, 25g cashew nuts

##### Meal 2

30g whey protein – with water, 1 medium orange

##### Meal 3

Caesar salad –

150g chicken breast, 2 handfuls Romaine Lettuce, ½ Avocado sliced, 5 cherry tomatoes,





¼ red onion, 2 tbsp light Caesar dressing

#### Meal 4

##### Beef Stir-fry

150g braising steak – sliced thin, fried gently in Wok with 1 tsp olive oil

Asda stir-fry veg mix, Asda pouch black bean stir-fry sauce

1 pkt egg noodles, chopped parsley sprinkled on top

#### Night time Snack

40g porridge oats, 1 tbsp Nutella mixed in

30g Whey protein powder, mixed with water.

#### Sunday

##### Meal 1

3 slices back bacon fried in 5 mls olive oil,

2 full eggs, fried

1 slice whole meal toast.

##### Meal 2

1 tub low fat FAGE yoghurt, 10g chocolate chips mixed in

##### Meal 3





200g Asda chicken tikka (pre-packed),  
125g whole grain rice (1/2 pouch Uncle Bens microwave rice)  
1/2 cup chopped green beans, 1 can Diet Coke

Meal 4

FREE MEAL & DESSERT

Night time Snack

30g Whey protein powder (mixed with water), 2 finger Kit-Kat

