

**maxi muscle**  
NEW YEAR. | NEW PHYSIQUE.

# CUTTING MEAL PLANNER

## DAY 1

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### LOADED OMLETTE

336 KCAL | 1G CARBS | 31G PROTEIN | 22G FAT

- 2 EGGS
- 4 MUSHROOMS
- 30G CHEDDAR CHEESE
- 4 SLICES HAM



### SNACK 1: PROMAX LEAN SHAKE & FRUIT

317 KCAL | 36G CARBS | 36G PROTEIN | 3G FAT

PROMAX LEAN SHAKE MADE WITH 300ML SKIMMED MILK, PEAR

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### SWEET POTATO SALAD

485 KCAL | 66G CARBS | 14G PROTEIN | 18G FAT

- 1 SWEET POTATO
- 1/2 CAN DRAINED CHICKPEAS
- 80G SPINACH
- 1/2 AVOCADO



### SNACK 2: PROMAX LEAN BAR, TRAIL MIX, FRUIT

486 KCAL | 57G CARBS | 28G PROTEIN | 20G FAT

40G TRAIL MIX, BANANA, COOKIES & CREAM BAR

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### TURKEY, RICE & VEG

682 KCAL | 81G CARBS | 72G PROTEIN | 5G FAT

- 1 TURKEY BREAST
- 100G DRY BROWN RICE
- 6 SPEARS ASPARAGUS
- 4 SPEARS BROCCOLI



SCROLL FOR MORE





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## DAY 2

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### YOGHURT & FRUIT

330 KCAL | 39G CARBS | 24G PROTEIN | 6G FAT

- 200G HIGH PROTEIN YOGHURT
- 1 BANANA
- 15 BLUEBERRIES
- 1 TBSP SUNFLOWER & PUMPKIN SEEDS



### SNACK 1: PROMAX LEAN BAR & FRUIT

264 KCAL | 34G CARBS | 21G PROTEIN | 6G FAT  
SALTED CARAMEL BAR & 2 TANGERINES

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### TURKEY, ROCKET & AVO ROLL

398 KCAL | 35G CARBS | 23G PROTEIN | 17G FAT

- 1 WHOLEMEAL ROLL
- 3 SLICES TURKEY
- 1/2 AVOCADO
- 10G ROCKET LEAVES



### SNACK 2: RICE PUDDING & PROMAX LEAN

478 KCAL | 64G CARBS | 38G PROTEIN | 7G FAT  
400G CANNED RICE PUDDING &  
1 SERVE CHOCOLATE PROMAX LEAN

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### CHILLI CON CARNE

736 KCAL | 89G CARBS | 67G PROTEIN | 10G FAT

- 200G LEAN BEEF MINCE
- 200G KIDNEY BEANS
- 200G CANNED TOMATOES
- 60G DRY BROWN RICE



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# CUTTING MEAL PLANNER

## DAY 3

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### SCRAMBLED EGG & SALMON

503 KCAL | 34G CARBS | 41G PROTEIN | 22G FAT

- 3 LARGE EGGS
- 250G SMOKED SALMON
- 2 TOMATOES
- 2 SLICES THICK WHOLEMEAL TOAST



### SNACK 1: PEANUT BUTTER RICE CAKES

522 KCAL | 50G CARBS | 15G PROTEIN | 29G FAT  
4 RICE CAKES, 3 TBSP PEANUT BUTTER, 1 BANANA

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### SWEET POTATO SOUP

542 KCAL | 47G CARBS | 15G PROTEIN | 30G FAT

- 300G SOUP
- 2TBSP SUNFLOWER SEEDS
- 2 SLICES WHOLEMEAL BREAD



### SNACK 2: PROMAX LEAN SHAKE

280 KCAL | 18G CARBS | 35G PROTEIN | 6G FAT

PROMAX LEAN SHAKE MADE WITH 300ML SEMI-SKIMMED MILK

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### BAKED POTATO & CHICKEN BREAST

516 KCAL | 57G CARBS | 53G PROTEIN | 4G FAT

- 1 CHICKEN BREAST
- 1 LARGE BAKED POTATO
- 5 SPEARS BROCCOLI
- 5 SPEARS ASPARAGUS



SCROLL FOR MORE





# CUTTING MEAL PLANNER

## DAY 4

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### PEANUT BUTTER OVERNIGHT OATS

641 KCAL | 87G CARBS | 24G PROTEIN | 21G FAT

- 2 TBSP PEANUT BUTTER
- 80G OATS
- 300ML SEMI-SKIMMED MILK
- 1 APPLE



### SNACK 1: PROTEIN BALLS

528 KCAL | 32G CARBS | 20G PROTEIN | 32G FAT

4 PROTEIN BALLS

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### BEETROOT & FETA SALAD

462 KCAL | 9G CARBS | 25G PROTEIN | 31G FAT

- 2 SMALL BEETROOTS
- 80G FETA CHEESE
- 80G SPINACH
- 8 WALNUTS



### SNACK 2: PROMAX LEAN BAR & FRUIT

294 KCAL | 44G CARBS | 22G PROTEIN | 6G FAT

PROMAX LEAN COOKIES & CREAM BAR & BANANA

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### COD & ROAST POTATOES

383 KCAL | 44G CARBS | 45G PROTEIN | 1G FAT

- 1 LARGE COD PORTION
- 6 LARGE NEW POTATOES
- 80G GREEN BEANS



SCROLL FOR MORE





# CUTTING MEAL PLANNER

## DAY 5

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### BUCKWHEAT PORRIDGE

565 KCAL | 92G CARBS | 17G PROTEIN | 16G FAT

- 300ML ALMOND MILK
- 100G DRY BUCKWHEAT
- 20G ALMONDS
- 40G DRIED CRANBERRIES



### SNACK 1: VANILLA FRAPPE

278 KCAL | 19G CARBS | 35G PROTEIN | 7G FAT

300ML SEMI-SKIMMED MILK, 1 SERVE PROMAX LEAN VANILLA,  
1 ESPRESSO

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### CAJUN WRAP

440 KCAL | 32G CARBS | 47G PROTEIN | 12G FAT

- 1 CHICKEN BREAST
- 30G LETTUCE
- 1 WHOLEMEAL TORTILLA
- 2 TSP CAJUN SPICE MIX



### SNACK 2: RICOTTA RYE CRACKERS

323KCAL | 28G CARBS | 19G PROTEIN | 14G FAT

4 RYE CRACKERS, 50G RICOTTA CHEESE, 40G BLUEBERRIES

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### QUINOA SALAD & EGG

514 KCAL | 43G CARBS | 28G PROTEIN | 25G FAT

- 2 POACHED EGGS
- 50G KALE
- 80G DRY QUINOA
- 1 TBSP PESTO

SHOP THE RANGE