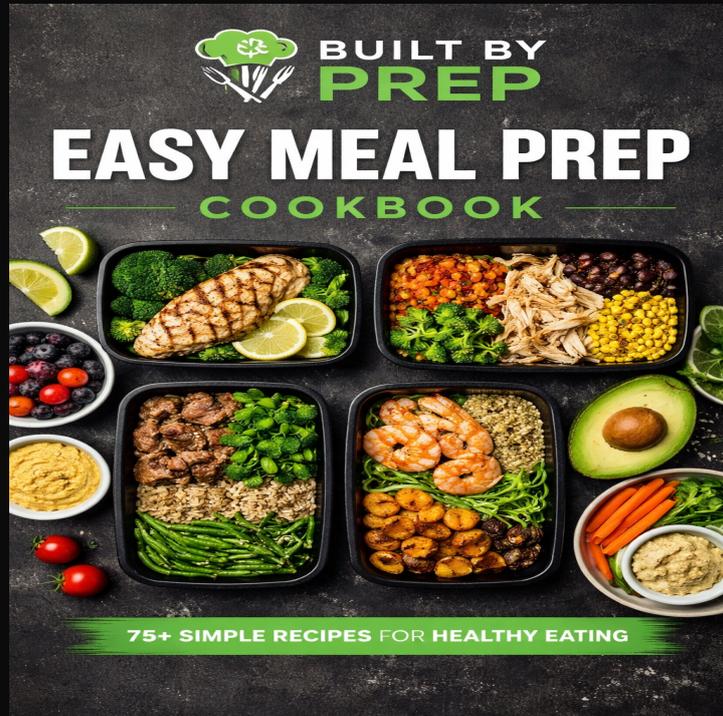


BUILT BY PREP

7-Day Weight Loss Meal Plan

2000 calorie days - high protein - practical meals



A simple high-protein meal plan built for fat loss. Use this as a practical starter week, then repeat your favourite days or swap meals based on the tools on your site.

Daily Macro Target

This plan is set up around a roughly 2000 calorie fat-loss day. Targets are approximate, not meant to be perfect to the gram.

Calories	Protein	Carbs	Fat
~2000 kcal	180 g	170 g	67 g

How to use it

- Keep protein high at every meal.
- Use low-calorie sauces, zero-cal drinks, and seasoning to improve adherence.
- If hunger is high, add more vegetables before adding more carbs or fats.
- Hit the weekly average - one day does not need to be perfect.

Day 1

Meal	What to eat	Approx macros
Breakfast	Greek yogurt bowl with oats, berries, and whey	430 kcal 40P 46C 9F
Lunch	Chicken, rice, broccoli, low-cal sauce	560 kcal 50P 55C 14F
Snack	Protein shake and banana	240 kcal 28P 27C 3F
Dinner	Lean beef mince, potatoes, mixed veg	620 kcal 48P 42C 24F
Top-up	Rice cakes with light peanut butter	160 kcal 8P 12C 7F
Daily total		~2010 kcal 174P 182C 57F

Day 2

Meal	What to eat	Approx macros
Breakfast	Egg white omelette, toast, fruit	410 kcal 36P 38C 11F
Lunch	Turkey wraps with salad and light cheese	520 kcal 45P 44C 18F
Snack	Protein yogurt and apple	250 kcal 25P 28C 2F
Dinner	Chicken pasta bowl with tomato-based sauce	660 kcal 56P 62C 16F

Meal	What to eat	Approx macros
Top-up	Dark chocolate protein pudding	170 kcal 18P 8C 8F
Daily total		~2010 kcal 180P 180C 55F

Day 3

Meal	What to eat	Approx macros
Breakfast	Protein oats with strawberries	450 kcal 38P 49C 10F
Lunch	Tuna rice salad with corn and greens	500 kcal 42P 52C 11F
Snack	Cottage cheese and pineapple	220 kcal 23P 18C 5F
Dinner	Steak, sweet potato, asparagus	650 kcal 52P 45C 24F
Top-up	Toast with avocado and turkey slices	190 kcal 15P 12C 10F
Daily total		~2010 kcal 170P 176C 60F

Day 4

Meal	What to eat	Approx macros
Breakfast	High-protein smoothie with oats and berries	420 kcal 35P 42C 10F
Lunch	Chicken burrito bowl	600 kcal 52P 58C 16F
Snack	Protein bar	210 kcal 20P 20C 7F
Dinner	White fish, rice, vegetables, sauce	560 kcal 48P 54C 10F
Top-up	Skyr yogurt with granola	210 kcal 20P 18C 6F
Daily total		~2000 kcal 175P 192C 49F

Day 5

Meal	What to eat	Approx macros
Breakfast	Egg muffins with toast	430 kcal 34P 30C 16F
Lunch	Lean beef burger bowl with potatoes	590 kcal 48P 46C 22F
Snack	Shake and rice cakes	260 kcal 28P 23C 4F
Dinner	Chicken stir fry with noodles	600 kcal 50P 56C 15F
Top-up	Greek yogurt with peanut butter powder	130 kcal 18P 8C 2F
Daily total		~2010 kcal 178P 163C 59F

Day 6

Meal	What to eat	Approx macros
Breakfast	Protein pancakes and berries	460 kcal 36P 48C 11F
Lunch	Chicken pesto pasta salad	560 kcal 46P 47C 20F
Snack	Yogurt + fruit	220 kcal 20P 24C 3F
Dinner	Salmon, potatoes, greens	620 kcal 42P 38C 28F
Top-up	Light cheese wrap	150 kcal 12P 13C 5F
Daily total		~2010 kcal 156P 170C 67F

Day 7

Meal	What to eat	Approx macros
Breakfast	Overnight oats with whey	430 kcal 35P 47C 9F
Lunch	Leftover meal prep bowl	560 kcal 48P 52C 15F
Snack	Protein yogurt and banana	240 kcal 22P 30C 1F
Dinner	Chicken wraps with fries and salad	620 kcal 50P 50C 20F
Top-up	Cereal bowl with high-protein milk	170 kcal 14P 18C 4F
Daily total		~2020 kcal 169P 197C 49F

Starter Shopping List

Use this as a simple base for the week and swap foods based on preference.

Protein	Chicken breast, lean beef mince, turkey, tuna, salmon, white fish, Greek yogurt, Skyr, cottage cheese
Carbs	Rice, oats, potatoes, sweet potato, wraps, pasta, bread, rice cakes, fruit, granola
Fats	Avocado, light peanut butter, olive oil spray, eggs, light cheese
Volume foods	Broccoli, salad mix, mixed vegetables, asparagus, berries, tomatoes, peppers, corn
Flavour	Low-cal sauces, salsa, seasoning blends, tomato pasta sauce, sugar-free drinks

Want more?

Use the Built by Prep tools, cookbooks, and meal prep systems to make tracking easier and stay consistent longer.