

maxi  muscle

NEW YEAR. | NEW PHYSIQUE.

HENCH MEAL PLANNER

DAY 1

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GRANOLA & FRUIT

709 KCAL | 105G CARBS | 31G PROTEIN | 14G FAT

- 100G FROZEN BERRIES
- 100G GRANOLA
- 200G HIGH PROTEIN YOGHURT
- 1 BANANA



SNACK 1: CHOCOLATE MINT SHAKE

338 KCAL | 14G CARBS | 29G PROTEIN | 16G FAT

1 SERVE CHOCOLATE CYCLONE, 300ML ALMOND MILK,
5G FRESH MINT, 1 TBSP FLAXSEED

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BAKED POTATO & BEANS

645 KCAL | 121G CARBS | 30G PROTEIN | 3G FAT

- 1 LARGE POTATO
- 1 CAN BAKED BEANS
- 200G MIXED SALAD



SNACK 2: CYCLONE BAR & FRUIT

342 KCAL | 47G CARBS | 22G PROTEIN | 7G FAT

PEANUT BUTTER BAR, 1 PEAR, 1 PEACH

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PRAWN STIR-FRY

612 KCAL | 105G CARBS | 31G PROTEIN | 6G FAT

- 75G COOKED & PEELED KING PRAWNS
- 2 SPRING ONIONS
- 200G EGG NOODLES



SCROLL FOR MORE



HENCH MEAL PLANNER

DAY 2

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SCRAMBLED EGG & SALMON

592 KCAL | 43G CARBS | 46G PROTEIN | 25G FAT

- 3 EGGS
- 40G SMOKED SALMON
- 3 SLICES WHOLEMEAL BREAD



SNACK 1: CINNAMON SHAKE

411 KCAL | 22G CARBS | 44G PROTEIN | 11G FAT

1 SERVE VANILLA CYCLONE, 1 TSP CINNAMON,
1 TBSP YOGHURT, 300ML ALMOND MILK

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CHICKEN & QUINOA SALAD

516 KCAL | 65G CARBS | 45G PROTEIN | 8G FAT

- 1 CHICKEN BREAST
- 120G RAW QUINOA
- 20G ROCKET LEAVES
- 6 CHERRY TOMATOES



SNACK 2: FRUIT SALAD & CYCLONE BAR

350 KCAL | 36G CARBS | 23G PROTEIN | 12G FAT
320G MIXED FRUIT, 1 TBSP CREME FRAICHE, CHOCOLATE &
RASPBERRY BAR

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STEAK & SPICED RICE

778 KCAL | 89G CARBS | 67G PROTEIN | 17G FAT

- 1 MEDIUM SIRLION STEAK
- 1/2 CAN KIDNEY BEANS
- 1 HEAPED TSP FAJITA SEASONING
- 100G DRY BROWN RICE



SCROLL FOR MORE



HENCH MEAL PLANNER

DAY 3

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BAGEL & EGGS

422 KCAL | 43G CARBS | 31G PROTEIN | 15G FAT

- 1 BAGEL
- 2 HARD BOILED EGGS
- 1 TBSP CREAM CHEESE
- 80G ROCKET



SNACK 1: TRAIL MIX

385 KCAL | 24G CARBS | 11G PROTEIN | 27G FAT

2 HANDFULS TRAIL MIX

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SALMON, SWEET POTATO & VEG

637 KCAL | 92G CARBS | 33G PROTEIN | 14G FAT

- 1 LARGE SWEET POTATO
- 1 SALMON PIECE
- 80G BROCCOLI
- 80G GREEN BEANS



SNACK 2: BANANA BREAD SHAKE

622 KCAL | 84G CARBS | 41G PROTEIN | 13G FAT

1 SERVE CHOCOLATE CYCLONE, 1 BANANA, 30G BRAN FLAKES,
30G OATS, 250ML SEMI-SKIMMED MILK

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TURKEY PESTO GNOCCHI

663 KCAL | 75G CARBS | 45G PROTEIN | 12G FAT

- 250G GNOCCHI
- 1 TBSP PESTO
- 1 TURKEY BREAST
- 6 CHERRY TOMATOES & SPINACH



SCROLL FOR MORE



HENCH MEAL PLANNER

DAY 4

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WHEAT BISCUITS & YOGHURT

440 KCAL | 69G CARBS | 29G PROTEIN | 2G FAT

- 4 WHEAT BISCUITS
- 200G HIGH PROTEIN YOGHURT
- 1 HANDFUL BLUEBERRIES
- 1 HANDFUL STRAWBERRIES



SNACK 1: CRISP BREADS & CYCLONE BAR

530 KCAL | 41G CARBS | 51G PROTEIN | 17G FAT
250G COTTAGE CHEESE, 4 CRISP BREADS, 12 HAZELNUTS,
CHOCOLATE CARAMEL BAR

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WILD RICE & RAISIN SALAD

468 KCAL | 84G CARBS | 20G PROTEIN | 4G FAT

- 80G DRIED WILD RICE
- 1 TBSP RAISINS
- 1/2 CAN CHICKPEAS
- JUICE 1 LIME



SNACK 2: BANANA SHAKE

365 KCAL | 24G CARBS | 20G PROTEIN | 7G FAT
2 SCOOPS BANANA CYCLONE, 300ML SEMI-SKIMMED MILK

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PRAWNS & COUS COUS

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

- 10 COOKED AND PEELED PRAWNS
- 8 CHERRY TOMATOES
- 150G DRIED COUS COUS
- 2 TBSP BASIL DRESSING



SCROLL FOR MORE



HENCH MEAL PLANNER

DAY 5

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NUTTY CHOCOLATE PORRIDGE

517 KCAL | 51G CARBS | 38G PROTEIN | 17G FAT

- 50G OATS
- 2 SCOOPS CHOCOLATE CYCLONE
- 1 HANDFUL MIXED NUTS
- 200ML SEMI-SKIMMED MILK



SNACK 1: PEANUT BUTTER SHAKE

528 KCAL | 42G CARBS | 33G PROTEIN | 21G FAT

1 TBSP PEANUT BUTTER, 1 BANANA, 1 SERVE BANANA CYCLONE,
300ML ALMOND MILK

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TURKEY SANDWICHES

507 KCAL | 59G CARBS | 25G PROTEIN | 18G FAT

- 1/2 AVOCAO
- 2 THICK SLICES TURKEY
- 4 SLICES WHOLEMEAL BREAD
- 10G ROCKET LEAVES



SNACK 2: HUMMUS, PITA & VEG

420 KCAL | 52G CARBS | 15G PROTEIN | 16G FAT

100G REDUCED FAT HUMMUS, 1 WHOLEMEAL PITA, 1 CARROT, 1
CELERY STICK

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FAJITAS

770 KCAL | 63G CARBS | 49G PROTEIN | 34G FAT

- 1 CHICKEN BREAST WITH FAJITA SEASONING
- 2 WHOLEMEAL WRAPS
- 1/2 AVOCADO
- 1 PEPPER

SHOP THE RANGE