K.G FITNESS

THE GO-TO PROTEIN MEAL BUILDER

Simple meals that help you hit your goals—without spending hours in the kitchen

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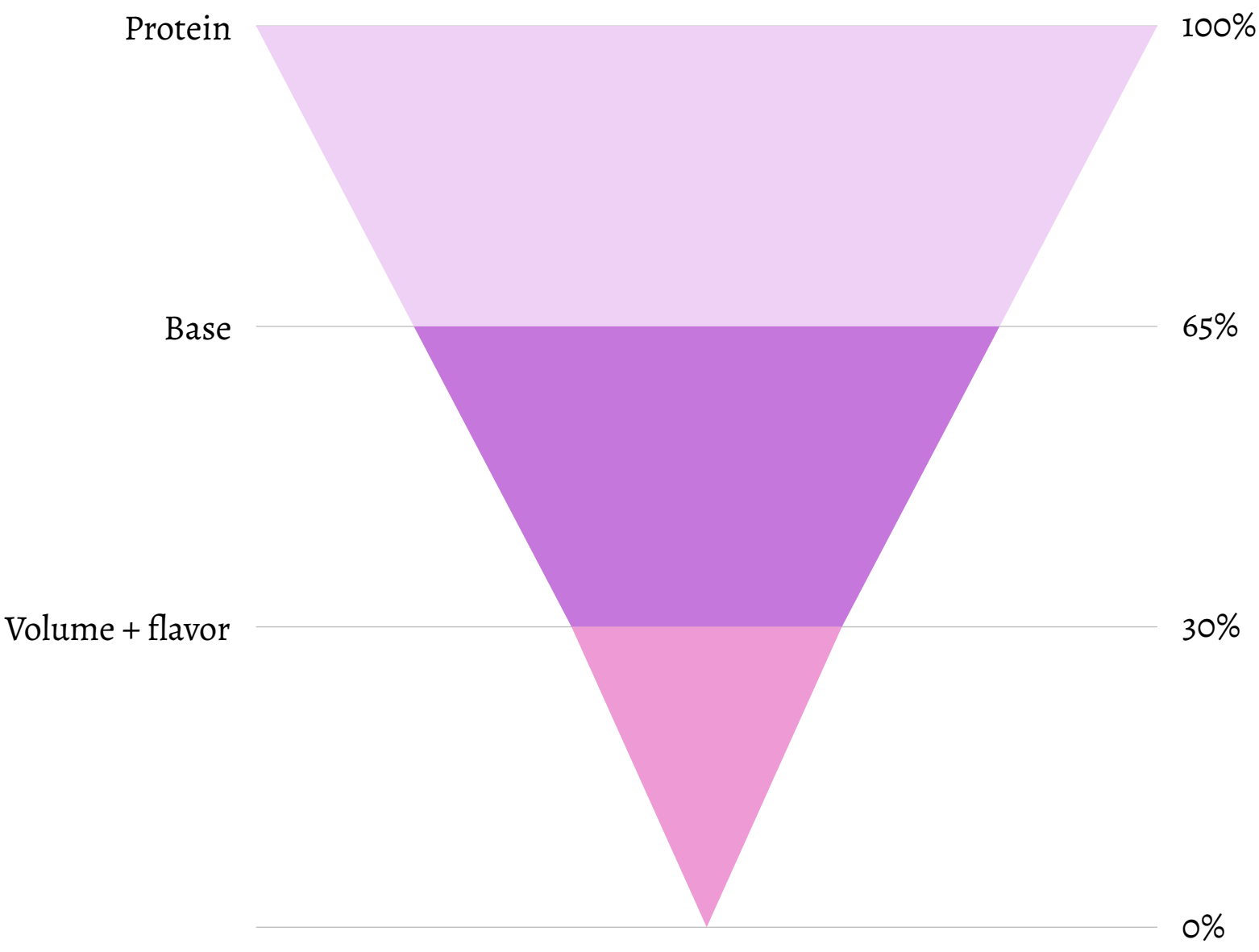
HOW IT WORKS

Use this simple structure to build high-protein, low-fuss meals you can eat on repeat.

No overthinking. Just results.



BREAKFAST

PROTEIN OATS WITH STRAWBERRIES

– 40g oats
– 1 scoop chocolate protein powder
– 150ml milk or water
– A handful of fresh strawberries

Optional: chia seeds or peanut butter if you need a boost

LUNCH

OPTION 1: CHICKEN SALAD FLATBREAD

– Wholemeal flatbread
– Cooked chicken slices (150g)
– Crunchy lettuce, cucumber, tomato
– Light mayo or hummus spread

LUNCH

OPTION 2: CHICKEN & COUS COUS SALAD

– Grilled chicken breast (150g)
– Cous cous (½ cup, cooked)
– Roasted veg (peppers, courgette, onion)
– Fresh spinach or mixed leaves
– Drizzle of olive oil or tahini dressing

SNACK

HIGH-PROTEIN YOGHURT + FRUIT

– 200g Skyr or low-fat Greek yoghurt

– Chopped apple or a handful of berries

Optional: cinnamon, seeds or a spoon of nut butter

DINNER

HIGH-PROTEIN, LOW-CARB MEAL WITH STACKS OF VEG

– Protein: grilled fish / lean turkey mince / chicken thigh
– Sides: roasted or steamed veg (broccoli, carrots, courgette, peppers)
– Optional carbs: small portion of sweet potato or lentils if needed
– Flavour: herbs, spices, garlic, lemon juice