CHEF ADAM ASHLEY

7-DAY MEAL PREP GUIDE

Healthy eating • Fitness • Everyday wellbeing

EAT WELL. LIVE WELL. BE BETTER.

A practical week of balanced meals, nourishing ingredients and chef-inspired ideas to make healthy eating easier.

A Chef Adam Ashley digital guide

WELCOME

Good food should be enjoyable, practical and full of flavour. This 7-day guide brings together balanced meals, simple preparation ideas and a useful shopping list to help you plan the week ahead.

How to use this guide

Choose portions that suit your appetite, activity level and individual needs. Include a protein source, vegetables or fruit, and a satisfying carbohydrate source across your day. Keep hydrated and enjoy variety.

A note on nutrition

This is a general healthy-eating guide, not an individual diet prescription. Calorie and protein needs vary by person. If you have a medical condition, food allergy, pregnancy-related dietary needs or a prescribed diet, seek advice from an appropriately qualified healthcare professional or registered dietitian.

THE 7-DAY MENU

MONDAY

Breakfast — Berry protein overnight oats
Rolled oats, Greek yoghurt, mixed berries, chia seeds and a little honey.

Lunch — Grilled chicken & quinoa bowl
Grilled chicken breast, quinoa, roasted peppers and courgettes, avocado and lemon dressing.

Dinner — Honey & garlic salmon
Oven-baked salmon, sweet potato wedges, steamed broccoli and garlic-lemon dressing.

Snack idea
Greek yoghurt and almonds.

TUESDAY

Breakfast — Scrambled eggs on sourdough
Eggs, wholegrain sourdough, grilled tomatoes and baby spinach.

Lunch — Mediterranean chicken wrap
Grilled chicken, wholemeal wrap, hummus, cucumber, tomato and salad leaves.

Dinner — Lean beef stir-fry
Lean beef strips, jasmine rice, broccoli, peppers, soy, ginger and garlic.

Snack idea
Apple and peanut butter.

WEDNESDAY

Breakfast — Greek yoghurt breakfast bowl
Greek yoghurt, banana, mixed berries, granola and pumpkin seeds.

Lunch — Tuna & sweet potato salad
Tuna, roasted sweet potato, mixed leaves, red onion and cherry tomatoes.

Dinner — Chicken fajita rice bowl Grilled chicken, brown rice, peppers, onions, black beans, avocado and lime.
Snack idea Cottage cheese and pineapple.

THURSDAY

Breakfast — Protein pancakes
Oats, eggs, banana, Greek yoghurt and fresh berries.

Lunch — Roast chicken couscous salad
Roast chicken, couscous, cucumber, cherry tomatoes, feta and lemon dressing.

Dinner — Homemade turkey meatballs
Lean turkey mince, tomato and basil sauce, wholewheat pasta and green vegetables.

Snack idea
Boiled eggs and fruit.

FRIDAY

Breakfast — Eggs & avocado toast
Poached eggs, wholegrain toast, avocado and grilled mushrooms.

Lunch — Beef & rice bowl
Lean beef strips, brown rice, roasted vegetables and garlic-yoghurt dressing.

Dinner — Herb-crusted cod
Fresh cod, baby potatoes, seasonal greens, lemon and parsley dressing.

Snack idea
Greek yoghurt and walnuts.

SATURDAY

Breakfast — Breakfast burrito
Scrambled eggs, wholemeal tortilla, black beans, tomato salsa and avocado.

Lunch — Chicken Caesar-style salad
Grilled chicken, cos lettuce, Parmesan, wholegrain croutons and light yoghurt dressing.

Dinner — Homemade lean beef chilli
Lean beef mince, kidney beans, chopped tomatoes, peppers and brown rice.

Snack idea
Banana and peanut butter.

SUNDAY

Breakfast — Berry & banana smoothie bowl
Greek yoghurt, banana, mixed berries, oats and chia seeds.

Lunch — Sunday roast chicken
Roast chicken, roast potatoes, seasonal vegetables and homemade gravy.

Dinner — Mediterranean salmon salad
Grilled salmon, mixed leaves, cherry tomatoes, cucumber, quinoa and lemon dressing.

Snack idea
Cottage cheese and berries.

YOUR WEEKLY SHOPPING LIST

Use this as a flexible starting point. Adjust quantities to the number of people you are cooking for and the portions you need.

PROTEIN

Chicken breast, salmon fillets, cod fillets, lean beef strips and mince, turkey mince, tuna, eggs, Greek yoghurt and cottage cheese.

CARBOHYDRATES

Rolled oats, brown rice, jasmine rice, quinoa, couscous, wholewheat pasta, sweet potatoes, baby potatoes, wholegrain bread and wraps.

FRUIT & VEGETABLES

Bananas, mixed berries, apples, avocados, broccoli, spinach, peppers, courgettes, tomatoes, cucumber, mixed salad leaves, onions, lemons and seasonal vegetables.

STORE CUPBOARD

Chia seeds, pumpkin seeds, almonds, walnuts, peanut butter, olive oil, honey, soy sauce, garlic, ginger, chopped tomatoes, kidney beans, black beans, herbs and spices.

SUNDAY MEAL-PREP SESSION

Set aside around 90 minutes to prepare ingredients that will make the week easier.

- Cook a batch of brown rice and quinoa; cool quickly and refrigerate or freeze in suitable portions.
- Roast trays of sweet potato, peppers and courgettes.
- Cook chicken for the first few days and portion safely.
- Prepare overnight oats for the next one or two mornings.
- Wash and prepare salad vegetables; keep dressings separate.
- Make a simple lemon and garlic dressing.
- Portion snacks such as nuts and fruit for convenience.

FOOD STORAGE & SAFETY

Cool cooked food promptly and refrigerate it within two hours. Keep your fridge at 5°C or below. Use refrigerated leftovers within 48 hours, or freeze portions you will not use in that time. Defrost thoroughly in the fridge and reheat until steaming hot throughout; only reheat once. Keep raw meat and fish separate from ready-to-eat foods, and follow use-by dates.

CHEF'S TOP TIPS

- Include a protein source in your main meals.
- Choose high-fibre carbohydrates regularly.
- Add a variety of colourful vegetables and fruit.

- Drink water throughout the day.
- Adjust portions to your appetite and activity.
- Keep meals enjoyable and sustainable.

CHEF ADAM ASHLEY

Good food. Better choices. Healthier living.
Instagram: @chefadamashley | Website: chef-adam.com