



# Welcome

## WHAT IS SMART PLATES MEAL PREP SERVICE

Our Meal Prep service has been developed to simply make life easier and healthier, whether you don't like cooking, are struggling for ideas or simply just want variety.

Our meals will be the perfect answer to resolving these problems, yet at the same time being healthy, low fat and precisely macro (proteins, carbs, and fats) calculated meals that taste amazing.

Smart Plates is here to help you achieve amazing results through nutritionally balanced meals which have been produced using the finest ingredients, never compromising on quality and taste but always balanced to support you on your personal health and lifestyle journey.

Whether you are looking to reduce fat and lean up, gain muscle while managing weight or wanting to gain serious mass we have the meal plan that will compliment your training.

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quality  
nutrition

# DIETARY REQUIREMENTS

As we develop our new business we will do our best to meet individual needs, so please let us know if you have any dietary requirements.

## ALLERGENS

It is important that we know about any specific allergies, so you must make us aware if you have any of the following allergens.

### ALLERGEN LIST

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- Molluscs
- Eggs
- Fish
- Lupin
- Soya
- Milk
- Peanuts
- Gluten
- Crustaceans
- Sesame
- Nuts
- Mustard
- Celery
- Sulphites

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balanced  
taste

here we go...

## FOOD PREP OPTIONS

We have four meal prep options to choose from, these have been specifically designed to ensure you achieve the desired nutritional objective which will work along side your fitness program.

Or you can simply order one of the options to make your life a lot easier and save a huge amount of time and wasted food.

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# SMART PLATES FOOD PLANS

## Option

### 1 ACCELERATED FAT REDUCTION & LEAN-UP

Calories ..... 1450  
Carbs ..... 130  
Proteins ..... 115  
Fats.....50

Designed for the person who wishes to strip fat/ excess weight quickly yet at the same time gain some lean muscle to help ensure a strong structure with good overall fitness.

**Option 1** is perfect for someone smaller in height/ structure and looking for quick changes with a low to medium activity level.

#### Monday to Friday

2 Meals & 1 Snack – as part of your daily food intake (additional meals are required please see daily food plan)

#### PACKAGE PRICE

**£19** per day  
(based on 5 days)

## Option

### 2 MUSCLE GAINS AND LEAN-UP

Calories ..... 1840  
Carbs ..... 215  
Proteins ..... 130  
Fats.....65

Designed for the person who exercises regularly 3 to 5 times per week, looking to achieve a well-structured physique and an overall lean well-balanced body composition.

**Option 2** would suit a person who needs fuel and has a higher activity level.

#### Monday to Friday

3 Meals – as part of your daily food intake (additional meals are required please see daily food plan)

#### PACKAGE PRICE

**£22** per day  
(based on 5 days)

## Option

### 3 GAIN MASS & MAINTAIN LEAN PHYSIQUE

Calories ..... 2090  
Carbs ..... 225  
Proteins ..... 155  
Fats.....75

Designed for the person who wishes to gain muscle mass & size but maintain a lean physique, providing huge amounts of energy to ensure every workout is a strong one with excess carb intake.

**Option 3** is without a doubt for someone who has a non-stop life and high activity level.

#### Monday to Friday

3 Meals & 1 Snack – as part of your daily food intake (additional meals are required please see daily food plan)

#### PACKAGE PRICE

**£26** per day  
(based on 5 days)

## Option

### 4 PAY AS YOU GO...

Designed for the person who just wants amazing, tasty, good nutritious food without the work, Its convenient for someone who just wants a lunch, snack or evening meal.



#### SINGLE MEAL

**£8** per meal

#### SINGLE SNACK

**£4.50** per snack

# DAILY NUTRITIONAL GUIDANCE

Our meal plans are structured in such a way to make life easier when it comes to three main prep meals and one prep snack.

However, we do not provide the highlighted meals per package as these meals are easy for you to add as an additional item if you so wish.

## MEALS NOT INCLUDED ON PLAN

**OPTION 1** – *Breakfast and Protein Shake (approx. 521 Cals)*

**OPTION 2** – *Breakfast and Protein Shake (approx. 521 Cals)*

**OPTION 3** – *Breakfast, Protein Shake, Last Main Meal (approx. 1100 Cals)*

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# WEEK 1




		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OPTIONS</b> 1/2/3/4	<b>TARGET NUTRITIONAL BREAKDOWN</b> 	<b>1</b> Crispy Chicken Fried Rice with crunchy vegetables.	<b>2</b> Salmon Sag Aloo.	<b>3</b> Chicken fajita bowl.	<b>4</b> Chicken sausage frittata, salsa dressing.	<b>5</b> Lemon garlic chicken kebabs with rice & yoghurt dressing.
<b>OPTIONS</b> 1/2/3/4	<b>TARGET NUTRITIONAL BREAKDOWN</b> 	<b>6</b> Prawn & chorizo risotto.	<b>7</b> Beef & black bean with noodles, spinach.	<b>8</b> Healthy creamy turkey pasta with crunchy salad.	<b>9</b> Crusted parmesan haddock with wedges & broccoli, pea & leek mash.	<b>10</b> Beef steak skewers, sweet potato, roasted butternut, tahini dressing.
<b>OPTIONS</b> 2/3/4	<b>TARGET NUTRITIONAL BREAKDOWN</b> 	<b>11</b> Mocha choca overnight oats.	<b>12</b> Morning glory muffin, choc chip protein ball & protein granola bar.	<b>13</b> Salmon rice bowl with soy & lemon dressing.	<b>14</b> Lean beef risotto with a mixed salad.	<b>15</b> Strawberry cheesecake overnight oats.
<b>OPTIONS</b> 1/3/4	<b>TARGET NUTRITIONAL BREAKDOWN</b> 	<b>16</b> <i>Snack</i> Cod fish cake with thai dip.	<b>17</b> <i>Snack</i> Turkey burger with mixed leaves and sweet chilli dip.	<b>18</b> <i>Snack</i> Greek beef souvlaki skewer with crunchy salad.	<b>19</b> <i>Snack</i> Turkey pizza muffins.	<b>20</b> <i>Snack</i> Smoked salmon & dill muffin.



# SMART PLATES



# WEEK 2

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OPTIONS</b> 1/2/3/4	<b>TARGET NUTRITIONAL BREAKDOWN</b> 	<b>21</b> Cajun salmon with couscous & garlicky veg.	<b>22</b> Turkey Meatballs with Green Beans.	<b>23</b> Smoked haddock, prawn kedgeree.	<b>24</b> Turkey sausage tortilla, yoghurt dressing.	<b>25</b> Mango salmon with sweet potatoes, mange tout.
<b>OPTIONS</b> 1/2/3/4	<b>TARGET NUTRITIONAL BREAKDOWN</b> 	<b>26</b> Turkey & chickpea curry with rice.	<b>27</b> Soy & honey salmon with sweet potato & sugar snap peas.	<b>28</b> Harissa chicken with Moroccan couscous & chickpea salad.	<b>29</b> Beef chilli con carne with rice and spinach.	<b>30</b> Lemon & thyme chicken with quinoa and broccoli.
<b>OPTIONS</b> 2/3/4	<b>TARGET NUTRITIONAL BREAKDOWN</b> 	<b>31</b> Protein pancakes with blueberries, yoghurt & maple syrup.	<b>32</b> Prawn & chorizo paella.	<b>33</b> Turkey sausage rice bowl.	<b>34</b> Carrot cake overnight oats.	<b>35</b> Sweet potato protein pancakes with walnuts, berries & maple syrup.
<b>OPTIONS</b> 1/3/4	<b>TARGET NUTRITIONAL BREAKDOWN</b> 	<b>36</b> <i>Snack</i> Honey & garlic chicken skewer & dressing.	<b>37</b> <i>Snack</i> Blueberry protein muffin.	<b>38</b> <i>Snack</i> Chilli & ginger salmon bites with sweet chilli yoghurt.	<b>39</b> <i>Snack</i> Chicken tenders with BBQ Dip.	<b>40</b> <i>Snack</i> Italian beef meatball skewer & tomato dip.



# SMART PLATES

# HOW TO ORDER

We have made ordering super simple at Smart Plates, just click on the link below and you will be redirected to an online order form which takes 5 minutes to complete. Once we receive the information, you will receive an email confirmation.

If you require any guidance with your nutritional needs, chat through which option would best suit your fitness goals or simply just a little more explanation then nip down to SW Fitness in Tarporley to talk it through.

We prepare meals **Sunday** for Monday and Tuesday, prepare **Tuesday** for Wednesday, Thursday, and Friday. Therefore, we will need your order and payment by **Thursday** the week prior to pick up.

[smartplates.co.uk/order](https://smartplates.co.uk/order)

## COLLECTION

Monday & Tuesday Meals – available **Sunday** evening 6pm until 7pm and Monday morning first thing.

Wednesday, Thursday & Friday Meals – available **Tuesday** evening until 6.45pm and Wednesday morning first thing.

*Collections from SW Fitness Studio Tarporley.*  
**THE STUDIO**, 105 High Street, Tarporley, CW6 0AR.

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## CONTACT INFORMATION

*Please contact for collection, details below :-*

Contact number  
**07508303508**

Contact email  
**orders@smartplates.co.uk**

## PAYMENTS

Once you have placed your order via the **smartplates.co.uk/order** form you will be redirected to a payment portal.

*You will be able to make your payment using your Credit or Debit Card.*

Payment must be made when you place the order via the payment system, the order will not be processed without advanced payment.

*Should you have any questions then please contact us via email at*  
**orders@smartplates.co.uk**