

RMPT

RICHARD MASON

— PERSONAL TRAINING —

5 MEALS UNDER 450 CALORIES WITH 30G+ OF PROTEIN

Proper food that doesn't feel like diet food.

Every recipe contains over 30g of protein and comes in under 450 calories. No powders. No weird ingredients. No tiny portions.

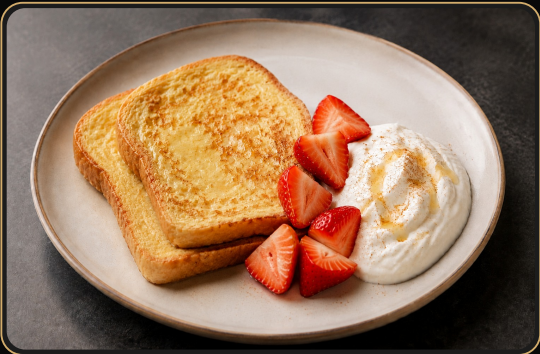
**EXACT QUANTITIES | STEP-BY-STEP METHODS
CALORIES & MACROS FROM LABELS AND UK COFID**

Images are serving suggestions and are for illustrative purposes. Follow the stated ingredient quantities for each serving. Nutrition is calculated using current product labels and the UK CoFID food composition database. Values may vary slightly between brands and product updates.

RMPT.UK

STRAWBERRY FRENCH TOAST

PREP 4 MIN | COOK 6 MIN | TOTAL 10 MIN



CALORIES	PROTEIN	CARBS	FAT	FIBRE
440 kcal	39.4g	44.3g	10.7g	9g

INGREDIENTS

- 80g (2 x 40g slices) - Tesco Wholemeal Medium Bread
- 50g edible portion (1 medium egg) - Medium egg
- 100g - Two Chicks Liquid Egg Whites
- 75g - Yeo Valley Greek Recipe 0%
- 50g - Yeo Valley Greek Recipe 5%
- 100g - Strawberries
- 5g - Honey
- 5 sprays - Frylight Olive Oil Spray
- Optional - Cinnamon

KEEP SCROLLING - METHOD NEXT



STRAWBERRY FRENCH TOAST



PREP 4 MIN | COOK 6 MIN | TOTAL 10 MIN

METHOD

- 1** Whisk the medium egg, 100g Two Chicks liquid egg whites and optional cinnamon together in a bowl or jug.
- 2** Lay the 80g wholemeal bread (2 x 40g slices) flat on a plate or board. Spoon roughly half of the egg mixture evenly over the top of the slices and give it a few seconds to absorb - do not dip or soak the bread.
- 3** Heat a good non-stick frying pan over a medium heat and add 5 sprays of Frylight Olive Oil Spray. Place the bread in the pan with the coated side facing down.
- 4** While the first side cooks, spoon the remaining egg mixture evenly over the exposed tops of the bread. Cook for around 2-3 minutes, then carefully flip each slice.
- 5** Cook the second side for another 2-3 minutes until golden and the egg coating is fully cooked through.
- 6** Stir together the 75g Yeo Valley Greek Recipe 0% and 50g Yeo Valley Greek Recipe 5%. Serve with the French toast, top with the 100g sliced strawberries and drizzle over the 5g honey.

CHICKEN & AVOCADO WRAP

PREP 6 MIN | COOK 9 MIN | TOTAL 15 MIN



CALORIES
418 kcal

PROTEIN
38.6g

CARBS
31.3g

FAT
14.1g

FIBRE
7.8g

INGREDIENTS

- 61g (1 tortilla) - Tesco Wholemeal Tortilla Wraps
- 130g raw/as-sold weight - Tesco Room To Roam British Chicken Breast Fillets
- 40g - Avocado
- 40g - Cherry tomatoes
- 10g - Baby spinach
- 10g - Hellmann's Light Mayonnaise
- 5 sprays - Frylight Olive Oil Spray
- Optional - Black pepper

KEEP SCROLLING - METHOD NEXT



CHICKEN & AVOCADO WRAP



PREP 6 MIN | COOK 9 MIN | TOTAL 15 MIN

METHOD

- 1** Slice the 130g chicken breast into even strips. Halve or quarter the 40g cherry tomatoes and prepare the avocado and spinach.
- 2** Heat a good non-stick frying pan over a medium-high heat and add 5 measured sprays of Frylight Olive Oil Spray.
- 3** Add the chicken strips and cook for around 7-9 minutes, turning regularly, until browned and fully cooked through with no pink meat remaining.
- 4** Warm the 61g wholemeal tortilla briefly so it becomes flexible. Spread the 40g avocado and 10g Hellmann's Light Mayonnaise across the centre.
- 5** Add the cooked chicken, 10g spinach and 40g tomatoes, keeping the filling centred rather than spreading it to the edges.
- 6** Fold the sides inward, roll the wrap tightly and serve immediately, or cool the chicken before assembling if the wrap is being prepared as a cold packed lunch.

SWEET CHILLI PRAWN NOODLES

PREP 7 MIN | COOK 6 MIN | TOTAL 13 MIN



CALORIES	PROTEIN	CARBS	FAT	FIBRE
417 kcal	34.8g	50g	6.7g	8.3g

INGREDIENTS

- 50g dry weight - Blue Dragon Wholewheat Noodles
- 120g as sold - Tesco Cooked & Peeled King Prawns
- 100g as sold - Tesco Stir Fry Medley
- 20 ml - Blue Dragon Reduced Sugar Sweet Chilli Sauce
- 10g - Tesco Cashew Nuts
- 5 sprays - Frylight Olive Oil Spray
- Optional - Black pepper

KEEP SCROLLING - METHOD NEXT



SWEET CHILLI PRAWN NOODLES



PREP 7 MIN | COOK 6 MIN | TOTAL 13 MIN

METHOD

- 1** Bring a pan of water to the boil. Add 50g dry Blue Dragon Wholewheat Noodles and cook according to the pack instructions until tender, then drain thoroughly.
- 2** While the noodles cook, heat a wok or large non-stick frying pan over a medium-high heat and add exactly 5 sprays of Frylight Olive Oil Spray.
- 3** Add 100g Tesco Stir Fry Medley and stir-fry for around 3-5 minutes until the vegetables are hot and tender but still have some bite.
- 4** Add the 120g cooked king prawns and stir-fry for around 1-2 minutes, just until piping hot. Avoid prolonged cooking so the prawns stay tender.
- 5** Add the drained noodles to the pan with exactly 20ml reduced-sugar sweet chilli sauce. Toss everything together until the noodles, prawns and vegetables are evenly coated and hot.
- 6** Transfer to a bowl and scatter the measured 10g cashews over the top. Add black pepper if wanted.
- 7** Serve immediately. Keep the cashews on top for crunch rather than stirring them into the sauce.

TUNA MELT TOASTIE

PREP 5 MIN | COOK 5 MIN | TOTAL 10 MIN



CALORIES	PROTEIN	CARBS	FAT	FIBRE
422 kcal	41.5g	34.1g	12g	6.1g

INGREDIENTS

- 80g (2 x 40g slices) - Tesco Wholemeal Medium Bread
- 102g drained (1 full can) - Tesco Tuna Chunks in Spring Water 145g
- 30g drained - Green Giant Original Sweet Corn
- 15g - Hellmann's Light Mayonnaise
- 20g - Cathedral City Lighter Extra Mature Cheddar
- Optional - Black pepper

KEEP SCROLLING - METHOD NEXT



TUNA MELT TOASTIE



PREP 5 MIN | COOK 5 MIN | TOTAL 10 MIN

METHOD

- 1** Drain the full 145g can of Tesco Tuna Chunks in Spring Water thoroughly, giving 102g drained tuna. Drain and weigh 30g sweetcorn.
- 2** Place the tuna and sweetcorn in a bowl, add exactly 15g Hellmann's Light Mayonnaise and mix until evenly coated. Add black pepper if wanted.
- 3** Lay out the 80g wholemeal bread (2 x 40g slices). Spread the tuna mixture evenly over one slice, keeping it away from the very edges so it does not squeeze out while toasting.
- 4** Scatter the measured 20g lighter cheddar evenly over the tuna filling and close the sandwich with the second bread slice.
- 5** Toast in a sandwich press, toastie maker or dry non-stick pan for around 4-5 minutes, turning if needed, until the bread is crisp and the cheese has melted. No additional oil or butter is required.
- 6** Serve immediately as one whole toastie or cut into two triangles.

BBQ CHICKEN & CHEESE TORTILLA PIZZA

PREP 4 MIN | COOK 4 MIN | TOTAL 8 MIN



CALORIES

440.6 kcal

PROTEIN

42.1g

CARBS

39.1g

FAT

11.7g

FIBRE

5.5g

INGREDIENTS

- 61g (1 tortilla) - Tesco Wholemeal Tortilla Wraps
- 100g cooked edible weight - Morrisons ready-cooked roast chicken - breast meat only, skin removed
- 20g - Tesco Finest Southern House BBQ Sauce
- 15g drained - Tesco Reduced Fat Mozzarella
- 80g as sold - Tesco Red Pepper
- 30g as sold - Tesco Baby Spinach
- 5 ml - Tesco Extra Virgin Olive Oil
- Optional - Black pepper / smoked paprika / chilli flakes

KEEP SCROLLING - METHOD NEXT



BBQ CHICKEN & CHEESE TORTILLA PIZZA



PREP 4 MIN | COOK 4 MIN | TOTAL 8 MIN

METHOD

- 1** Preheat the grill or air fryer on a high setting. Place the 61g wholemeal tortilla on a grill tray or air-fryer liner and brush it lightly with exactly 5ml extra virgin olive oil.
- 2** Spread exactly 20g BBQ sauce across the tortilla, leaving a narrow border. Tear and weigh 100g cooked skinless roast chicken breast, then slice 80g red pepper thinly.
- 3** Scatter the chicken and red pepper evenly over the tortilla, then add exactly 15g drained reduced-fat mozzarella. Add black pepper, smoked paprika or chilli flakes if wanted.
- 4** Grill or air-fry for around 3-4 minutes, until the mozzarella has melted and the tortilla edges are crisp. Keep a close eye on the thin tortilla so it does not catch.
- 5** Remove from the heat and finish with 30g baby spinach so it lightly wilts from the residual heat. Slice into wedges and serve immediately. Target hands-on time about 4 minutes; total about 8 minutes.

RMPT

RICHARD MASON

— PERSONAL TRAINING —

WANT A PLAN BUILT AROUND YOU?

These five meals are a great place to start. If you want a plan built around your calorie target, food preferences, budget and routine, I can help.

PERSONALISED NUTRITION PLANS

ONGOING ONLINE COACHING

PRIVATE 1-TO-1 PERSONAL TRAINING IN EBBW VALE

RMPT.UK

RICH@RMPT.UK

Important information follows on the next page.

© Richard Mason Personal Training. Personal use only. No redistribution.



IMPORTANT INFORMATION

Calories and macros are calculated from current product labels and the UK CoFID food composition database. Values may vary slightly if brands, products, preparation methods or serving quantities differ, so always check the label and follow the stated weights.

Always check ingredient labels and allergen information before preparing or eating any recipe.

This guide provides general recipe ideas only and is not personalised medical or dietary advice. If you have a medical condition, allergy, intolerance or specialist dietary requirement, speak to an appropriately qualified healthcare professional.

© Richard Mason Personal Training. Personal use only. No redistribution.

RMPT.UK | RICH@RMPT.UK