

KILOPACE

TRAINING JOURNAL NO. 10

OCTOBER 19, 2026

Your high-protein meal plan journal

14 days of meals sized to your calories and protein

1,750 kcal

TARGET CALORIES

120 g

PROTEIN

25 g

FIBRE

THIS JOURNAL BELONGS TO

STARTED ON



kilopace.com

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Calculated from your answers. These are the numbers the whole plan is built on.

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CHAPTER 01

Your numbers

Calculated from your answers. These are the numbers the whole plan is built on.

YOUR NUMBERS

14 days of meals sized to your calories and protein

1,750 kcal

TARGET CALORIES

120 g

PROTEIN

25 g

FIBRE

198 g

CARBOHYDRATES

53 g

FAT

0.50 kg / week

EXPECTED LOSS

BEFORE YOU START

Not suitable during pregnancy, for under-18s, or with kidney disease, diabetes medication or a history of eating disorders without medical guidance.

General fitness information, not medical advice. Stop and seek help if you feel chest pain, dizziness or sharp pain.

POCKET CARD

KILOPACE

Target calories: 1,750 kcal

Protein: 120 g

Fibre: ≥ 25 g

Carbohydrates: 198 g

Fat: 53 g

Expected loss: ≈ 0.50 kg / week

CUT OUT AND KEEP WITH YOU

CHAPTER 02

How to use this journal

Protein keeps you full and protects muscle while you lose fat.

HOW TO USE THIS JOURNAL

How to use this journal

- 01 Pick any day's menu; the days are interchangeable.
- 02 Use the shopping list on the weekend and prepare two days ahead.
- 03 Weigh yourself 2-3 mornings a week and look at the weekly average.
- 04 No change after 3 weeks? Remove one snack or 20 g of carbohydrate per meal.

“Fibre from vegetables, legumes and whole grains is the second fullness lever.”

COACHING NOTES

- Protein keeps you full and protects muscle while you lose fat.
- Strength training twice a week makes sure the weight you lose is fat.
- Plan for imperfect days; one meal doesn't undo a week.
- Sleep less than 6 hours and hunger rises the next day.
- After reaching your goal, add about 200 kcal and keep the same foods.

CHAPTER 03

The programme

14 days of meals sized to your calories and protein

01

Your daily targets

Maintenance calories	2,304 kcal
Target calories	1,750 kcal
Protein	120 g
Fibre	≥ 25 g
Menu average per day	1,750 kcal · 130 g P · 39 g

02

Build any meal yourself

- A palm or two of protein: meat, fish, eggs, yoghurt, cottage cheese, tofu or legumes.
- Half the plate vegetables or salad.
- A cupped hand of carbohydrate: rice, bulgur, buckwheat, potatoes, bread or oats.
- A thumb of fat: olive oil, nuts or cheese.

03

Menu · days 1–7

“All weights are cooked or ready-to-eat.
Vegetables can be swapped freely. Days 15–28:
repeat the two weeks.”

DAY	BREAKFAST	LUNCH	DINNER	DAY TOTAL
1	Yoghurt bowl: Greek yoghurt 0–2% 300 g, Oats 65 g, Berries 100 g, Chia seeds 10 g	Chicken rice bowl: Chicken breast, cooked 110 g, Rice, cooked 240 g, Mixed vegetables 200 g, Olive oil 7 g	Baked salmon: Salmon 150 g, Potatoes, boiled 280 g, Mixed vegetables 200 g	1,750 kcal · 130 g P · 32 g fibre

DAY	BREAKFAST	LUNCH	DINNER	DAY TOTAL
2	Eggs, salad & bread: Eggs × 4, Wholegrain bread 65 g, Salad (tomato, cucumber, greens) 150 g, Feta or white cheese 20 g	Tuna potato salad: Tuna (tin, in water) 140 g, Potatoes, boiled 370 g, Salad (tomato, cucumber, greens) 200 g, Olive oil 10 g	Lentil soup: Lentils, cooked 220 g, Wholegrain bread 65 g, Mixed vegetables 150 g, Greek yoghurt 0–2% 150 g, Olive oil 7 g	1,750 kcal · 130 g P · 41 g fibre
3	Cottage cheese toast: Cottage cheese 275 g, Wholegrain bread 50 g, Apple 150 g, Nuts 10 g	Chickpea feta salad: Chickpeas, cooked 250 g, Feta or white cheese 50 g, Wholegrain bread 30 g, Salad (tomato, cucumber, greens) 200 g, Olive oil 7 g	Turkey & bulgur: Turkey breast, cooked 120 g, Bulgur, cooked 300 g, Salad (tomato, cucumber, greens) 200 g, Olive oil 7 g	1,750 kcal · 122 g P · 47 g fibre
4	Creamy oats: Greek yoghurt 0–2% 250 g, Oats 60 g, Milk 150 g, Banana 80 g	Beef & buckwheat: Lean beef, cooked 130 g, Buckwheat, cooked 300 g, Mixed vegetables 200 g, Olive oil 5 g	Roast chicken & potatoes: Chicken breast, cooked 110 g, Potatoes, boiled 360 g, Mixed vegetables 200 g, Olive oil 7 g	1,730 kcal · 134 g P · 33 g fibre
5	Yoghurt bowl: Greek yoghurt 0–2% 300 g, Oats 65 g, Berries 100 g, Chia seeds 10 g	Lentil & bulgur bowl: Lentils, cooked 290 g, Bulgur, cooked 150 g, Salad (tomato, cucumber, greens) 150 g, Greek yoghurt 0–2% 100 g, Olive oil 7 g	Fish pasta: White fish (cod) 150 g, Wholewheat pasta, cooked 220 g, Mixed vegetables 200 g, Olive oil 7 g	1,740 kcal · 137 g P · 60 g fibre
6	Eggs, salad & bread: Eggs × 4, Wholegrain bread 65 g, Salad (tomato, cucumber, greens) 150 g, Feta or white cheese 20 g	Chicken rice bowl: Chicken breast, cooked 110 g, Rice, cooked 240 g, Mixed vegetables 200 g, Olive oil 7 g	Baked salmon: Salmon 150 g, Potatoes, boiled 280 g, Mixed vegetables 200 g	1,750 kcal · 125 g P · 24 g fibre
7	Cottage cheese toast: Cottage cheese 275 g, Wholegrain bread 50 g, Apple 150 g, Nuts 10 g	Tuna potato salad: Tuna (tin, in water) 140 g, Potatoes, boiled 370 g, Salad (tomato, cucumber, greens) 200 g, Olive oil 10 g	Lentil soup: Lentils, cooked 220 g, Wholegrain bread 65 g, Mixed vegetables 150 g, Greek yoghurt 0–2% 150 g, Olive oil 7 g	1,750 kcal · 131 g P · 43 g fibre

04

Menu · days 8–14

DAY	BREAKFAST	LUNCH	DINNER	DAY TOTAL
8	Yoghurt bowl: Greek yoghurt 0–2% 300 g, Oats 65 g, Berries 100 g, Chia seeds 10 g	Chicken rice bowl: Chicken breast, cooked 110 g, Rice, cooked 240 g, Mixed vegetables 200 g, Olive oil 7 g	Fish pasta: White fish (cod) 150 g, Wholewheat pasta, cooked 220 g, Mixed vegetables 200 g, Olive oil 7 g	1,750 kcal · 140 g P · 36 g fibre

DAY	BREAKFAST	LUNCH	DINNER	DAY TOTAL
9	Eggs, salad & bread: Eggs × 4, Wholegrain bread 65 g, Salad (tomato, cucumber, greens) 150 g, Feta or white cheese 20 g	Tuna potato salad: Tuna (tin, in water) 140 g, Potatoes, boiled 370 g, Salad (tomato, cucumber, greens) 200 g, Olive oil 10 g	Baked salmon: Salmon 150 g, Potatoes, boiled 280 g, Mixed vegetables 200 g	1,750 kcal · 126 g P · 26 g fibre
10	Cottage cheese toast: Cottage cheese 275 g, Wholegrain bread 50 g, Apple 150 g, Nuts 10 g	Chickpea feta salad: Chickpeas, cooked 250 g, Feta or white cheese 50 g, Wholegrain bread 30 g, Salad (tomato, cucumber, greens) 200 g, Olive oil 7 g	Lentil soup: Lentils, cooked 220 g, Wholegrain bread 65 g, Mixed vegetables 150 g, Greek yoghurt 0–2% 150 g, Olive oil 7 g	1,860 kcal · 122 g P · 57 g fibre
11	Creamy oats: Greek yoghurt 0–2% 250 g, Oats 60 g, Milk 150 g, Banana 80 g	Beef & buckwheat: Lean beef, cooked 130 g, Buckwheat, cooked 300 g, Mixed vegetables 200 g, Olive oil 5 g	Turkey & bulgur: Turkey breast, cooked 120 g, Bulgur, cooked 300 g, Salad (tomato, cucumber, greens) 200 g, Olive oil 7 g	1,620 kcal · 135 g P · 38 g fibre
12	Yoghurt bowl: Greek yoghurt 0–2% 300 g, Oats 65 g, Berries 100 g, Chia seeds 10 g	Lentil & bulgur bowl: Lentils, cooked 290 g, Bulgur, cooked 150 g, Salad (tomato, cucumber, greens) 150 g, Greek yoghurt 0–2% 100 g, Olive oil 7 g	Roast chicken & potatoes: Chicken breast, cooked 110 g, Potatoes, boiled 360 g, Mixed vegetables 200 g, Olive oil 7 g	1,750 kcal · 131 g P · 57 g fibre
13	Eggs, salad & bread: Eggs × 4, Wholegrain bread 65 g, Salad (tomato, cucumber, greens) 150 g, Feta or white cheese 20 g	Chicken rice bowl: Chicken breast, cooked 110 g, Rice, cooked 240 g, Mixed vegetables 200 g, Olive oil 7 g	Fish pasta: White fish (cod) 150 g, Wholewheat pasta, cooked 220 g, Mixed vegetables 200 g, Olive oil 7 g	1,740 kcal · 135 g P · 28 g fibre
14	Cottage cheese toast: Cottage cheese 275 g, Wholegrain bread 50 g, Apple 150 g, Nuts 10 g	Tuna potato salad: Tuna (tin, in water) 140 g, Potatoes, boiled 370 g, Salad (tomato, cucumber, greens) 200 g, Olive oil 10 g	Baked salmon: Salmon 150 g, Potatoes, boiled 280 g, Mixed vegetables 200 g	1,750 kcal · 127 g P · 27 g fibre

05

Shopping list · week 1

ITEM	AMOUNT
Mixed vegetables	1.7 kg
Potatoes, boiled	1.7 kg
Greek yoghurt 0–2%	1.3 kg
Salad (tomato, cucumber, greens)	1.3 kg

ITEM	AMOUNT
Lentils, cooked	750 g
Cottage cheese	550 g
Rice, cooked	500 g
Bulgur, cooked	450 g
Eggs	8 pcs
Wholegrain bread	400 g
Chicken breast, cooked	350 g
Salmon	300 g
Apple	300 g
Buckwheat, cooked	300 g
Tuna (tin, in water)	300 g
Chickpeas, cooked	250 g
Wholewheat pasta, cooked	200 g
Berries	200 g
Oats	200 g
Milk	150 g
White fish (cod)	150 g
Lean beef, cooked	130 g
Turkey breast, cooked	120 g
Feta or white cheese	90 g
Olive oil	90 g
Banana	80 g
Chia seeds	20 g
Nuts	20 g

Shopping list · week 2

ITEM	AMOUNT
Mixed vegetables	1.8 kg
Potatoes, boiled	1.7 kg
Salad (tomato, cucumber, greens)	1.3 kg
Greek yoghurt 0–2%	1.1 kg
Cottage cheese	550 g
Lentils, cooked	500 g
Rice, cooked	500 g
Bulgur, cooked	450 g
Wholewheat pasta, cooked	450 g
Eggs	8 pcs
Chicken breast, cooked	350 g
Wholegrain bread	350 g
White fish (cod)	300 g
Salmon	300 g
Apple	300 g
Buckwheat, cooked	300 g
Tuna (tin, in water)	300 g
Chickpeas, cooked	250 g
Berries	200 g
Oats	200 g
Milk	150 g
Lean beef, cooked	130 g
Turkey breast, cooked	120 g
Feta or white cheese	90 g
Olive oil	90 g

ITEM	AMOUNT
Banana	80 g
Chia seeds	20 g
Nuts	20 g

07

Swaps

- Any meat any fish tofu at the same weight (protein stays close).
- Rice bulgur buckwheat potatoes pasta at the same weight.
- Greek yoghurt skyr cottage cheese.
- Eat the meals in any order during the day.
- Eating out? Use the plate method above.

08

If this happens, do this

If you're hungry between meals	Then add protein and fibre to each meal, eat more vegetables, and drink water before snacking
If the scale isn't moving after 3 weeks	Then check portion sizes, weekend eating and drinks, and lower intake by about 100–200 kcal a day
If you don't have time to cook	Then batch-cook twice a week, use frozen vegetables, and keep simple staples like eggs and tinned fish
If you feel bloated	Then increase fibre slowly, drink more water, eat slower, and see a doctor if it continues
If you went off plan for a day	Then go back to your next normal meal; don't skip meals to compensate
If you feel tired or low in energy	Then make sure you aren't eating too little, add carbohydrate around training, and see a professional if fatigue persists

Glossary

RPE	Rate of perceived exertion: how hard a set feels on a 1–10 scale. 10 is all-out, 7 means about three more reps were possible.
Reps in reserve	How many more good reps you could have done when you stopped the set. RIR 2 ≈ RPE 8.
3 × 8–10	Three sets of 8 to 10 repetitions each. Pick a weight that lets you reach the range with good form.
Deload	A lighter week with less volume or load, usually every 4–6 weeks, so the body can recover and adapt.
Progressive overload	Gradually making training harder over time, with more weight, reps or sets, so you keep improving.
Double progression	Add reps first until all sets reach the top of the range, then add weight and start again at the bottom.
Zone 2 / easy pace	A relaxed effort where you can talk in full sentences. It builds aerobic base and aids recovery.
Threshold	The hardest pace you can hold for about an hour; feels comfortably hard, only a few words at a time.
Tempo / interval	Tempo: sustained, steady hard running. Interval: shorter fast repeats with recovery between them.
TDEE	Total daily energy expenditure: the calories you burn in a day, including exercise and daily activity.
Protein per kg	Daily protein based on body weight, e.g. 1.6 g/kg means 112 g for a 70 kg person.
Fibre target	Aim for about 25–30 g of fibre a day from vegetables, fruit, whole grains and legumes.



CHAPTER 04

Weekly pages

Tick each session when it is done

WEEK

Learn the portions

01

WEEK OF _____

- ☐ Protein: 120 g
- ☐ Fibre: 25 g or more
- ☐ Vegetables at two meals
- ☐ Water: 6–8 glasses
- ☐ Steps: 7,000 or more
- ☐ Focus: weigh portions this week so you learn what they look like.

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Batch-cook twice

02

WEEK OF _____

- ☐ Protein: 120 g
- ☐ Fibre: 25 g or more
- ☐ Vegetables at two meals
- ☐ Water: 6–8 glasses
- ☐ Steps: 7,000 or more
- ☐ Focus: cook protein and grains in bulk on two days.

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Repeat what works

03

WEEK OF _____

- ☐ Protein: 120 g
- ☐ Fibre: 25 g or more
- ☐ Vegetables at two meals
- ☐ Water: 6–8 glasses
- ☐ Steps: 7,000 or more
- ☐ Focus: keep your three favourite breakfasts and lunches on repeat.

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Make it yours

04

WEEK OF _____

- ☐ Protein: 120 g
- ☐ Fibre: 25 g or more
- ☐ Vegetables at two meals
- ☐ Water: 6–8 glasses
- ☐ Steps: 7,000 or more
- ☐ Focus: use the plate method for one meal a day without weighing.

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week



CHAPTER 05

Logs

LOGS

Weigh-in & habits log

NOTES

Grid of dotted lines for notes.

NOTES

Grid of dotted lines for notes.

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Small, repeated, honest efforts.
That is the whole secret.

Made for you on October 19, 2026

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