

# 7-Day High-Protein Halal Meal Plan

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**This isn't a diet. It's proof that your culture and your goals aren't in conflict.**

Biryani. Shawarma. Dal. Roti. These aren't obstacles to your fitness. They're fuel — if you know how to use them.

This plan hits 140g+ protein and ~2,000–2,200 calories every day. Every meal is halal. Every dish is familiar. No bland chicken and broccoli. No guilt about your food.

Seven days. Real food. Real results.

Use it. Then come back for more.

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## How to Read This Plan

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Each meal shows: **name** → **ingredients** → **calories** → **protein**

Snack 1 = mid-morning. Snack 2 = mid-afternoon. Adjust portions if your goal is a bigger deficit or lean bulk. Drink 2–3L of water daily. Non-negotiable.

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## DAY 1

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### **Breakfast — Masala Omelette**

**Ingredients:** 4 eggs, diced onion, tomato, green chilli, cumin, coriander, cooked in 1 tsp olive oil. 1 slice wholemeal toast. **Calories:** 420 | **Protein:** 28g

### **Snack 1 — Greek Yoghurt + Honey**

**Ingredients:** 200g full-fat Greek yoghurt, 1 tsp honey, handful of walnuts. **Calories:** 280 | **Protein:** 14g

## Lunch — Chicken Shawarma Bowl

**Ingredients:** 200g grilled halal chicken thigh (marinated in cumin, paprika, garlic, lemon), 100g brown rice, cucumber, tomato, onion, 2 tbsp hummus, drizzle of tahini.  
**Calories:** 580 | **Protein:** 48g

## Snack 2 — Cottage Cheese + Cucumber

**Ingredients:** 150g low-fat cottage cheese, sliced cucumber, pinch of chilli flakes.  
**Calories:** 140 | **Protein:** 18g

## Dinner — Lamb Kofta with Lentil Soup

**Ingredients:** 150g lamb mince kofta (spiced with cumin, coriander, garlic), grilled.  
Side: 200ml red lentil soup (masoor dal, cumin, lemon). **Calories:** 520 | **Protein:** 42g

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Day 1 Total: ~1,940 cal | 150g protein 

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## DAY 2

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### Breakfast — High-Protein Chilla (Savoury Pancakes)

**Ingredients:** 100g chickpea flour (besan), water, grated courgette, cumin, turmeric, green chilli. Pan-fried in 1 tsp oil. Served with a dollop of Greek yoghurt. **Calories:** 390 | **Protein:** 22g

### Snack 1 — Hard-Boiled Eggs + Dates

**Ingredients:** 3 hard-boiled eggs, 3 Medjool dates. **Calories:** 290 | **Protein:** 20g

### Lunch — High-Protein Chicken Biryani

**Ingredients:** 200g halal chicken breast, 150g basmati rice, onion, tomato, whole spices (cardamom, cloves, cinnamon), saffron water, fresh coriander. Cooked low-and-slow. **Calories:** 560 | **Protein:** 46g

### Snack 2 — Protein Lassi

**Ingredients:** 200ml plain yoghurt, 1 scoop vanilla whey protein (halal-certified), water, pinch of cardamom. **Calories:** 200 | **Protein:** 30g

### Dinner — Grilled Salmon + Spiced Chickpeas

**Ingredients:** 180g grilled salmon fillet, 150g tinned chickpeas sautéed with cumin, garlic, paprika, lemon juice. Side: green salad. **Calories:** 520 | **Protein:** 48g

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Day 2 Total: ~1,960 cal | 166g protein 

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## DAY 3

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### Breakfast — Scrambled Eggs with Feta & Tomatoes

**Ingredients:** 4 eggs, 30g crumbled feta, 2 chopped tomatoes, fresh parsley, cooked in 1 tsp butter. 1 slice sourdough. **Calories:** 450 | **Protein:** 30g

### Snack 1 — Hummus + Carrots + Chicken Strips

**Ingredients:** 4 tbsp hummus, 2 carrots (sliced), 80g cold grilled chicken strips. **Calories:** 270 | **Protein:** 22g

### Lunch — Lamb and Chickpea Stew (Harira-style)

**Ingredients:** 150g diced lamb, 200g chickpeas, tinned tomatoes, onion, celery, cumin, cinnamon, coriander, lemon. Slow-simmered. Served with 1 roti. **Calories:** 560 | **Protein:** 44g

### Snack 2 — Skyr + Mixed Berries

**Ingredients:** 200g plain Skyr yoghurt, 80g mixed berries, 1 tbsp chia seeds. **Calories:** 190 | **Protein:** 20g

### Dinner — Chicken Tikka with Brown Rice

**Ingredients:** 200g halal chicken breast marinated in yoghurt, lemon, tikka masala spices. Grilled/air-fried. 150g brown rice, side salad. **Calories:** 520 | **Protein:** 48g

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Day 3 Total: ~1,990 cal | 164g protein ✓

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## DAY 4

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### Breakfast — Egg & Spinach Paratha Roll

**Ingredients:** 1 wholemeal paratha (small, homemade or store-bought), 3 scrambled eggs, handful of spinach wilted in pan, pinch of chilli. **Calories:** 430 | **Protein:** 26g

### Snack 1 — Mixed Nuts + Protein Shake

**Ingredients:** 25g mixed nuts (almonds, cashews), 1 scoop chocolate whey protein (halal-certified) blended with water. **Calories:** 280 | **Protein:** 28g

### Lunch — Tuna & Chickpea Salad

**Ingredients:** 2 tins tuna (in spring water), 150g chickpeas, cherry tomatoes, cucumber, red onion, lemon juice, olive oil, za'atar seasoning. Serve with 2 oatcakes. **Calories:** 510 | **Protein:** 52g

### Snack 2 — Greek Yoghurt + Pumpkin Seeds

**Ingredients:** 200g Greek yoghurt, 1 tbsp pumpkin seeds, pinch of cinnamon. **Calories:** 220 | **Protein:** 16g

### Dinner — Beef Keema Curry with Roti

**Ingredients:** 150g lean halal beef mince, onion, garlic, ginger, tinned tomatoes, peas, cumin, coriander, turmeric, garam masala. Serve with 1 wholemeal roti. **Calories:** 520 | **Protein:** 42g

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Day 4 Total: ~1,960 cal | 164g protein ✓

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## DAY 5

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### Breakfast — Overnight Oats with Protein

**Ingredients:** 60g rolled oats, 1 scoop vanilla protein powder, 200ml milk (or oat milk), 1 tbsp almond butter, 1 banana. Mixed the night before. **Calories:** 510 | **Protein:** 34g

### Snack 1 — Boiled Eggs + Apple

**Ingredients:** 3 boiled eggs, 1 medium apple. **Calories:** 240 | **Protein:** 18g

### Lunch — Prawn & Vegetable Rice (Machboos-style)

**Ingredients:** 200g king prawns, 150g basmati rice, onion, tomato, dried lime (loomi), cumin, cinnamon, coriander, turmeric. One-pot dish. **Calories:** 540 | **Protein:** 42g

### Snack 2 — Cottage Cheese on Rice Cakes

**Ingredients:** 3 rice cakes, 150g low-fat cottage cheese, sliced jalapeños. **Calories:** 180 | **Protein:** 16g

### Dinner — Grilled Chicken Thighs + Roasted Vegetables + Dal

**Ingredients:** 200g grilled halal chicken thigh, 150g toor dal (cooked with cumin, turmeric, garlic tarka), roasted courgette and aubergine. **Calories:** 540 | **Protein:** 50g

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Day 5 Total: ~2,010 cal | 160g protein 

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## DAY 6

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### Breakfast — Full Halal Fry-Up

**Ingredients:** 3 eggs (scrambled), 2 halal turkey sausages, grilled tomatoes, sautéed mushrooms, 1 slice wholemeal toast. **Calories:** 470 | **Protein:** 38g

### Snack 1 — Protein Smoothie

**Ingredients:** 1 scoop chocolate whey (halal-certified), 1 banana, 200ml milk, 1 tbsp peanut butter, ice. **Calories:** 330 | **Protein:** 32g

### Lunch — Lamb Shawarma Wrap

**Ingredients:** 150g thinly sliced halal lamb (marinated in 7-spice, garlic, lemon), 1 large wholemeal wrap, pickled turnip, garlic sauce (made with yoghurt + garlic), shredded lettuce, tomato. **Calories:** 540 | **Protein:** 42g

### Snack 2 — Edamame + Almonds

**Ingredients:** 100g shelled edamame (salted), 20g almonds. **Calories:** 220 | **Protein:** 16g

### Dinner — Baked Cod with Spiced Lentils

**Ingredients:** 200g cod fillet (baked with lemon, garlic, paprika), 200g red lentils cooked with cumin, turmeric, diced tomato. **Calories:** 460 | **Protein:** 52g

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Day 6 Total: ~2,020 cal | 180g protein 

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## DAY 7

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### Breakfast — Shakshuka

**Ingredients:** 4 eggs poached in spiced tomato sauce (onion, garlic, tinned tomatoes, cumin, paprika, chilli). Serve with 1 slice sourdough. **Calories:** 420 | **Protein:** 28g

### Snack 1 — Greek Yoghurt Bowl

**Ingredients:** 200g Greek yoghurt, 1 tbsp honey, 30g granola, sliced strawberries. **Calories:** 310 | **Protein:** 16g

### Lunch — Chicken & Lentil Soup (Chorba)

**Ingredients:** 200g halal chicken breast (shredded), 150g green lentils, onion, carrot, celery, tomato paste, cumin, coriander, lemon. Thick and hearty. Serve with 1 roti.

**Calories:** 520 | **Protein:** 52g

## **Snack 2 — Tuna Rice Cakes**

**Ingredients:** 1 tin tuna (in water), 3 rice cakes, sliced cucumber, lemon pepper.

**Calories:** 180 | **Protein:** 22g

## **Dinner — Lamb Chops + Roasted Sweet Potato + Tzatziki**

**Ingredients:** 2 halal lamb chops (grilled), 200g roasted sweet potato (cumin + olive oil), 3 tbsp homemade tzatziki (yoghurt, cucumber, garlic, mint). **Calories:** 560 |

**Protein:** 42g

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Day 7 Total: ~1,990 cal | 160g protein 

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## **Full Week Grocery List**

### **Proteins**

- Halal chicken breast (1kg+)
- Halal chicken thighs (500g)
- Halal lamb mince (500g)
- Halal lamb chops (4 chops)
- Lamb or beef for shawarma/stew (500g)
- Lean halal beef mince (300g)
- King prawns (400g)
- Cod fillets (2 portions)
- Salmon fillets (2 portions)
- Tinned tuna in water (6 tins)
- Eggs (2 dozen)
- Greek yoghurt (1kg)
- Skyr (400g)

- Cottage cheese (500g)
- Halal turkey sausages (1 pack)
- Halal whey protein powder (1 bag — check label for halal certification)

## Grains & Legumes

- Basmati rice (1kg)
- Brown rice (500g)
- Rolled oats (500g)
- Wholemeal bread / sourdough (1 loaf)
- Wholemeal wraps (1 pack)
- Wholemeal roti / paratha (1 pack or make fresh)
- Rice cakes (1 pack)
- Oatcakes (1 pack)
- Red lentils / masoor dal (500g)
- Toor dal (300g)
- Green lentils (300g)
- Tinned chickpeas (3 tins)
- Chickpea flour / besan (250g)
- Edamame (frozen, 200g)

## Dairy & Fats

- Feta cheese (100g)
- Almond butter / peanut butter (1 jar)
- Mixed nuts (200g — almonds, cashews, walnuts)
- Pumpkin seeds
- Chia seeds
- Olive oil
- Butter (small pack)
- Tahini (1 jar)
- Milk or oat milk (1L)

## Fruit & Vegetables

- Tomatoes (1kg)

- Cherry tomatoes (1 punnet)
- Cucumbers (4)
- Courgettes (3)
- Aubergine (2)
- Carrots (6)
- Onions (2kg)
- Red onion (2)
- Garlic (2 bulbs)
- Fresh ginger (1 knob)
- Spinach (200g)
- Mushrooms (250g)
- Celery (1 head)
- Sweet potato (2 large)
- Banana (6)
- Apple (4)
- Mixed berries (frozen, 200g)
- Strawberries (1 punnet)
- Lemon (6)
- Green chillies (1 pack)

## Pantry / Spices

- Tinned tomatoes (4 tins)
- Hummus (1 tub)
- Granola (200g)
- Honey (1 jar)
- Dates (Medjool, 1 pack)
- Za'atar
- Cumin (ground + seeds)
- Coriander (ground)
- Paprika
- Turmeric
- Garam masala
- Tikka masala spice blend

- 7-spice blend
  - Cinnamon
  - Cardamom
  - Cloves
  - Chilli flakes
  - Saffron (small amount)
  - Dried lime (loomi) — optional
  - Lemon pepper seasoning
  - Salt & black pepper
  - Pickled turnip (jarred)
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## Ramadan Adjustment

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Ramadan doesn't have to mean losing muscle or feeling like trash. It just means restructuring.

**The rule:** You have two windows — Suhoor and Iftar. Make them count.

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### **Suhoor (Pre-Dawn Meal) — Aim for 700–800 cal, 50g+ protein**

This is your fuel for the entire fasting day. Don't skip it. Don't eat toast and go back to bed.

#### **Best Suhoor options from this plan:**

- Masala omelette (4 eggs) + 1 roti + Greek yoghurt
- Overnight oats + protein shake
- Scrambled eggs + feta + sourdough + cottage cheese
- Shakshuka + slice of bread + boiled eggs on the side

#### **Tips:**

- Prioritise slow-digesting carbs (oats, brown rice, wholemeal roti) — they keep you fuller longer
- Include at least 40g protein
- Don't skip fat — it slows digestion and keeps hunger manageable

- Drink 500ml–1L water at Suhoor
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## Iftar (Breaking Fast) — Aim for 1,200–1,400 cal, 90g+ protein

Break fast with dates and water (sunnah + practical — fast-acting glucose, no crash). Then eat properly.

### Structure:

1. **Dates (3) + water** — break the fast
2. **Light soup** (e.g., Day 7 chorba or Day 1 lentil soup) — ease in, don't destroy your stomach
3. **Main meal** — pick any dinner from this plan
4. **Snack/dessert** — Greek yoghurt, protein smoothie, or cottage cheese before bed

### Best Iftar mains from this plan:

- Chicken Biryani (Day 2 lunch) — satisfying, culturally fitting, high protein
  - Lamb Kofta + Lentil Soup (Day 1 dinner)
  - Lamb Chops + Sweet Potato (Day 7 dinner)
  - Chicken Tikka + Brown Rice (Day 3 dinner)
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## Ramadan Daily Target Summary

Window	Timing	Calories	Protein
Suhoor	~1hr before Fajr	700–800	50g+
Iftar	After Maghrib	1,200–1,400	90g+
<b>Total</b>		<b>~2,000–2,200</b>	<b>140g+</b>

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## What to Prioritise

- **Protein over everything.** You'll naturally eat less. Don't let that be protein.

- **Skip the fried food overload.** Sambosas and pakoras every night will wreck your progress. Have them — just don't make them your main.
- **Training:** Light resistance training 60–90 minutes after Iftar works well for most people.
- **Sleep:** Prioritise it. Sleep deprivation destroys body composition faster than a bad diet.

Ramadan can be your most disciplined month if you approach it right.

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## Final Word

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You just got 7 days of real food that hits your macros and respects your culture.

No excuses. No "I can't eat halal and hit my protein." No "my culture's food is the problem."

It never was.

Now you have the map. The question is whether you follow it.

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**Want the full 12-week system?** Check out **The Starter Pack** at [naiemcoaching.uk](https://naiemcoaching.uk)

It's the complete framework — training, nutrition, accountability — built specifically for Arab and South Asian men and women who are done making excuses and ready to actually change.

See you there.

— Naiem