

BUILD ME DIFFERENT

AI DOES EVERYTHING · ZERO HUMANS · INSTANT

Your Free 7-Day Kickstart.

A full week of meals and workouts to get you moving today — no guesswork, no expensive trainer. This is a taste of what your AI coach builds for you every single day.

7-Day Meal Plan + 7-Day Training Plan

Inside: seven days of simple, balanced meals and seven days of beginner-friendly workouts you can do at home or in the gym. Follow it as-is, or let Build Me Different personalise the whole thing to your body, goals and schedule in 60 seconds.

The 7-Day Meal Plan

Balanced, realistic meals built around whole foods. Portions suit a general active adult — scale up or down to your appetite and goals. Drink plenty of water throughout the day.

Day 1 · Monday

BREAKFAST

Scrambled eggs (3) on wholegrain toast with spinach and a side of berries.

LUNCH

Grilled chicken salad with mixed leaves, cherry tomatoes, cucumber, olive oil dressing.

DINNER

Baked salmon, roasted sweet potato and steamed broccoli.

SNACK

Greek yoghurt with a handful of almonds.

Focus: high protein, steady energy to start the week strong.

Day 2 · Tuesday

BREAKFAST

Overnight oats with banana, chia seeds and a spoon of peanut butter.

LUNCH

Wholegrain wrap with turkey, hummus, grated carrot and rocket.

DINNER

Lean beef stir-fry with mixed peppers, onion and brown rice.

SNACK

Apple with a small handful of walnuts.

Focus: slow-release carbs to fuel training days.

Day 3 · Wednesday

BREAKFAST

Greek yoghurt bowl with granola, blueberries and honey.

LUNCH

Tuna and mixed bean salad with sweetcorn and a squeeze of lemon.

DINNER

Chicken breast, quinoa and roasted Mediterranean vegetables.

SNACK

Carrot and cucumber sticks with hummus.

Focus: lean protein and fibre to keep you full.

Day 4 · Thursday

BREAKFAST

Wholegrain toast with smashed avocado and poached egg.

LUNCH

Leftover chicken and quinoa bowl with extra greens.

DINNER

Baked cod with new potatoes and green beans.

SNACK

Cottage cheese with pineapple.

Focus: light, clean meals mid-week.

Day 5 · Friday

BREAKFAST

Protein smoothie: banana, oats, spinach, milk and protein powder.

LUNCH

Jacket potato with tuna, sweetcorn and side salad.

DINNER

Homemade chicken and vegetable curry with brown rice.

SNACK

Dark chocolate square and a small handful of nuts.

Focus: a satisfying end to the working week.

| Day 6 · Saturday

BREAKFAST

Veggie omelette with mushrooms, peppers and a slice of wholegrain toast.

LUNCH

Chicken and avocado salad with mixed seeds.

DINNER

Lean turkey burgers (no bun or wholegrain bun) with sweet potato wedges and salad.

SNACK

Greek yoghurt with berries.

Focus: flexible weekend meals you'll actually enjoy.

| Day 7 · Sunday

BREAKFAST

Wholegrain pancakes with Greek yoghurt and fresh fruit.

LUNCH

Roast chicken with plenty of vegetables and a small portion of potatoes.

DINNER

Light vegetable and lentil soup with wholegrain bread.

SNACK

Handful of mixed nuts and an orange.

Focus: reset and prep for the week ahead.

| Make it **work**

- Prep two or three meals in advance to stay on track on busy days.
- Aim for a portion of protein with every meal.
- Swap any meal you don't like for a similar one — consistency beats perfection.
- Drink water before you reach for a snack; thirst often feels like hunger.

The 7-Day Training Plan

Beginner-friendly and doable at home or in the gym. Warm up for 5 minutes before each session and stretch after. Rest 60–90 seconds between sets. If an exercise is too hard, do an easier version — just keep moving.

Day 1 · Full Body Strength

BUILD A BASE · 3 ROUNDS

- Bodyweight squats — 12 reps
- Press-ups (knees down if needed) — 10 reps
- Bent-over rows (dumbbells or bottles) — 12 reps
- Plank — 30 seconds
- Glute bridges — 15 reps

Day 2 · Cardio + Core

GET THE HEART RATE UP · 3 ROUNDS

- Brisk walk or jog — 15 minutes
- Mountain climbers — 20 total
- Bicycle crunches — 20 total
- Leg raises — 12 reps
- Plank shoulder taps — 20 total

Day 3 · Active Recovery

MOVE GENTLY, RECOVER WELL

- 20–30 minute easy walk
- Full-body stretch routine — 10 minutes
- Focus on hips, hamstrings and shoulders
- Optional: light yoga or mobility flow

Recovery is where progress happens. Don't skip it.

| Day 4 · Lower Body

LEGS AND GLUTES · 3 ROUNDS

- Squats — 15 reps
- Reverse lunges — 10 each leg
- Glute bridges — 15 reps
- Calf raises — 20 reps
- Wall sit — 30 seconds

| Day 5 · Upper Body

PUSH AND PULL · 3 ROUNDS

- Press-ups — 10 reps
- Shoulder press (dumbbells or bottles) — 12 reps
- Bent-over rows — 12 reps
- Tricep dips (chair) — 10 reps
- Plank to shoulder tap — 20 total

| Day 6 · Full Body Burn

BRING IT TOGETHER · 4 ROUNDS

- Squat to press — 12 reps
- Press-ups — 10 reps
- Reverse lunges — 10 each leg
- Mountain climbers — 20 total
- Plank — 40 seconds

| Day 7 · Rest & Reflect

YOU EARNED IT

- Full rest or a gentle walk
- Light stretching if you feel like it
- Plan next week — aim to add a rep or two to each exercise

WHAT'S NEXT

This was the **free version.**

You just followed a plan built for everyone. Imagine one built entirely for **you** — your body, your goals, your schedule, your equipment — and rebuilt every day as you progress.

WITH BUILD ME DIFFERENT YOU GET

- A fully personalised meal and training plan in 60 seconds
- Plans that adapt every day based on your progress
- No expensive personal trainer, no guesswork
- Everything in one simple app

Start your 7-day free trial

Try the full AI coach free for 7 days. Then just £19.99/month. Cancel anytime.

[Start my free trial →](#)

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Sack your trainer. **Build different.**

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