



STRENGTH

IN SCRIPTURE

A 7-Day **Gym Meal Plan** Inspired by the
Foods of **Jesus** and **His Disciples**

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Day 1 - Strength from God

Breakfast 08 Snack 09 Lunch 10 Snack 11 Dinner 12	08 - 12
Daily Total: 1,750 Cals 94g Protein 229g Carbs 43g Fat	

Day 2 - Discipline and Focus

Breakfast 13 Snack 14 Lunch 15 Snack 16 Dinner 17	13 - 17
Daily Total: 1,800 Cals 95g Protein 195g Carbs 60g Fat	

Day 3 - Endurance and Perseverance

Breakfast 18 Snack 19 Lunch 20 Snack 21 Dinner 22	18 - 22
Daily Total: 1,740 Cals 90g Protein 209g Carbs 46g Fat	

Day 4 - Nourishment and Balance

Breakfast 23 Snack 24 Lunch 25 Snack 26 Dinner 27	23 - 27
Daily Total: 1,760 Cals 90g Protein 187g Carbs 47g Fat	

Day 5 - Courage and Determination

Breakfast 28 Snack 29 Lunch 30 Snack 31 Dinner 32	28 - 32
Daily Total: 1,750 Cals 86g Protein 222g Carbs 42g Fat	

Day 6 - Recovery and Restoration

Breakfast 33 Snack 34 Lunch 35 Snack 36 Dinner 37	33 - 37
Daily Total: 1,830 Cal - 95g Protein 218g Carbs 46g Fat	

Day 7 - Purpose and Gratitude

Breakfast 38 Snack 39 Lunch 40 Snack 41 Dinner 42	38 - 42
Daily Total: 1,750 Cal 94g Protein 229g Carbs 43g Fat	



Biblical Gym Meal Prep Plan

This 7-day Biblical Gym Meal Prep Plan combines whole, natural foods inspired by the diet of Jesus and His disciples with modern macronutrient awareness for fitness and strength. Each day provides approximately 1,700–1,850 calories, high in protein and balanced with complex carbohydrates and healthy fats.

It uses whole grains, legumes, fish, fruits, vegetables, olive oil, and herbs to provide a nutrient-dense, fitness-friendly diet with authentic biblical roots.

Core Principles Based on Biblical Diet

- **Whole grains:** Barley, Wheat, and unleavened Bread
- **Legumes:** Lentils, Chickpeas, and Beans
- **Fruits:** Figs, Dates, Grapes, Pomegranates, Olives
- **Vegetables:** Onions, Garlic, Cucumbers, Leafy Greens, Herbs
- **Protein:** Fish, Eggs, Occasional Lamb or Goat
- **Fats:** Olive Oil, Nuts, Seeds
- **Simple seasoning:** Herbs, Salt, Honey





Why This Works for Fitness

- **Protein:** Fish, Legumes, Eggs, Lamb = **Supports muscle recovery**
- **Carbs:** Whole Grains and Fruits = **Fuel workouts**
- **Healthy fats:** Olive Oil, Nuts, Seeds = **Support hormones and joints**
- **Micronutrients:** Fruits, Vegetables, Herbs = **Antioxidants for recovery**

Notes for Modern Fitness Goals

- **Muscle Gain:** Increase fish, lamb or chicken portions to 150–200g, add ½ cup more grains or legumes
- **Fat Loss:** Keep portions as planned, reduce honey/dates if needed
- **Hydration:** Drink water and herbal teas. Proper hydration supports muscle repair, nutrient absorption, and mental clarity. Even mild dehydration can reduce physical performance, concentration, and recovery after workouts.
- **General Baseline:** 2.5-3 liters daily for men, 2-2.5 liters daily for women.
- **Gym Days:** Add 500-750ml (about 2-3 cups) for every hour of moderate to intense exercise.
- **Tip:** Flavor naturally with lemon, mint, or cucumber just as fruit and herbs were used historically.



This schedule helps organize bulk cooking and daily assembly, making biblical-style meals practical for a modern gym lifestyle.

Day 0 - Prep Day

- Cook barley (3.5 cups dry), lentils (3 cups), chickpeas (2 cups or canned)
- Grill/bake fish (840g), lamb (200–300g), and boil 14 eggs
- Chop cucumbers, carrots, celery, parsley, onions, garlic, greens
- Prepare hummus with chickpeas, olive oil, lemon, garlic

Daily Routine

- **Breakfast:** Reheat porridge, add fruits, nuts, honey
- **Snack 1:** Grapes, figs, dates, boiled egg
- **Lunch:** Reheat fish or lamb, add salad, grains
- **Snack 2:** Hummus & veggie sticks, optional dates / egg
- **Dinner:** Reheat lentil / vegetable stew, flatbread, olive oil

Time-Saving Tips

- Batch cook and freeze fish or lamb portions
- Use airtight containers for freshness
- Rotate proteins (fish vs. lamb) for variety
- Fresh herbs & lemon keep meals flavorful

Grains & Legumes

- Barley - 5 cups dry
- Lentils (Red or brown) - 8 cups dry
- Chickpeas - 4 cups dry (or 5 cups canned)
- Cracked wheat - 1 cup
- Oats (for yogurt bowls) - 4 cups
- Wheat berries or rolled wheat (for porridge) - 3 cups
- Flatbread - 7-8 small

Proteins & Dairy

- Plain yogurt with live cultures - 6 cups (for 3 breakfasts)
- Fish (sardines, tilapia, etc.) - 1.2-1.5 kg total
- Mackerel - 500g
- Lamb/Goat (optional) - 600-700g
- Chicken breast - 600g (for 2 meals or one larger prep)
- Eggs - 14

Fruits

- Figs - 15-20
- Dates - 20-25
- Grapes - 4-5 bunches (snacks & salad garnish)
- Optional: Apples, pomegranate, melon for variation

Vegetables

- Onions - 5-6
- Garlic - 2 bulbs
- Carrots - 4-5
- Cucumbers - 4-5
- Leafy greens (spinach, lettuce, arugula) - 7-8 cups
- Parsley - 1 cup
- Eggplant - 1
- Celery - 2-3 stalks
- Tomatoes - 4-5 (for stew/salads)

Fats & Oils

- Olive oil - 250ml
- Almonds - 1 cup
- Walnuts - 1 cup

Other

- Honey - ½ cup
- Lemon - 2-3
- Herbs (thyme, oregano, parsley, mint) Salt, Pepper



BREAKFAST

Lentil & Barley Porridge
with Figs, Honey, Almonds

470 Cals | 22g Protein | 68g Carbs | 12g Fat

The Lord is my strength and my shield; my heart trusts in Him, and He helps me.

Psalm 28:7

Lord, as I eat this meal, I remember that true strength flows from You. May this food energize me to move with purpose and confidence in Your power.



SNACK

Grapes & Boiled Egg

130 Cals | 6g Protein | 22g Carbs | 3g Fat

I can do all things through Christ who strengthens me.

Philippians 4:13

This snack reminds me that my progress doesn't depend on my own willpower, but on Christ within me.



LUNCH

Grilled Sardines,
Cucumber-Onion-Parsley
Salad, Barley

520 Cals | 38g Protein | 60g Carbs | 10g Fat

*He gives strength to the weary and
increases the power of the weak.*

Isaiah 40:29

I thank You for restoring my energy,
Lord. As I train my body, train my heart
to rely on Your strength.



SNACK

Hummus & Cucumber Sticks, Dates

180 Cals | 4g Protein | 24g Carbs | 8g Fat

The joy of the Lord is my strength.

Nehemiah 8:10

Let this nourishment lift my spirit. Joy itself is fuel that keeps me consistent and positive in my fitness journey.



DINNER

Lentil Stew with Carrots,
Onions, Garlic, Spinach, &
Flatbread

450 Cals | 24g Protein | 55g Carbs | 10g Fat

*My flesh and my heart may fail, but God is
the strength of my heart.*

Psalm 73:26

When I’m tired, remind me that
strength is more than muscle, it’s the
courage to keep going through You.



BREAKFAST

Yogurt with Oaks, Honey, Figs & Almonds

370 Cals | 17g Protein | 50g Carbs | 11g Fat

No discipline seems pleasant at the time, but painful. Later it produces a harvest of righteousness and peace.

Hebrews 12:11

Lord, help me build consistency. Each good choice adds up to lasting transformation.



SNACK

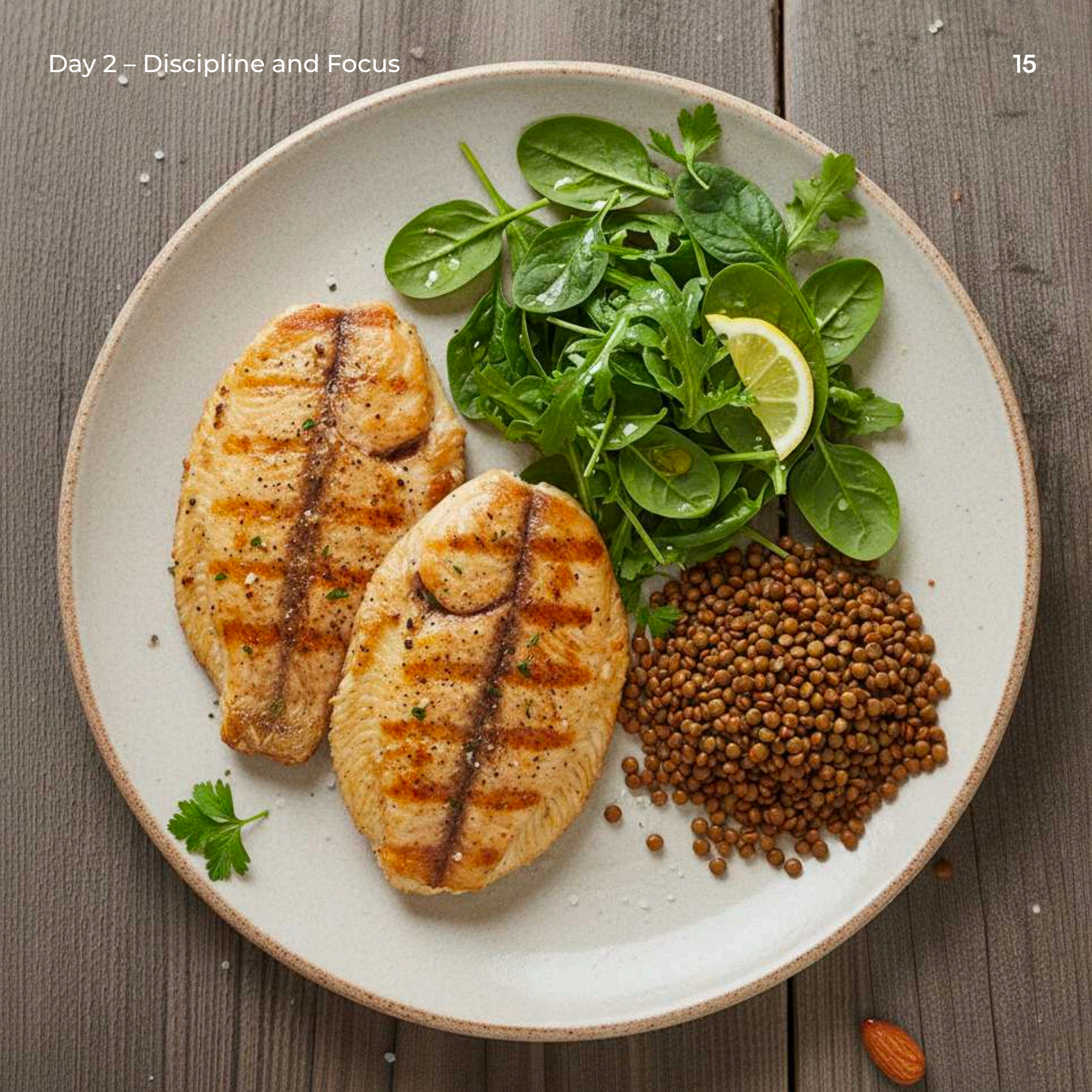
Fresh Figs & Boiled Egg

140 Cals | 6g Protein | 20g Carbs | 3g Fat

Run in such a way as to get the prize.

1 Corinthians 9:24

I eat with intention today. Every rep, every bite moves me closer to excellence that honors You.



LUNCH

Grilled Tilapia, Greens with Olive Oil, Lentils

510 Cals | 40g Protein | 50g Carbs | 10g Fat

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

Romans 12:2

As I nourish my body, renew my mindset. Keep me focused on discipline over indulgence.



SNACK

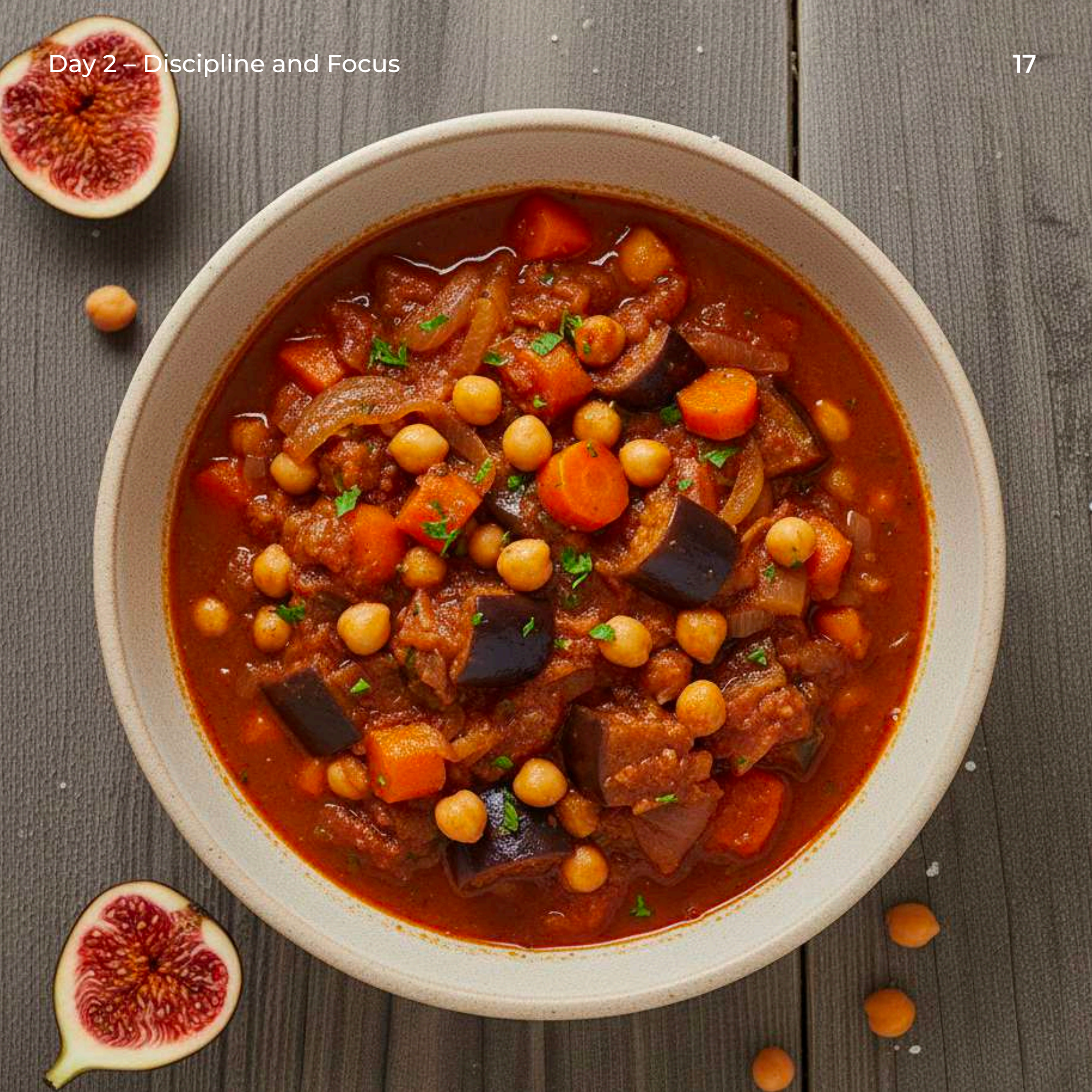
Almonds & Cucumber

190 Cals | 6g Protein | 6g Carbs | 16g Fat

Those who belong to Christ Jesus have crucified the flesh with its passions and desires.

Help me resist laziness and temptation, Lord. My body is Your temple, not a slave to cravings.

Galatians 5:24



DINNER

Vegetable Stew with Onions, Carrots, Eggplant, Chickpeas

460 Cals | 20g Protein | 60g Carbs | 10g Fat

Train yourself to be godly.

1 Timothy 4:7

Discipline is worship. I thank You for giving me the chance to grow stronger inside and out.



BREAKFAST

Lentil & Wheat Porridge
with Figs & Honey

440 Cals | 20g Protein | 62g Carbs | 8g Fat

*Let us run with perseverance the race
marked out for us.*

Today, I start strong and finish stronger.
Help me push past limits with faith.

Hebrews 12:1



SNACK

Grapes & Boiled Egg

130 Cals | 6g Protein | 22g Carbs | 3g Fat

Consider it pure joy when you face trials of many kinds.

Challenges build endurance. I welcome the work that makes me better.

James 1:2



LUNCH

Roasted Lamb, Salad & Barley

530 Cals | 35g Protein | 45g Carbs | 18g Fat

We rejoice in our sufferings, knowing that suffering produces endurance.

Romans 5:3

As I train, I remember that struggle shapes strength. Thank You for using every rep to build my resilience.



SNACK

Hummus & Carrot Sticks & Dates

190 Cals | 5g Protein | 25g Carbs | 7g Fat

Do not grow weary in doing good.

Galatians 6:9

Lord, remind me that progress takes patience. I'll keep showing up, trusting the harvest will come.



DINNER

Vegetable & Lentil Stew & flatbread

450 Cals | 24g Protein | 55g Carbs | 10g Fat

Blessed is the one who perseveres under trial.

James 1:12

Endurance is my offering to You, God. Strengthen my resolve to finish what I start.



BREAKFAST

Yogurt with Oats, Dates, Walnuts & Grapes

370 Cals | 17g Protein | 50g Carbs | 11g Fat

Man shall not live by bread alone, but by every word that comes from the mouth of God.

Matthew 4:4

As I eat, I feed both body and soul. Let Your Word be my truest fuel.



SNACK

Grapes & Dates

160 Cals | 2g Protein | 37g Carbs | 0g Fat

Taste and see that the Lord is good.

Psalm 34:8

Every bite is a reminder of Your goodness, Lord. I eat with gratitude and joy.



LUNCH

Grilled Herbed Chicken
with Barley & Lentils

480 Cals | 46g Protein | 36g Carbs | 15g Fat

*So whether you eat or drink, do it all for
the glory of God.*

May this meal glorify You through
healthy choices and thankful attitude.

1 Corinthians 10:31



SNACK

Hummus & Celery Sticks & Boiled Egg

200 Cals | 9g Protein | 10g Carbs | 11g Fat

A cheerful heart is good medicine.

Proverbs 17:22

Joyful eating brings healing. I thank You for laughter, community, and good nourishment.



DINNER

Vegetable & Lentil Stew & Flatbread

440 Cals | 22g Protein | 55g Carbs | 8g Fat

You open Your hand and satisfy the desires of every living thing.

Psalm 145:16

You provide what I need, Lord. May this food restore my body and prepare me for tomorrow’s work.



BREAKFAST

Wheat Porridge with
Dates, Honey & Walnuts

470 Cals | 17g Protein | 64g Carbs | 13g Fat

Be strong and courageous. Do not be afraid.

Joshua 1:9

As I begin today, I choose faith over fear. I am equipped for every challenge ahead.



SNACK

Grapes & Boiled Egg

130 Cals | 6g Protein | 22g Carbs | 3g Fat

The righteous are bold as a lion.

I eat boldly, I train boldly, I live boldly,
because I walk with You.

Proverbs 28:1



LUNCH

Grilled Tilapia, Greens & Barley

500 Cals | 38g Protein | 50g Carbs | 9g Fat

For God gave us a spirit not of fear but of power.

Lord, drive out my doubts. Let this meal fuel my courage and clear my mind.

2 Timothy 1:7



SNACK

Hummus & Cucumber Sticks & Figs

190 Cals | 5g Protein | 26g Carbs | 7g Fat

Do not fear, for I am with you.

Isaiah 41:10

Your presence is my confidence. Even when I’m tired or unsure, You strengthen me.



DINNER

Chickpea & Vegetable
Stew & Flatbread

460 Cals | 20g Protein | 60g Carbs | 10g Fat

*The Lord is my light and my
salvation, whom shall I fear?*

Psalm 27:1

My body rests and recovers tonight
under Your protection. Fear has no
place here.



BREAKFAST

Yogurt with Oats, Honey,
chopped Dates & Almonds

370 Cals | 17g Protein | 50g Carbs | 11g Fat

*In returning and rest you shall be saved; in
quietness and trust is your strength.*

Isaiah 30:15

Rest is not weakness; it’s obedience.
Thank You for this peaceful start.



SNACK

Grapes & Dates

170 Cals | 2g Protein | 39g Carbs | 0g Fat

*He makes me lie down in green pastures;
He restores my soul.*

As I refuel, I let You restore my energy
and focus. My recovery honors You.

Psalm 23:2–3



LUNCH

Lamb or Fish, Greens & Lentils

520 Cals | 38g Protein | 50g Carbs | 12g Fat

Come to me, all who are weary, and I will give you rest.

I hand You my fatigue, Lord. Refresh my spirit and muscles alike.

Matthew 11:28



SNACK

Hummus & Carrot Sticks & Boiled Egg

200 Cals | 9g Protein | 10g Carbs | 11g Fat

My presence will go with you, and I will give you rest.

Exodus 33:14

Even during busy days, I find rest in Your presence. Thank You for calm in motion.



DINNER

Vegetable & Lentil Stew & Flatbread

450 Cals | 24g Protein | 55g Carbs | 10g Fat

He heals the brokenhearted and binds up their wounds.

Psalm 147:3

Heal my body as I sleep, Lord. Repair what training has torn, and make me stronger tomorrow.



BREAKFAST

Lentil & Barley Porridge,
Figs, Honey & Almonds

470 Cals | 22g Protein | 68g Carbs | 12g Fat

You are not your own; you were bought at a price. Therefore honor God with your bodies.

My fitness is not vanity, it’s stewardship. I thank You for the gift of this body.

1 Corinthians 6:19–20



SNACK

Grapes & Boiled Egg

130 Cals | 6g Protein | 22g Carbs | 3g Fat

Let everything that has breath praise the Lord.

Every breath during training, every heartbeat a song of praise.

Psalm 150:6



LUNCH

Grilled Sardines, Salad & Barley

520 Cals | 38g Protein | 60g Carbs | 10g Fat

Whatever you do, work at it with all your heart, as working for the Lord.

My workouts and meals are offerings to You. I give my all for Your glory.

Colossians 3:23



SNACK

Hummus & Cucumber Sticks, Dates

180 Cals | 4g Protein | 24g Carbs | 8g Fat

Give thanks in all circumstances.

Gratitude keeps me grounded. I thank You for energy, health, and progress.

1 Thessalonians 5:18



DINNER

Vegetable & Lentil Stew & Flatbread

450 Cals | 24g Protein | 55g Carbs | 10g Fat

Well done, good and faithful servant.

Matthew 25:23

I finish this week strong and thankful.
May my discipline bring You joy.

REVELATION

DESIGN

For more information and questions related to this
book: www.revelationdesign.co.uk