

# 1200-1400 Kcal

Meal	Example Day One	Example Day Two	Ezample Day Three
<b>Breakfast</b>	40g Oats 20g Whey Protein 150ml Semi Skimmed Milk	2 Whole Eggs 2 Slices Wholemeal Toast	170g 0% Fat Greek Yoghurt 50g Berries 30g Nuts
<b>Morning Snack</b>	30g Nuts	30g Peanut Butter 2 Lightly Salted Rice Cakes	1 x Grenade Carb Killa (60g)
<b>Lunch</b>	Low Fat Protein Option Greens	Higher Fat Protein Option Greens	Higher Fat Protein Option Carb Option Greens
<b>Afternoon Snack</b>	100g Fat Free Cottage Cheese 2 Lightly Salted Rice Cakes	100g 0% Greek Yoghurt 50g Berries	1 x Apple
<b>Evening Meal</b>	Higher Fat Protein Option Carb Option Greens	Low Fat Protein Option Carb Option Greens	Low Fat Meat Option Greens
<b>Post Work Out / Snack</b>	30g Whey Protein	30g Whey Protein	30g Whey Protein

Protein Options	Greens & Veg	Carb Options	Other	Snack Options
<p><b>Lower Fat ~100-150g</b></p> <p>Chicken Breast Turkey Breast Turkey Mince White Fish Tuna Steak Tinned Tuna Prawns</p> <p><b>Higher Fat ~100-150g</b></p> <p>Beef Steak Pork Loin Beef Mince Salmon Fillet Tinned Salmon Tinned Mackerel Whole Eggs 2-3</p> <p>(Raw Weights)</p>	<p><b>Greens</b></p> <p>Broccoli Green Beans Peas Sugar Snap Peas Asparagus Spinach Kale Cabbage Leeks</p> <p><b>Other Veg</b></p> <p>Carrots Tomatoes Cucumber Beetroot Aubergine Onions Cauliflower Peppers Mushrooms</p>	<p><b>150g-180g</b></p> <p>Sweet Potatoes New Potatoes Baked Potatoes</p> <p><b>40-50g</b></p> <p>Brown Rice Basmati Rice Brown Pasta White Pasta Cous Cous Quinoa</p> <p>(Raw Weights)</p> <p>125g Microwave Rice</p> <p><b>2 Slices</b></p> <p>Wholemeal Bread Small Tortilla Bagel Thin</p>	<p><b>Nuts 30g</b></p> <p>Almonds Cashew Nuts Walnuts Hazelnuts</p> <p><b>Dairy</b></p> <p>0% Greek Yoghurt Fat Free Cottage Cheese</p> <p><b>Fruit</b></p> <p>Apples Bananas Oranges Pineapple Kiwi</p> <p><b>Berries</b></p> <p>Blueberries Strawberries Raspberries Grapes</p>	<p>30g Nuts -----</p> <p>30g Peanut Butter &amp; 2 Lightly Salted Rice Cakes -----</p> <p>1 Grenade Carb Killa (60g Bar) -----</p> <p>1 Piece of fruit -----</p> <p>100g Fat Free Cottage Cheese &amp; 2 Lightly Salted Rice Cakes -----</p> <p>100g 0% Greek Yoghurt &amp; 50g Berries</p>