

1400-1600 Kcal

Meal	Example Day One	Example Day Two	Ezample Day Three
Breakfast	40g Oats 20g Whey Protein 150ml Semi Skimmed Milk	2 Whole Eggs 2 Slices Wholemeal Toast	170g 0% Fat Greek Yoghurt 50g Berries 40g Nuts
Morning Snack	40g Nuts	30g Peanut Butter 3 Lightly Salted Rice Cakes	1 x Grenade Carb Killa (60g)
Lunch	Low Fat Protein Option Greens	Higher Fat Protein Option Greens	Higher Fat Protein Option Carb Option Greens
Afternoon Snack	100g Cottage Cheese 3 Lightly Salted Rice Cakes	100g 0% Greek Yoghurt 50g Berries	1 x Apple 3 x Lightly Salted Rice Cakes
Evening Meal	Higher Fat Protein Option Carb Option Greens	Low Fat Protein Option Carb Option Greens	Low Fat Meat Option Greens
Post Work Out / Snack	30g Whey Protein 1 x Banana	30g Whey Protein 1 x Banana	30g Whey Protein 1 x Banana

Protein Options	Greens & Veg	Carb Options	Other	Snack Options
<p>Lower Fat ~120-170g</p> <p>Chicken Breast Turkey Breast Turkey Mince White Fish Tuna Steak Tinned Tuna Prawns</p> <p>Higher Fat ~110-160g</p> <p>Beef Steak Pork Loin Beef Mince Salmon Fillet Tinned Salmon Tinned Mackerel Whole Eggs 2-3</p> <p>(Raw Weights)</p>	<p>Greens</p> <p>Broccoli Green Beans Peas Sugar Snap Peas Asparagus Spinach Kale Cabbage Leeks</p> <p>Other Veg</p> <p>Carrots Tomatoes Cucumber Beetroot Aubergine Onions Cauliflower Peppers Mushrooms</p>	<p>150g-180g</p> <p>Sweet Potatoes New Potatoes Baked Potatoes</p> <p>40-50g</p> <p>Brown Rice Basmati Rice Brown Pasta White Pasta Cous Cous Quinoa</p> <p>(Raw Weights)</p> <p>125g Microwave Rice</p> <p>2 Slices</p> <p>Wholemeal Bread Small Tortilla Bagel Thin</p>	<p>Nuts 40g</p> <p>Almonds Cashew Nuts Walnuts Hazelnuts</p> <p>Dairy</p> <p>0% Greek Yoghurt Fat Free Cottage Cheese</p> <p>Fruit</p> <p>Apples Bananas Oranges Pineapple Kiwi</p> <p>Berries</p> <p>Blueberries Strawberries Raspberries Grapes</p>	<p>40g Nuts -----</p> <p>30g Peanut Butter & 2-3 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 & 2-3 Lightly Salted Rice Cakes -----</p> <p>100g 0% Greek Yoghurt & 50g Berries</p>