

1800-2000 Kcal

Meal	Example Day One	Example Day Two	Ezample Day Three
Breakfast	40g Oats 20g Whey Protein 150ml Semi Skimmed Milk	3-4 Whole Eggs 2 Slices Wholemeal Toast	170g 0% Fat Greek Yoghurt 80g Berries 40g Nuts
Morning Snack	40g Nuts 1 x Grenage Carb Killa (60g)	40g Peanut Butter 4 Lightly Salted Rice Cakes	1 x Grenade Carb Killa (60g) 1 x Apple
Lunch	Low Fat Protein Option Carb Option Greens	Higher Fat Protein Option Carb Option Greens	Higher Fat Protein Option Carb Option Greens
Afternoon Snack	170g Cottage Cheese 4 Lightly Salted Rice Cakes	170g 0% Greek Yoghurt 80g Berries	170g Cottage Cheese 4 Lightly Salted Rice Cakes
Evening Meal	Higher Fat Protein Option Carb Option Greens	Low Fat Protein Option Carb Option Greens	Low Fat Meat Option Carb 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 ~120-180g</p> <p>Chicken Breast Turkey Breast Turkey Mince White Fish Tuna Steak Tinned Tuna Prawns</p> <p>Higher Fat ~110-170g</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 1 Grenade Carb Killa (60g Bar)</p> <p>-----</p> <p>40g Peanut Butter & 3-4 Lightly Salted Rice Cakes</p> <p>-----</p> <p>1 Grenade Carb Killa (60g Bar) & 1 Piece of fruit</p> <p>-----</p> <p>170g Fat Free Cottage Cheese & 3-4 Lightly Salted Rice Cakes</p> <p>-----</p> <p>170g 0% Greek Yoghurt & 80g Berries</p>