

# 2200-2400 Kcal

Meal	Example Day One	Example Day Two	Ezample Day Three
<b>Breakfast</b>	50g Oats 20g Whey Protein 20g Peanut Butter 150ml Semi Skimmed Milk	4 Whole Eggs 2 Slices Wholemeal Toast	170g 0% Fat Greek Yoghurt 80g Berries 40g Nuts 10g Honey
<b>Morning Snack</b>	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
<b>Lunch</b>	Low Fat Protein Option Carb Option Greens	Higher Fat Protein Option Carb Option Greens	Higher Fat Protein Option Carb Option Greens
<b>Afternoon Snack</b>	170g Cottage Cheese 4 Lightly Salted Rice Cakes	170g 0% Greek Yoghurt 80g Berries	170g Cottage Cheese 4 Lightly Salted Rice Cakes
<b>Evening Meal</b>	Higher Fat Protein Option Carb Option Greens	Low Fat Protein Option Carb Option Greens	Low Fat Meat Option Carb Option Greens
<b>Post Work Out / Snack</b>	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><b>Lower Fat ~150-200g</b></p> <p>Chicken Breast Turkey Breast Turkey Mince White Fish Tuna Steak Tinned Tuna Prawns</p> <p><b>Higher Fat ~120-200g</b></p> <p>Beef Steak Pork Loin Beef Mince Salmon Fillet Tinned Salmon Tinned Mackerel Whole Eggs 3-4</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>200g-230g</b></p> <p>Sweet Potatoes New Potatoes Baked Potatoes</p> <p><b>60g-70g</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 40g</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>40g Nuts 1 Grenade Carb Killa (60g Bar)</p> <p>-----</p> <p>40g Peanut Butter &amp; 3-4 Lightly Salted Rice Cakes</p> <p>-----</p> <p>1 Grenade Carb Killa (60g Bar) &amp; 1 Piece of fruit</p> <p>-----</p> <p>170g Fat Free Cottage Cheese &amp; 3-4 Lightly Salted Rice Cakes</p> <p>-----</p> <p>170g 0% Greek Yoghurt &amp; 80g Berries</p>