2800-3000 Kcal

Meal	Example Day One	Example Day Two	Ezample Day Three
Breakfast	80g Oats 30g Whey Protein 20g Peanut Butter 200ml Semi Skimmed Milk	4 Whole Eggs 3 Slices Wholemeal Toast	170g 0% Fat Greek Yoghurt 1 x Banana, 40g Nuts & 10g Honey
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 Bagel & 1 x Banana	30g Whey Protein 1 x Bagel & 1 x Banana	30g Whey Protein 1 x Bagel & 1 x Banana

Protein Options	Greens & Veg	Carb Options	Other	Snack Options
Lower Fat ~180-200g Chicken Breast Turkey Breast Turkey Mince White Fish Tuna Steak Tinned Tuna Prawns **Higher Fat ~120-200g** Beef Steak Pork Loin Beef Mince Salmon Fillet Tinned Salmon Tinned Mackerel Whole Eggs 3-4 (Raw Weights)	**Greens** Broccoli Green Beans Peas Sugar Snap Peas Asparagus Spinach Kale Cabbage Leeks **Other Veg** Carrots Tomatoes Cucumber Beetroot Aubergine Onions Cauliflower Peppers Mushrooms	**240g-270g** Sweet Potatoes New Potatoes Baked Potatoes **80g-90g** Brown Rice Basmati Rice Brown Pasta White Pasta Cous Cous Quinoa (Raw Weights) 250g Microwave Rice **3-4 Slices** Wholemeal Bread Tortilla Wrap Bagel	**Nuts 40g** Almonds Cashew Nuts Walnuts Hazelnuts **Dairy** 0% Greek Yoghurt Fat Free Cottage Cheese **Fruit** Apples Bananas Oranges Pineapple Kiwi **Berries** Blueberries Strawberries Raspberries Grapes	40g Nuts 1 Greneade Carb Killa (60g Bar) ------ 40g Peanut Butter & 3-4 Lightly Salted Rice Cakes ------ 1 Grenade Carb Killa (60g Bar) & 1 Piece of fruit ------ 170g Fat Free Cottage Cheese & 3-4 Lightly Salted Rice Cakes ------ 170g 0% Greek Yoghurt & 80g Berries