

EXAMPLE DAY OF EATING

1500 CALORIES & 120G PROTEIN

VANILLA & WINTER
BERRIES
BAKED OATS

MEAL ONE

40G OATS, 30G VANILLA
WHEY PROTEIN, 50G
FROZEN WINTER BERRIES,
UNSWEETENED ALMOND
MILK, 10G ALMOND
BUTTER

BABYBEL LIGHT

MEAL TWO

1 BABYBEL LIGHT

SWEET CHILLI
CHICKEN
SALAD WITH
QUICK RICE

MEAL THREE

125G THAI SWEET CHILLI
MICROWAVE RICE, 100G
COOKED CHICKEN BREAST,
MIXED SALAD, 15G SWEET
CHILLI SAUCE

APPLE

MEAL FOUR

1 APPLE

CHICKEN &
CHORIZO TRAY
BAKE

MEAL FIVE

120G CHICKEN BREAST,
30G CHORIZO, 200G
WHITE POTATO, 1/2
PEPPER, 6 TOMATOES, 1/2
RED ONION, SPINACH, 3
MUSHROOMS

CHOCOLATE
BROWNIE FIBRE
ONE BAR

MEAL SIX

1 CHOCOLATE BROWNIE
FIBRE ONE BAR