

EXAMPLE DAY OF EATING

1600 CALORIES & 140G PROTEIN

OVERNIGHT
PROTEIN OATS WITH
BERRIES

MEAL ONE

50G OATS, 2TBSP 0%
YOGURT, 30G WHEY
PROTEIN POWDER,
UNSWEETENED ALMOND
MILK, 50G BERRIES

PROTEIN SHAKE

MEAL TWO

25G WHEY PROTEIN
POWDER WITH WATER

TUNA MAYO
JACKET
POTATO

MEAL THREE

220G BAKING POTATO, 1
TIN TUNA IN SPRING
WATER, 1TBSP LIGHTER
THAN LIGHT MAYO, 15G
LIGHT GRATED CHEESE

BANANA &
ALMONDS

MEAL FOUR

1 BANANA & 15G
UNSALTED ALMONDS

SALMON WITH
ROASTED VEG
& ASPARAGUS

MEAL FIVE

1 SALMON FILLET, 5
ASPARAGUS STORKS, 1/2
RED ONION, 1 LARGE
TOMATO, 1/2 BROCCOLI,
1/4 COURGETTE, 1/2
PEPPER

CHOCOLATE
BROWNIE

MEAL SIX

1 CHOCOLATE BROWNIE