

EXAMPLE DAY OF EATING

1700 CALORIES & 130G PROTEIN

VANILLA PROTEIN
PANCAKES

MEAL ONE

40G OATS, 25G VANILLA
PROTEIN POWDER, 1/2
BANANA, 1 EGG WHITE,
UNSWEETENED ALMOND
MILK

KVARG

MEAL TWO

150G KVARG

CHICKEN &
BACON SWEET
POTATO WRAPS

MEAL THREE

2 SWEET POTATO WRAPS,
120G RAW CHICKEN
BREAST, 1 LEAN BACON
MEDALLION, 30G LIGHTER
THAN LIGHT MAYO, 15G
SWEET CHILLI SAUCE

BANANA, CARAMEL
RICE CAKES & RICE
KRISPIE SQUARE

MEAL FOUR

1 BANANA, 2 CARAMEL
RICE CAKES & 1 RICE
KRISPIE SQUARE

CREAMY CHICKEN
& MUSHROOM
PASTA

MEAL FIVE

100G CHICKEN BREAST,
100G MUSHROOMS, 50G
WHOLEMEAL PASTA, 1/4
ONION, 30G GARLIC &
HERB SOFT CHEESE, 30G
MOZZARELLA, BROCCOLI

PLUM & CINNAMON
BAGEL PUDDING

MEAL SIX

1 MEDIUM PLUM, 1 RAISIN
& CINNAMON BAGEL
THIN, 50ML
UNSWEETENED ALMOND
MILK, 1/2 EGG