

# EXAMPLE DAY OF EATING

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## 1800 CALORIES & 140G PROTEIN

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SAUSAGE &  
POACHED EGG  
BAGEL

### MEAL ONE

2 EGGS, 1 BAGEL THIN, 3  
CHICKEN SAUSAGES

FROZEN YOGURT  
SLICE

### MEAL TWO

1 FROZEN YOGURT SLICE

EASY RICE &  
PRAWNS

### MEAL THREE

125G MICROWAVE  
VEGETABLE RICE, 150G  
COOKED KING PRAWNS,  
1/2 AVOCADO, SPINACH

BAGEL THIN  
WITH BISCOFF  
SPREAD

### MEAL FOUR

1 BAGEL THIN WITH 15G  
BISCOFF SPREAD

SPAGHETTI &  
MEATBALLS

### MEAL FIVE

125G LEAN MINCE, 1/4 EGG  
YOLK, 17.5G MOZZARELLA,  
100G TINNED TOMATOES,  
15G TOMATO PUREE, 1/4  
CARROT, 50G SPAGHETTI

CHOCOLATE &  
ALMOND BUTTER  
DATE

### MEAL SIX

1 CHOCOLATE & ALMOND  
DATE