EXAMPLE DAY OF EATING

1900 CALORIES & 150G PROTEIN

BISCOFF &
BLUEBERRY BAKED
OATS

FRENCH TOAST

BACON
MEDALLION,
POTATO &
MUSHROOM
OMELETTE

MEAL ONE

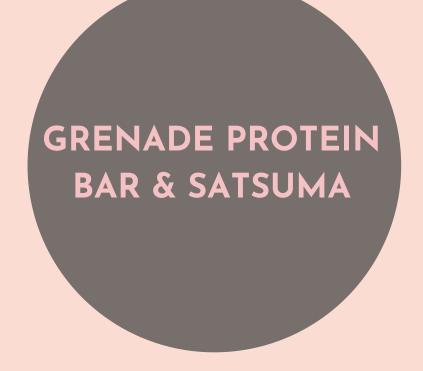
50G OATS, 30G
CHOCOLATE WHEY
PROTEIN POWDER, 50G
BLUEBERRIES, 10G
BISCOFF, UNSWEETENED
ALMOND MILK

MEAL TWO

I CINNAMON & RAISIN
BAGEL, UNSWEETENED
ALMOND MILK, I EGG,
SWEET CINNAMON,
VANILLA EXTRACT

MEAL THREE

EGGS, 1 BACON
MEDALLION, 4
MUSHROOMS



SWEET POTATO
WEDGES

CHOCOLATE LAVA
CAKE

MEAL FOUR

I GRENADE PROTEIN BAR

MEAL FIVE

130G CHICKEN BREAST,

1TBSP TOMATO PUREE, 1

MUSHROOM, 1 CHERRY

TOMATO, 1/4 PEPPER, 30G

MOZZARELLA, 150G

SWEET POTATO

MEAL SIX

45G SELF RAISING FLOUR
25G SWEETENER, 15G
COCOA POWDER, 2 EGGS,
45G SPREAD, 20G MILK
CHOCOLATE, VANILLA
EXTRACT, STRAWBERRY