

# EXAMPLE DAY OF EATING

## 1900 CALORIES & 150G PROTEIN

BISCOFF &  
BLUEBERRY BAKED  
OATS

### MEAL ONE

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

FRENCH TOAST

### MEAL TWO

1 CINNAMON & RAISIN  
BAGEL, UNSWEETENED  
ALMOND MILK, 1 EGG,  
SWEET CINNAMON,  
VANILLA EXTRACT

BACON  
MEDALLION,  
POTATO &  
MUSHROOM  
OMELETTE

### MEAL THREE

150G WHITE POTATO, 2  
EGGS, 1 BACON  
MEDALLION, 4  
MUSHROOMS

GRENADE PROTEIN  
BAR & SATSUMA

### MEAL FOUR

1 GRENADE PROTEIN BAR  
& 1 SATSUMA

CHICKEN PIZZA &  
SWEET POTATO  
WEDGES

### MEAL FIVE

130G CHICKEN BREAST,  
1TBSP TOMATO PUREE, 1  
MUSHROOM, 1 CHERRY  
TOMATO, 1/4 PEPPER, 30G  
MOZZARELLA, 150G  
SWEET POTATO

CHOCOLATE LAVA  
CAKE

### MEAL SIX

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