

EXAMPLE DAY OF EATING

2000 CALORIES & 145G PROTEIN

SCRAMBLED EGGS
WITH HAM &
CRUMPETS

MEAL ONE

2 EGGS, 2 CRUMPETS, 2
SLICES COOKED HAM,
SPLASH OF MILK

APPLE & ALMOND
BUTTER

MEAL TWO

1 APPLE & 15G ALMOND
BUTTER

CHICKEN &
EDAMAME
BEAN STIR FRY

MEAL THREE

110G CHICKEN BREAST, 50G
WHOLEWHEAT NOODLES,
25ML LIGHT SOY SAUCE,
150G EDAMAME BEAN STIR
FRY MIX

SNICKERS PROTEIN
SHAKE

MEAL FOUR

150ML UNSWEETENED
ALMOND MILK, 20G
SALTED CARAMEL WHEY
PROTEIN POWDER, 1/2
BANANA, 1 99CAL
SNICKERS BAR

STIR FRIED RICE
WITH BASA FILLET

MEAL FIVE

110G BASA BREAST, 1TBSP
TOMATO PUREE, 1
MUSHROOM, 1 CHERRY
TOMATO, 1/4 PEPPER, 30G
MOZZARELLA, 150G
SWEET POTATO

CHOCOLATE
BROWNIE FIBRE
ONE WITH ICE
CREAM

MEAL SIX

2 CHOCOLATE FIBRE ONE
BARS & 170ML HALO TOP
VANILLA BEAN ICE
CREAM