EXAMPLE DAY OF EATING

2100 CALORIES & 150G PROTEIN

MESSY EGG CRUMPETS

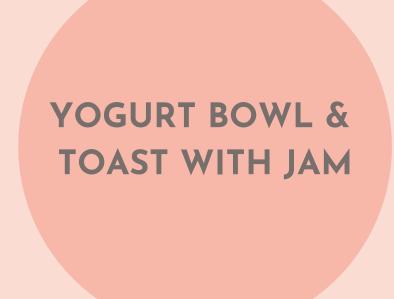
MEAL ONE

2 EGGS, 2 CRUMPETS, 1 BACON MEDALLION, 2 MUSHROOMS



MEAL FOUR

EGG, SPINACH, BACON MEDALLION, RED PEPPER, 1 BANANA, 1 APPLE



MEAL TWO

150G VANILLA KVARG, 50G FROZEN MIXED BERRIES, 2TSP AGAVE NECTAR, 10G ALMOND BUTTER, 1 SLICE TOAST WITH 15G RASPBERRY JAM



MEAL FIVE

150G WHITE POTATO, 120C CHICKEN BREAST, 1 SLICE WHOLEMEAL BREAD, MIXED SALAD LEAVES



MEAL THREE

60G SPINACH FARFELLE
PASTA, 150G KING PRAWNS,
50G LIGHTER GARLIC &
HERB SOFT CHEESE,
MUSHROOMS, ONION

BLUEBERRY
MERINGUE & ICE
CREAM

MEAL SIX

2 MERINGUE NESTS, 1
INDIVIDUAL POT JUDES
ICE CREAM, 50G
BLUEBERRIES, 5G SWEET
FREEDOM CHOC SHOT