

# EXAMPLE DAY OF EATING

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## 2100 CALORIES & 150G PROTEIN

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**MESSY EGG  
CRUMPETS**

### MEAL ONE

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

**YOGURT BOWL &  
TOAST WITH JAM**

### MEAL TWO

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

**PRAWN PHILLY  
PASTA**

### MEAL THREE

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

**EGG MUFFINS,  
BANANA & APPLE**

### MEAL FOUR

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

**GARLIC CRISPY  
CHICKEN & CHIPS**

### MEAL FIVE

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

**BLUEBERRY  
MERINGUE & ICE  
CREAM**

### MEAL SIX

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