

WEEK 1 & 4 - kcal 2,400 a day

Meal Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Day 1	1 cup porridge oats+1 cup low fat milk with 1 tsp honey) 1 banana 2 walnuts 2 eggs white KCAL -548 P 23G C 77G F18G	cup mixed beans salad & two oat cakes Post gym Smoothie Protein Shake 362, 38, 32, 11 KCAL - 573 P 47 G C 37G F 4G	160 g grilled Yellow Pepper chicken+ 1 cup boiled brown rice+ 6 tablespoon low fat yogurt dressing+ 1 cup vegetable salad KCAL - 403 P 33G C 37G F 16G	1 cup Almond milk+ 2 whole Shreddies KCAL - 200 P 7G C 41G F 3G	1 chicken and cheese sandwich (2 soda bread slices+ 60g grilled chicken+ 1 slice of cheese+ 1 sliced cucumber) Protein bar 270 KCAL - 594 P 42G C 40G F 13G	½ cup skim fat milkshake (1/2 cup skim milk+ ¼ cup berries+ 1/2 tsp honey) + 2 almonds - blend KCAL-85 P 5G C 14G F 1G 2,318
Day 2	1 Soda bread Slices+ 1 Vegetable omelet (1 tsp oil) + 100g 0% Greek yogurt KCAL - 363 P 28 g C 22g F 20g	1 plum + 1 cup chickpea roasted Post gym Smoothie Protein Shake 362, 38, 32, 11 KCAL - 513 P 44 g C 23 g F 6 g	30g tuna+ 1 cup corn salad+ 4 water crackers +6 tablespoon 0% fat cottage cheese+ 1 cup steamed broccoli KCAL - 434 P 44 g C 37 g F 15 g	1 cup fruit salad+ ½ cup 0% Greek yogurt KCAL - 133 P 13 g	1 cup vegetable cheese pasta (1 cup pasta+1/2 cup vegetable+ 2 tbsp cheese grated) + 1 grated carrot Protein bar 270 KCAL - 725 P 39 g C 67 g F 13 g	½ cup regular rice pudding made with skim fat milk + 4 brazil nut halves KCAL - 210 P 5 g C 2,378
Day 3	1 Peanut butter sandwich (2 soda bread slices+1 tablespoon peanut butter) + 1 cup americano (1 teaspoon sweetener) KCAL - 264 P 11g C 40g F 11g	2 medium figs + 32g canned tuna in water + 2 x rice cakes Post gym Smoothie Protein Shake 362, 38, 32, 11 KCAL - 632 P 73 G C 29g F 2g	Meatball Spaghetti (100 g meat+ 1 cups whole wheat spaghetti) + 1 cup vegetable steamed +6 tablespoon 0% Greek yogurt & tomato sauce KCAL - 532 P41 g C 62 g F 13 g	½ cup fresh pineapple+ 2 oat cakes KCAL - 110 P 2 g	100g salmon darne + ½ cup cooked brown rice+ 1 cup vegetable steamed+ 100g 0% Greek yogurt dill yogurt Protein bar 270 KCAL - 792 P 57 g C 63 g F 14 g	½ cup skim fat milk shake + 4 unsalted cashew nuts - blend KCAL - 97 P 8 g. 2,427
Day 4	½ cup skim fat milk with ½ cup corn flakes + 1 medium apple + 2 almonds + 1 egg boiled KCAL - 262 P 12 g C 40g F 6g	½ cup cherries + ½ cup baked beans on small slice of toasted soda bread Post gym Smoothie Protein Shake 362, 38, 32, 11 KCAL - 558 P 48 g C44g F 1g	2 English muffins +2 diced turkey sausages + 1 cup lettuce salad+ ½ cup low fat chocolate milk KCAL - 551 P 40g C 68g F 13g	½ cup nut milk unsweetened+ 1 whole Shreddies KCAL -96 P 4g	2 potato waffles 100 g mutton mince + 1 cup vegetable salad+ 6 tablespoon low fat yogurt Protein bar 270 KCAL - 793 P 51g C 53g F 22g	½ cup regular rice pudding made with skim fat milk + 2 walnut / almonds chopped & toasted KCAL -123 P 3g. 2,383
Day 5	2 Soda bread toasts with 60 g - 3 slices grilled chicken 1 teaspoon butter + 1 cup low fat milk + 2 medjool dates KCAL - 487 P 27g C 83g F 9g	1 small banana + 1 cup chicken soup Post gym Smoothie Protein Shake 362, 38, 32, 11 KCAL - 529 P 41 g C 35g F 3g	½ cup noodles with 100g grilled tuna + 1 cooked vegetables+ 6 tablespoon low fat yogurt KCAL - 371 P 38g C 45g F 5g	1 cup fruit cocktail Del Monte+ ½ cup Greek 0% yogurt KCAL - 135 P 10g	100g breaded chicken + 1 medium baked potato + 1cup green salad + 6 tablespoon low fat yogurt Protein bar 270 KCAL - 750 P 64g C 51g F 11g	½ cup skim fat milkshake - ½ cup skim milk+ 1 fruit of your choice+ 1 tsp honey KCAL - 94 P 5 g 2,366
Day 6	2 boiled eggs + ¼ cup low fat fruit yogurt KCAL - 271 P 23g C 14g F 14g	½ cup fruit salad + 1 cheese sliced + ½ soda bread slice Post gym Smoothie Protein Shake 362, 38, 32, 11 KCAL - 556 P 47 g C 20g F 10g	2 cup cooked cous cous 1/2 cup skim fat milk + 1 cup chicken green salad KCAL - 684 P 50g C 91g F 13g	1 cup grilled tomatoes + 1 small baked potato with ¼ tsp butter KCAL -180 P 4g	2 egg white omelet + 1Soda bread slices + 1 slice cheddar cheese+ 1 cup corn, cucumber, olives, salad vinaigrette dressing Protein bar 270 KCAL - 679 P 40g C 42g F 20g	½ cup skim fat milk + 1 fruit of your choice+ 1 tsp honey blend KCAL - 94 P 5g 2,464

Day 7	1 cup low fat milk + 2 whole Shredded wheat + 1 small bananas KCAL - 352 P 15g C 65g F 3g	1 small apple + 56 g roasted chicken slices + 2 oat crackers Post gym Smoothie Protein Shake 362, 38, 32, 11 KCAL - 517 P 50 g C 20g F 3g	1 chicken stew (150 g+ 1 cup grilled vegetables + 1 cup cooked brown rice+ 6 tablespoon gravy KCAL 450 P 30g C 71g F 6g	½ cup apple juice + 1 cup unsalted popcorns (1 teaspoon oil) KCAL -113 P 2g	1.5 cup homemade tomatoes sauce 1 cup pasta + 100 g salmon Protein bar 270 KCAL - 754 P 50g C 56g F 16g	¾ cup low fat fruit yogurt + 4 walnut halves KCAL -162 P 11g 2,348
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