MEAL TEMPLATE
1,700 CALORIES



Breakfast Options
400 cals, 35g protein



Ham and cheese omelette

- 2 whole eggs.
- 30g 30% lighter cheddar cheese.
- 50g honey roast ham.
- 100ml semi skimmed milk (optional)
- Choice of vegetables (peppers, tomatoes, onions, spinach or mushrooms) -
Low calorie tomato sauce/brown sauce (optional).
Calories = 419 Protein = 36g Carbs = 12g Fats = 25gt

On track 'fry up'



- 2 Heck Chicken Sausages.
- 2 slices grilled Bacon Medallions.
- 2 Eggs (poached, boiled or scrambled). - 100g Baked Beans.
- Mushrooms + tomatoes.
Calories = 404 Protein = 44g Carbs = 17g Fats = 16g
Bagel with Chicken Sausages and Bacon.
- 1 bagel.
- 2 Heck chicken sausages.
- 2 bacon medallions.
Calories = 388 Protein = 33g Carbs = 47g Fats = 7g



Pro-oats

- 70g porridge oats.
- 200ml almond milk.
- Cinnamon or flavour drops/zero sugar syrup.
- 30g whey protein (myprotein.com for a host of flavours -
buy sachets and try a few different ones)

To cook:

- Place the oats in a bowl and cover with almond milk (don’t worry too
much about how much - it’s very low calorie)
- Microwave or heat on the hob continuously stirring. - Add protein through
and continue to stir.
- Add cinnamon or flavour drops and stir through.

Calories = 399 Protein = 33g Carbs = 41g Fats = 10g



Protein Granola

- 50g protein granola (Fuel)
- 100g skyr pouring yoghurt vanilla.
- 25g scoop of whey protein (vanilla).
- 5g chia seeds.

Calories = 395 Protein = 38.5g Carbs = 35.4g Fats = 10.4g



French toast

- 2 slices wholemeal bread.
- 1 egg + 1 egg white.
- 50ml semi skimmed milk.

Whisk egg white + egg with milk and salt and pepper. Dip the bread in and fry lightly with 1kcal spray until golden brown. Ensure all of the mixture has been used.

Top with:

- 150g 0% fat Greek yoghurt.
- 100g strawberries or blueberries. - 1 teaspoon of cinnamon.

Calories = 407 Protein = 36g Carbs = 46g Fats = 7g

LUNCH OPTIONS
500 CALS, 40G PROTEIN



Tuna Pasta

- 1 tin of tuna (fridge pot).
- 75 g fusilli pasta.
- 15g light mayo.
- 100g tinned sweetcorn.
- add as much onion,pepper,cucumber etc as you like

Calories = 501 Protein = 38g Carbs = 55g Fats = 7g



Nandos Chicken Pita

- 1 wholemeal pita bread.
- 100g chicken breast.
- 30ml nandos sauce.
- 30g chilli jam (approx 60kcal worth). - 60g avocado.

Calories = 493 Protein = 39g Carbs = 47g Fats = 19g

Chicken, rice and roasted vegetables

- 115g chicken breast.
- 1 bag of uncle ben's microwave rice (approx 360 calories) or 100g uncooked basmati rice.
- 30g sweet chilli sauce (or 60 calories worth of sauce of choosing) - Side salad with lettuce, cucumber, tomato, peppers + onion.

OR

- roasted peppers, mushrooms, broccoli and onion.

Calories = 588 Protein = 45g Carbs = 95g Fats = 6g

Ham + Cheese Sandwich plus snack

- 2 slices wholemeal bread.
- 40g 30% reduced fat cheese. - 75g honey roast ham.
- 1 banana or apple or fruit equating to 100 calories.

Calories = 501 Protein = 37g Carbs = 61g Fats = 13g

BBQ Chicken Bagel

- 1 wholemeal bagel.
- 125g chicken breast (or 90g cooked chicken) - Low calorie BBQ sauce.
- Lettuce, cucumber + tomato.
- 1 pack of crisps 100kcal or less.

Calories = 483 Protein = 33g Carbs = 73g Fats = 5g

DINNER OPTIONS
650 CALS, 50G PROTEIN



Chicken fajitas

- 125g chicken breast.
- Fajita spices/seasonings (old El Paso or store brand)
- Chopped peppers, tomatoes and onions.
- 75g 0% fat greek yoghurt (acts as sour cream)
- 50g Salsa.
- 3 small soft tortillas (approx 80kcal each).
- 40g cheddar cheese.

Calories = 657 Protein = 65g Carbs = 56g Fats = 21g

Chicken and chorizo pasta



- 125g chicken breast.
- 40g chorizo.
- 75g fusilli pasta.
- 125g domino pasta sauce (tomato based or homemade
with tinned tomatoes, garlic, basil etc).
- Chopped mushrooms, peppers, tomatoes and onions.

Calories = 638 Protein = 60g Carbs = 71g Fats = 15g



Chinese chicken stir fry

- 150g chicken breast.
- 150g mixed stir fry vegetables of choice.
- 90g stir fry sauce (approx 120kcal worth).
- 75g wholewheat egg noodles (1.5 nests)
- Soy sauce.

Calories = 632 Protein = 59g Carbs = 91g Fats = 6g

Lean beef mince Spaghetti Bolognese



- 200g 5% lean beef mince.
- ½ an onion.
- Chopped tomatoes and mushrooms.
- 125g Bolognese sauce (jar bought or homemade
- should
be approx 50kcals)
- 75g wholewheat pasta.
- 20g 30% lighter cheddar cheese.

Calories = 656 Protein = 59g Carbs = 70g Fats = 16g



Spaghetti Meatballs

- 85g Spaghetti.
- 150g Passata.
- 20g tomato puree
- Basil, Oregano, Garlic Salt - 5g Parmesan Cheese.
- 200g 5% Steak Mince

Calories = 627 Protein = 56.5g Carbs = 70g Fats = 11.8g

Lazy Chicken curry



- 150g chicken breast.
- ½ an onion.
- 250g basmati rice (full bag of microwave rice or 100g raw weight)
- 100g mayflower curry sauce mix (or 90 calories worth of curry sauce of choice - sharwoods, blue dragon etc)
- Tomatoes + mushrooms (optional)

Calories = 635 Protein = 59g Carbs = 81g Fats = 12g