





Quick, Easy, High Protein Meals and their Cals & Protein

+

Calorie counted Subway, Nando's and McDonald's Options



BREAKFAST OPTIONS
300 CALORIES + 30G OF PROTEIN
NO RECIPE INCLUDED

Mexican Eggs
- 2 eggs
- 20g chorizo
- 4g sriracha hot sauce
- 1 Warburtons thin
- chopped spring onion

Bacon medallion & cheese bagel
- 1 bagel thin
- 3 reduced fat bacon medallions
- 20g 30% lighter cheese
- Low calorie tomato sauce/brown sauce (optional)

Scrambled eggs with bagel thin
- 1 bagel thin
- 2 eggs
- 2 egg whites
- 50ml semi-skimmed milk (optional)
- Low calorie tomato sauce/brown sauce (optional

Chai Pudding
- 30g chia seeds
- 25g scoop whey protein (around 100kcals)
- 200ml unswettened almond milk. (or low fat skimmed milk)
- 100g blueberries (or raspberries/strawberries etc up to value 50kcal
- 1 tsp Stevia or low cal sweetener

BREAKFAST OPTIONS
VARIED CALORIES + PROTEIN
NO RECIPE INCLUDED

Mini Fry Up - 300 cals + 30g Protein
- 2 reduced fat smoked bacon medallions
- 2 Heck chicken sausages
- 1 egg (friend, boiled or poached)
- 1 slice wholemeal bread
- 100g baked beans or 1 potato scone

Cereal and Almond Milk
- Alpro Sweetened Almond Milk – 100ml = 22 calories
- Alpro Unsweetened Almond Milk – 100ml = 13 calories
- Any healthy cereal you want: here is a few examples:
- Cheerios multigrain - 50 grams = 188 calories
- Weetabix – 2 biscuits = 134 calories
- Special K – 50 grams = 173 calories
- Cornflakes – 50 grams = 189 calories
- Mix any of these and you can get a good breakfast with a good amount of carbs for under 250 calories, or if you want to have more you can

Scrambled Egg on Toast - 331 Cals + 34g Protein
- 2 slices Kingsmill wholemeal medium bread
- 2 medium sized eggs
- Optional - 10g Clover Butter (64 cals extra)

Lean Morning Roll - 280 Cals + 25g Protein
- 4 Heck chicken sausages
- 1 Warburtons Slices Soft White Rolls
- 15g Tomato Sauce/HP Brown Sauce

LUNCH OPTIONS
400 CALORIES + 40G OF PROTEIN
NO RECIPE INCLUDED

Salmon, prawns & roasted veg
- 120g salmon fillet
- 100g prawns
- 200g roasted veg (aubergine, peppers, onions, broccoli, tomatoes etc.)
- Frank's red hot sauce (optional)

Chicken & chorizo salad
- 125g chicken breast
- 45g chorzio
- Tomato based pasta sauce (cook chicken and chorizo in this)
- Large salad bowl with lettuce, spinach, cucumber, tomato, onion, and any other green veg of of your choosing.

Tuna Bagel
- 1 tin of tuna in brine (112g)
- 15g light mayo
- 1 bagel (wholemeal or seeded)
- 1 baby bell lighter or 1 boiled egg

BBLT (Bagel, Bacon, Lettuce, & Tomato)
- 1 bagel (warburtons bagel is 207kcal for example)
- 60g lean bacon medallions (2 bacon medallions)
- 25g 30% less fat mature cheddar cheese
- 15g lighter than light mayo
- 40g salad tomato (half salad tomato)
- Handful of lettuce

SNACK OPTIONS
200 CALORIES + 15G OF PROTEIN
NO RECIPE INCLUDED

Yoghurt Bowl
- 150g 0% fat greek yoghurt (Fage or SKYYR branded for example)
- 15g honey
- 3g canderel or any low caloire sweetener
- 150g berries of your choice

Cheese & ham crackers
- 6 carrs water biscuits
- 45g philidelphia iighter cheese
- 50g honey roast ham

Halo Top ice cream
- 160 caloires worth of high protein ice cream
- 1 baby bell lighter

Whey Protein & snack
- 25g whey protein (with almon milk or water)
- Any 100kcal snack of choosing (fruit, fibre one bar, biscuits, chocolate)

DINNER OPTIONS
500 CALORIES + 50G OF PROTEIN
NO RECIPE INCLUDED

Green/Red chicken Thai curry
- 145g chicken breast
- 100g mixed stir fry vegetables of choice (peppers, onions etc.)
- 1/3 pot of Thai curry paste (blue dragon green or red works best)
- 130ml reduced fat coconut milk
- 125g basmati rice (half bag of uncle bens or 50g uncooked weight)

Fillet steak with sweet potato and green veg
- 200g fillet steak
- 150g sweet potatoes (boiled or roasted)
- Choice of 2 - broccoli, asparagus, green beans, box chop, peas, spinach or green leafy salad

Homemade Chicken pizzas
- 12 Warburton brown sandwich thins
- 125g chicken breast (or 100g ready cooked chicken)
- 40g 30% lighter cheddar cheese
- Tomatoe puree or tomato passata for the base
- Chopped peppers, onions, tomatoes or jalapeños

Chicken and Chorizo Pasta
- 125g chicken breast
- 20g chorizo
- 60g fusilli pasta
- 125g domino pasta sauce (tomato based or homemade with tinned tomatoes, garlic, basil, etc.)
- Chopped mushrooms, peppers, tomatoes and onions)

PIZZAS!
PERFECT FOR A DATE NIGHT

Tesco, Pizza Express Margherita Pizza
626 Calories
25.4g Protein

Tesco, Pizza Express American Pizza
704 Calories
29.4g Protein

Pizza Express Sloppy Giuseppe Pizza
666 Calories
30.2g Protein

Pizza Express Pollo Ad Astra Pizza
630 Calories
32.6g Protein

Pizza Express La Reine Pizza
644 Calories
31.2g Protein

Goodfella's Vegan Stonebaked Meatless Mediterranean Pizza
664 Calories
26g Protein

CHINESE CHICKEN CURRY
636 Calories + 60g Protein
Ingredients and Method

Ingredients

- Chicken Breast (Lidl) – 150 grams
- Onion – 40 Grams
- Bell Peppers (Tesco) - Half a pepper (85 grams)
- Chinese style curry sauce (Tesco) – 100ml
- Basmati Rice (Tesco) – 100 grams
- Sea Salt

Method

- Carefully chop the onion, pepper and chicken breast up into small pieces
- Grab a decent sized frying pan and saucepan
- Fill the saucepan with cold water to about mid-level, put it the HOB at a medium to high heat and bring it to a boil
- Place a small amount of cooking oil on the frying pan and put it on the HOB at a low to medium heat
- Once the water in the saucepan is boiling put the rice into it and set the
- heat to low – medium – boil the rice, stirring occasionally for 10 minutes or longer if needed until it is soft
- Place the chicken breast on the frying pan once the rice is in the saucepan and cook until it is a golden brown all over and cooked all the way through – if you need to check take the breast off the pan and cut into the middle – should take about 10 minutes
- Once the chicken is cooked right through add the peppers and onions and cook for a couple minutes – stirring occasionally
- Put the frying pan on a low heat and add the Chinese style curry sauce
- Cook for 2 – 3 minutes to allow the sauce to thicken and add a few sprinkles of sea salt for flavour
- Use a colander to drain the water away from the rice and then put it on the plate
- Once the sauce has been properly cooked plate the curry on top of the rice
- Add any extra pepper or seasoning you may like

SWEET CHILLI CHICKEN STIR FRY
708 Calories + 60g Protein
Ingredients and Method

Ingredients

- Basmati Rice – 100 grams
- Chicken breast (Lidl) – 200 grams
- Blue Dragon Sweet Chilli Stir Fry sauce – Half a sachet
- Mushroom Stir Fry Mix (Tesco) – 130 grams
- Spice emporium Chilli and Garlic salt
- Sea salt

Method

- Chop the Chicken breast up into small pieces
- Grab a decent sized frying pan and saucepan
- Fill the saucepan with cold water to about mid-level, put it the HOB at a medium to high heat and bring it to a boil
- Place a small amount of cooking oil on the frying pan and put it on the HOB at a low to medium heat
- Once the water in the saucepan is boiling put the rice into it and set the heat to low – medium – boil the rice, stirring occasionally for 10 minutes or longer if needed until it is soft
- Place the chicken breast on the frying pan once the rice is into the saucepan and cook until it is a golden brown all over and cooked all the way through – if you need to check take the breast off the pan and cut into the middle – should take about 10 minutes
- Once the chicken is cooked right through set the heat to low and add the mushroom stir fry mix and cook for a couple of minutes
- After the stir fry mix is cooked add half the sachet of the sweet chilli sauce and cook for 2 – 3 minutes – stirring occasionally
- Add in some Sea salt and Chilli and Garlic salt for some spice and flavour
- Use a colander to drain the water away from the rice and then put it on the plate
- Once the sauce has been properly cooked plate the stir fry mix on top of the rice
- Add any extra seasoning you may like

CHICKEN PEPPER SALAD
250 Calories + 28g Protein
Ingredients and Method

Ingredients

- Chicken Breast (Lidl) – 100 Grams
- Reduced Fat coleslaw (Lidl) – 70 Grams
- Lettuce - as much as you want
- Red onion – 30 grams
- Small Tomatoes – 3

Method

- Chop up the red onion and the chicken breast into small pieces
- Get a small frying pan and put a little bit of cooking oil on it
- Set it to a low – medium heat
- Cook the chicken for 10 minutes or longer if needed until the pieces are golden brown and cooked all the way through
- Then put a small amount of cooking oil over the small pieces of chicken and then sprinkle some pepper over them so the pepper sticks to the pieces
- Once the chicken is cooked all the way through and the pepper is on make sure, heat is set to low and add the chopped up red onion into the frying pan
- Leave that to cook for a couple of minutes
- Grab a decent sized bowl and put in the lettuce and the coleslaw mixing it in, chop up the tomatoes and add them in as well
- Once the onion has had time to cook safely put the chicken and the red onion into the bowl

CHICKEN, POTATOES, VEG & GRAVY
420 Calories + 53g Protein
Ingredients and Method

Ingredients

- Chicken Breast (Lidl) – 200 grams
- Jacket Potato (Tesco) – 150 grams
- Frozen Mixed vegetables (Lidl) – 100 grams
- Bisto Favourite Gravy Granules – 150 – 200ml

Method

- First grab a knife and pierce the potato(s) several times
- Place it in the microwave on a high heat for 5 minutes
- Then Grab a saucepan and fill in to mid-level with water
- Place the saucepan and put it on the HOB at a mid-heat
- Once the water in the saucepan is brought to a boil place the frozen beg into the saucepan and leave it for 10 – 15 minutes until the vegetables are soft
- Once the vegetables are in the saucepan get a frying pan and put some cooking oil on it
- Put it on a low – mid heat and start cooking the chicken breast(s), cook until the breast(s) golden brown all the way round and cooked all the way through – it should take about 10 - 15 minutes – check by taking the chicken off the frying pan and cutting it open
- Once the potato(s) has/have been heated take it out the microwave and slice them up into smaller pieces and put it back in the microwave for another 5 minutes
- Once the vegetables are soft use a colander to drain the water away from the vegetables and plate them
- Once the Chicken breast(s) are cooked all the way through plate them
- Once the potato(s) have been heated up for a second time they should be quite soft, if you want them softer just put them in for another 5 minutes and then plate them
- Then Grab a good-sized glass and scoop four spoonsful of the gravy granules into the glass
- Boil some water and then pour the boiling water into the glass and stir until the gravy is thick
- Pour the gravy over your chicken, potatoes and veg

CHICKEN FAJITAS
450 Calories + 44g Protein (2 Fajitas)
Ingredients and Method

Ingredients

- 2 Tortilla Wraps
- Chicken Breast (Lidl) – 150 grams
- Onion – Half and onion
- Red Bell Pepper – Half a pepper
- Oldelpaso Fajita Seasoning Mix (Tesco) – 0.5 a packet
- Lettuce

Method

- Grab a frying pan and plate up the two tortilla wraps on a microwavable plate
- Chop the pepper, onion and chicken breast into small pieces
- Put some cooking oil on the frying pan and set it on the HOB at a low – medium heat
- Allow the pan to heat up
- Add the chicken breast to the pan and cook it for abut 10 minutes until the pieces are golden brown and cooked right through
- Then ensure to set the heat to low and add the onions and peppers to the pan and cook for a further 3 – 5 minutes
- After this add the fajita seasoning mix to the pan and stir it into the onions, peppers and chicken for about 2 – 3 minutes
- Then after this is done place the contents of the frying pan into a bowl
- Take the tortilla wraps on the plate and heat them in the microwave at a high heat for about 10 – 12 seconds until they are soft
- Then Place the chicken fajita mix onto the wraps with some lettuce and fold them up

PROTEIN SMOOTHIE
239 Calories + 40g Protein
Ingredients and Method

Ingredients

- MyProtein Impact Whey Protein Vanilla Flavour – 50 grams
- Tesco Frozen Mixed fruits – 30 grams
- Tesco Frozen Mango chunks – 30 grams
- Tesco Frozen Summer fruits – 30 grams

Method

- Grab the blender cup and fill it roughly half full with water
- Scoop 50 of the MyProtein Impact Whey Protein supplement into it
- Then place 30 grams of each of the frozen fruit mix's in
- Blend thoroughly for about 15 – 20 seconds
- Check to make sure it's all smooth

I would have put this in the no recipes section but it didn't fit

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- Onion – Half and onion
- Red Bell Pepper – Half a pepper
- Oldelpaso Fajita Seasoning Mix (Tesco) – 0.5 a packet
- Lettuce

Method

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- Chop the pepper, onion and chicken breast into small pieces
- Put some cooking oil on the frying pan and set it on the HOB at a low – medium heat
- Allow the pan to heat up
- Add the chicken breast to the pan and cook it for abut 10 minutes until the pieces are golden brown and cooked right through
- Then ensure to set the heat to low and add the onions and peppers to the pan and cook for a further 3 – 5 minutes
- After this add the fajita seasoning mix to the pan and stir it into the onions, peppers and chicken for about 2 – 3 minutes
- Then after this is done place the contents of the frying pan into a bowl
- Take the tortilla wraps on the plate and heat them in the microwave at a high heat for about 10 – 12 seconds until they are soft
- Then Place the chicken fajita mix onto the wraps with some lettuce and fold them up

CHINESE SALT 'N' CHILLI CHICKEN FAKE AWAY
590 Calories + 55g Protein
Ingredients and Method

Ingredients

- Chicken Breast - 150g
- Uncle Bens Long Grain Rice - 125g
- 1 egg
- Mayflower Medium Curry Sauce Mix - 150g
- 1/2 Pepper
- 1/2 Onion
- 2 Mixed chillies
- 3 tbsp light soy sauce
- Chinese Salt & Chilli Seasoning
- Fry Light cooking oil
- Plain Flour - Doesn't matter how much

Method

- Grab a chopping board, dice the chicken into equal chunks. Wash the chopping board and then slice the pepper, onion and mixed chillies.
- Add a good amount of flour into one bowl and crack the egg into the other.
- Grab a frying pan and add about 10 sprays of cooking oil and put on a low heat.
- Dip chicken in the egg then cover in flour, then add to the frying pan.
- Then, add your peppers, onions and mixed chillies.
- Once chicken is coloured on all sides, add in soy sauce and season with Chinese Salt & Chilli Seasoning and mix until chicken is cooked all the way through (take biggest piece of chicken out the pan and cut in half. If it is white the whole way through, the mixture is ready)
- To cook the curry sauce, simply add about 200g of mixture to a pot and then add boiling water. Put on a hob at a medium heat and stir until thick.
- Put your rice in the microwave and cook for 2 minutes.
- Put your chicken mix on one side of the plate, rice on the other, and drizzle the curry sauce all over.

FAST FOOD OPTIONS

Subway Options

Turkey Breast, Lettuce, Cheese & Toasted
- 6 inch = 325 calories + 19g Protein
- Foot Long = 650 Calories + 38g Protein

Roast Chicken Breast, Cheese & Toasted
- 6 inch = 355 Calories + 25g Protein
- Footlong = 710 Calories + 50g Protein

B.L.T Sub, Cheese + Toasted
- 6 inch = 346 Calories + 14g Protein
- Footlong = 692 Calories + 28g Protein

You can find all the nutritional info here for subway

McDonalds Options

Meal 1 = 593 Calories + 29g Protein
- Garlic Mayo Chicken Wrap
- Shaker Salad
- Apple and Grape Fruit Bag
- Diet soft drink
- Mini McFlurry

Meal 2 = 592 Calories + 28g Protein
- Chicken Legend with Cool Mayo
- Shaker Salad
- Apple and Grape Fruit Bag
- Diet soft drink

Meal 3 = 365 Calories + 17g Protein
- Regular Cheeseburger
- Shaker Salad
- Apple and Grape Fruit Bag
- Diet soft drink

NANDO'S OPTIONS

Meal 1 - 1051 Calories + 77g Protein
- Chicken Thighs
- Regular portion Peri Salted Chips
- Mixed Lead Salad
- If you add any extra sauces you will need to calculate cals in that too

Meal 2 - 785 Calories + 75g Protein
- Chicken Thighs
- Regular portion Spicy Rice
- Mixed Lead Salad
- If you add any extra sauces you will need to calculate cals in that too

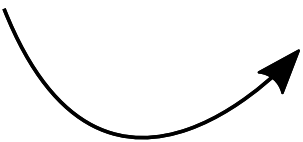
Meal 3 - 727 Calories + 40g Protein
- Grilled Chicken Burger
- Regular portion Creamy Mash
- Mixed Lead Salad
- If you add any extra sauces you will need to calculate cals in that too

Meal 4 - 924 Calories + 33g Protein
- The Great Imitator Pitta
- Garlic Bread
- Mixed Leaf Salad
- If you add any extra sauces you will need to calculate cals in that too

Macronutrients & Food Swaps

These are protein, fats and carbohydrates. Like stated previously, you want to be focussing on overall calories (which is a combination of protein, fats and carbs) and protein intake.

If you are looking to take some advice from the previous page and need to adjust the meal plan, then here is an important list of foods high in protein, fats and carbs and the crossover sections that some of them fall into:



Carbs
Fruits
Cereals
Flours
Breads
Honey
Maple syrup
Sugar
Potatoes
Rice
Pasta
Noodles
Bran
Oats
Vegetables
Cous Cous

Carbs + Protein
Beans
Quinoa
Sprouted-grains
Peas
chickpeasYoghurt
Skim milk
Kefir
Jerky
Edamame
Yeast
Tempeh
Ice cream

Protein
Chicken breast
Low fat cottage-cheese
Turkey breast
Lean ground-beed
Lean red meat
Egg whites
Tuna
Cod
White fish
Swordfish
Octopus
Shrimp
Halibut
Seitan
Tilapia
0% fat greek-yoghurt
Quark
Whey Protein

Protein + Fats
Salmon
Oily fish
Eggs
Cheese
Cream
Chia seeds
Red meat
Pork
Lamb
Duck
Game meat
Chicken thigh
Turkey thigh
Full fat-yoghurt
Whole milk
Tofu Hemp seeds

Fats
Avocado
Nuts
Nut butters
flaxseeds
Olives
Pesto
Oils
Egg yolks
Butter
Ghee
Coconut
Chocolate

ADJUSTING THE MEAL PLANS

Vegetarian or Vegan?

If you are a vegetarian or a vegan, then that is okay. You can still achieve amazing fat loss results and win this 90-day program.

The advice about food swaps applies the same to you as it does to everyone else. Here is an important list of vegetarian (VE) and vegan (V) foods high in protein, fats and carbs and the crossover sections that some of them fall into:

Vegetarian/Vegan Food Sources

