

NUTRITION PLAN

FIELD OF FITNESS







MALE	
NUTRIT	ION
INDEX	

MACRO GUIDANCE	MEAL EXAMPLES	DETAILED CALORIE PLANS
View Macros P7	Breakfasts P4	1250 Cal. р 13 2000 Cal. р 25
	Lunch / Dinner P 5	1500 Cal. р 17 2250 Cal. р 29
	Snacks P6	1750 Cal. P 21

Real people. Real results.



BREAK -FAST

OPTION 1

3 whole eggs with mixed peppers & 1 slice seeded bread.

OPTION 2

3 whole eggs & ½ avocado, spinach & ¼ cup of berries.

OPTION 3

3 whole eggs with bell peppers, onions, spinach (any veggies you'd like!) **cook omelet in 2 tbsp. olive oil** with your choice 1 apple/banana or 3 rice cakes (may be plain or flavored).

OPTION 4

1 ½ scoops protein powder (30g), 30g oats, with ½ chopped apple, 100-150ml coconut milk and 1 tbsp. of natural nut butter. **Mix all ingredients together and chill overnight.**

OPTION 5

Super smoothie - 1 scoop of protein powder, spinach (as much as you like), 2 handfuls berries of your choice, 2 tbsp. flaxseed with almond milk or water (to your preference).

OPTION 6

1 ½ scoop of protein (30g) 1 cup non-fat plain greek yogurt, 1 tbsp. natural nut butter, and ½ cup of berries. mix all ingredients together or eat separately.

OPTION 7

1 cup non fat greek yoghurt, 40g low fat granola with handful berries of your choice.

OPTION 8 [FOR EASE]

1 Grenade protein bar & 1 banana.

OPTION 9 [FOR EASE]

2 scoops protein powder (40g), handful almonds



LUNCH/ DINNER

FIELD OF

FITNESS

OPTION 1

Spinach salad topped with 170g of grilled/baked chicken or grilled/baked fish, with cucumbers, onions, bell peppers (any type of veggie you'd like!) Use 1-2 tbsp. of an oil based dressing! If you want avocado be sure to only use 1 tbsp. dressing and add ½ avocado!

FOR LUNCH: add 250g of quinoa OR 1 cup berries on top of the salad OR 1 large sweet potato on the side.

OPTION 2

Take 170g of either ground turkey, ground chicken, or lean ground beef (seasoned with your own "taco style" seasoning and various veggies (onions, garlic, peppers, etc) and mix it with 250g of cooked rice or quinoa. Top with fresh homemade salsa.

FOR DINNER: replace the rice or quinoa with courgette "noodles" OR just make a salad on the side and top the salad with the meat mixture.

OPTION 3

Cook boneless chicken breast in crockpot. Take 170g of the chicken and top it over 250g of cooked rice or quinoa OR over 1 jacket potato.

FOR DINNER: replace the rice, quinoa, or potato with some roasted green veggies or roasted cauliflower. Cook veggies in 2 tbps. olive oil.

OPTION 4

200g of roasted sweet potatoes (season with garlic powder, rosemary and a drizzle of olive oil) add 170g of grilled/ground chicken, turkey, or lean ground beef. Add green beans if you'd like OR enjoy a salad on the side! **FOR DINNER:** substitute roasted courgette or squash in place of the potatoes.

OPTION 5

Take 170g of ground chicken, turkey OR lean ground beef OR 170g of fish if you'd prefe) (season with garlic, onions, and Italian seasonings) mix it together with tinned tomatoes (season to your taste) OR top over squash, orbell peppers.

FOR LUNCH: add 250g of cooked rice or quinoa.

OPTION 6

170g turkey burger (no bun). Top with grilled onions, bell peppers (maybe some salsa), tomato, ½ avocado. Eat with 1 large sweet potato (top with cinnamon) and 1 cup of green beans or some type of green veggie.

FOR DINNER: take out sweet potato and add more green veggies or a salad.

OPTION 7 [FOR EASE]

170g chicken/turkey/fish/lean ground beef with 250g of cooked rice or lentils OR 1 large potato with a salad on the side OR 1-2 cups of roasted green veggies. (Season meat different ways to mix up the variety).

FOR DINNER: take out the lentils, rice, or potato and have yourself a bigger salad OR more green veggies.

All meat/fish weights are raw weights



MALE MEAL EXAMPLES

SNACKS

SNACKS

OPTION 1

Grenade Bar and 10-16 almonds.

OPTION 2

1 packet Biltong with 150g blueberries.

OPTION 3

1 ½ scoops protein powder (add 1 piece of fruit for post-workout).

OPTION 4

1 scoop protein powder with 12-16 almonds.

OPTION 5

1 scoop protein powder with 2 tbsp. nut butter.

OPTION 6

1 cup non-fat plain greek yogurt and 1 tbsp. nut butter.

OPTION 7

1 cup non-fat plain greek yogurt and handful berries.

OPTION 8

"Super Shakes" (more for post-workout or a full meal replacement).

OPTION 9

1 pack of lean cold meat.

OPTION 10

Celery or carrot sticks with 2 tbsp. nut butter.

Real people. Real results.

MACRO GUIDANCE

FIELD OF

FITNESS

MALE 2000 CALORIES

BREAKFAST 400-500 CALORIES

40g carbs 1-2 cups of veggies 32g protein 14g fats

POST-WORKOUT [ANY TIME OF DAY] 200-300 CALORIES

18g carbs 32g protein

LUNCH 400-500 CALORIES

40g carbs 1-2 cups of veggies or salad 32g protein 14g fats

SNACK 200-250 CALORIES

32g protein 14g fats

DINNER 400-500 CALORIES

18g carbs 32 protein 1-2 cups of veggies or salad 14g fats

SNACK 200-250 CALORIES

14g fats OR 18g carbs

40g OF CARBS

- 60g of oats

- [uncooked, old fashioned or rolled]
- 30g of oats w/ 100g of berries
- 4 plain rice cakes
- [pair with 2 tbsp. almond butter]
- 200g of sweet potatoes
- 125g rice or quinoa [cooked]
- 2 Slices granary wholemeal bread
- 1 wholemeal wrap

18g OF CARBS

- 30g of oats

- 1 Slice granary wholemeal bread
- 100g berries
- 200g natural fat free greek yoghurt
- 1 banana
- -1apple
- 2 rice cakes
- 90g of rice or quinoa
- 100g of sweet potatoes
- 1 tub Arla Protein Quark [also 20g protein]

30-32g OF PROTEIN

- 8 egg whites OR 4 whole eggs
- [also 14-18g fats]
- 170g chicken breast
- 170g ground turkey
- 170g lean ground meat
- 170g grilled white fish
- 170g Salmon Fillet [no more than x2 per week]
- [also 18-22g Fats]
- 200g plain Greek yogurt
- 30g scoop of whey protein
- 1 tub Arla Protein Quark [20g protein]
- Grenade Protein Bar

10/12/14g OF FATS

- 2 eggs [also 13g protein]
- 1-2 tbsp. organic nut butter OR almond, macadamia, walnut, olive oil [10-14g]
- ½ avocado [10-12g]
- 15-20 almonds, plain [10-12g]
- 35g 70% Green & Blacks Dark chocolate,
 [3 lines or mini bar [15g]
- 30g Milled Flaxseed [12g]
- 170g Salmon Fillet [also 30-32g Protein]

VEGGIES

ANYTHING GREEN is pretty much fair game and unlimited. Check the W10 Shopping List for ideas. Just be aware of starchy veggies like beans, potatoes & squash.

FAVORITES: Spinach / Kale / Broccoli / Courgette / Asparagus / Veggie powders*

*get real food before resorting to these!

FEMALE NUTRITION INDEX

MACRO GUIDANCE	MEAL EXAMPLES	DETAILED CALORIE PLANS				
View Macros P 12	Breakfasts P9	1250 Cal. р 13 2000 Cal. р 25				
	Lunch / Dinner P 10	1500 Cal. р 17 2250 Cal. р 29				
	Snacks P 11	1750 Cal. Р 21				



BREAK -FAST

FEMALE MEAL EXAMPLES

OPTION 1

2 whole eggs with mixed peppers & 1 slice seeded bread.

OPTION 2

2 whole eggs & 1/2 avocado, spinach & 1/4 cup of berries.

OPTION 3

2 whole eggs with bell peppers, onions, spinach (any veggies you'd like!) **cook omelet in 2 tbsp. olive oil** with your choice 1 apple/banana or 3 rice cakes (may be plain or flavored).

OPTION 4

1 scoop protein powder (20g), 30g oats, with ½ chopped apple, 100-150ml coconut milk and 1 tbsp. of natural nut butter. **Mix all ingredients together and chill overnight.**

OPTION 5

Super smoothie - 1 scoop of protein powder, spinach (as much as you like), 2 handfuls berries of your choice, 1 tbsp. flaxseed with almond milk or water (to your preference).

OPTION 6

1 scoop of protein (20g) 1 cup non-fat plain greek yogurt, 1 tbsp. natural nut butter, and ½ cup of berries. mix all ingredients together or eat separately.

OPTION 7

1 cup non fat greek yoghurt, 30g low fat granola with handful berries of your choice.

OPTION 8 [FOR EASE]

1 Grenade protein bar & 1 banana.

OPTION 9 [FOR EASE]

1 scoops protein powder (20g), handful almonds

Real people. Real results.



LUNCH/ DINNER

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FITNESS

OPTION 1

Spinach salad topped with 140g of grilled/baked chicken or grilled/baked fish, with cucumbers, onions, bell peppers (any type of veggie you'd like!) Use 1-2 tbsp. of an oil based dressing! If you want avocado be sure to only use 1 tbsp. dressing and add ½ avocado!

FOR LUNCH: add 125g of quinoa OR 1 cup berries on top of the salad OR 1 large sweet potato on the side.

OPTION 2

Take 140g of either ground turkey, ground chicken, or lean ground beef (seasoned with your own "taco style" seasoning and various veggies (onions, garlic, peppers, etc) and mix it with 125g of cooked rice or quinoa. Top with fresh homemade salsa.

FOR DINNER: replace the rice or quinoa with courgette "noodles" OR just make a salad on the side and top the salad with the meat mixture.

OPTION 3

Cook boneless chicken breast in crockpot. Take 140g of the chicken and top it over 125g of cooked rice or quinoa OR over 1 jacket potato.

FOR DINNER: replace the rice, quinoa, or potato with some roasted green veggies or roasted cauliflower. Cook veggies in 2 tbps. olive oil.

OPTION 4

140g of roasted sweet potatoes (season with garlic powder, rosemary and a drizzle of olive oil) add 150g of grilled/ ground chicken, turkey, or lean ground beef. Add green beans if you'd like OR enjoy a salad on the side! **FOR DINNER:** substitute roasted courgette or squash in place of the potatoes.

OPTION 5

Take 140g of ground chicken, turkey OR lean ground beef OR 140g of fish if you'd prefe) (season with garlic, onions, and Italian seasonings) mix it together with tinned tomatoes (season to your taste) OR top over squash, orbell peppers.

FOR LUNCH: add 125g of cooked rice or quinoa.

OPTION 6

140g turkey burger (no bun). Top with grilled onions, bell peppers (maybe some salsa), tomato, ½ avocado. Eat with 1 large sweet potato (top with cinnamon) and 1 cup of green beans or some type of green veggie.

FOR DINNER: take out sweet potato and add more green veggies or a salad.

OPTION 7 [FOR EASE]

140g chicken/turkey/fish/lean ground beef with 125g of cooked rice or lentils OR 1 large potato with a salad on the side OR 1-2 cups of roasted green veggies. (Season meat different ways to mix up the variety).

FOR DINNER: take out the lentils, rice, or potato and have yourself a bigger salad OR more green veggies.



SNACKS

FEMALE MEAL EXAMPLES

SNACKS

OPTION 1

Grenade Bar and 10-16 almonds.

OPTION 2

1 packet Biltong with 150g blueberries.

OPTION 3

1 ½ scoops protein powder (add 1 piece of fruit for post-workout).

OPTION 4

1 scoop protein powder with 12-16 almonds.

OPTION 5

1 scoop protein powder with 2 tbsp. nut butter.

OPTION 6

1 cup non-fat plain greek yogurt and 1 tbsp. nut butter.

OPTION 7

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1 cup non-fat plain greek yogurt and handful berries.

OPTION 8

"Super Shakes" (more for post-workout or a full meal replacement).

OPTION 9

1 pack of lean cold meat.

OPTION 10

Celery or carrot sticks with 2 tbsp. nut butter.

Real people. Real results.

MACRO GUIDANCE

FEMALE 1500 CALORIES

BREAKFAST 300-350 CALORIES

32g carbs 25g protein 10g fats

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POST-WORKOUT [ANY TIME OF DAY] 200 CALORIES

16g carbs 25g protein

LUNCH 300-350 CALORIES

32g carbs 25g protein 10g fats

SNACK 150-250 CALORIES

25g protein 10g fats

DINNER 300-350 CALORIES

25 protein 1-2 cups of veggies or salad 10g fats

SNACK 150-250 CALORIES

25g protein 10g fats

32g OF CARBS

- 50g of oats

- [uncooked, old fashioned or rolled]
- 30g of oats w/ 50g of berries
- 2 plain rice cakes
- [pair with 2 tbsp. almond butter]
- 150g of sweet potatoes
- 100g rice or quinoa [cooked]
- 1 Slice granary wholemeal bread
- 1 wholemeal wrap

16g OF CARBS

- 30g oats

- 1 banana [small]
- -1apple
- 75g berries
- 2 rice cakes
- 60g of rice or quinoa
- 75g of sweet potatoes
- 1 tub arla protein quark [also 20g protein]
- 175g natural fat free greek yoghurt

25g OF PROTEIN

- 8 egg whites OR 4 whole eggs
- [also 14-18g fats]
- 120g chicken breast
- 120g ground turkey
- 120g lean ground meat
- 120g grilled white fish
- 120g Salmon Fillet [no more than x2 per week] [also 10-12g Fats]
- [diso io-izg i dis]
- 170g plain Greek yogurt
- 30g scoop of whey protein
- 1 tub Arla Protein Quark [20g protein]
- Grenade Protein Bar

10g OF FATS

- 2 eggs [also 13g protein]
- 1 tbsp. organic nut butter OR almond, macadamia, walnut, olive oil [10g]
- ½ avocado [10-12g]
- 10-15 almonds, plain [10-12g]
- 35g 70% Green & Blacks Dark chocolate,[3 lines or mini bar [15g]
- 30g Milled Flaxseed [12g]
- 120g Salmon Fillet [also 25g Protein]

VEGGIES

ANYTHING GREEN is pretty much fair game and unlimited. Just be aware of starchy veggies like beans, potatoes & squash.

FAVORITES: Spinach / Kale / Broccoli / Courgette / Asparagus / Veggie powders*

*get real food before resorting to these!



DETAILED CALORIE PLANS

View 2250 Cal. P29

1250 Cal.

 1250 Cal.
 Plan 1

 View 1500 Cal.
 P17

 View 1750 Cal.
 P21

 View 2000 Cal.
 P25



P 14

P 15

P 16



Real people. Real results.

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Real people. Real results.

	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]		FAT [g]	FIBRE [g]
	Whey Protein Powder	1	Scoop	90			0	0
	Oats	1	30g	117	5		2	3
Ч	Chopped apple (1/2)	1	1/2				0	2
L	Coconut milk	1	150ml				2.3	0
АШ	Natural nut butter	1	1 tsp	47	2.2	1	3.5	1
Σ								-
		MEAL 1 SU	BIOTALS:	320	27.2	31	7.8	6
	Biltong	1	Packet	80	15	2	1	0
	Blueberries	1	150g	86			0	4
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~		MEAL 2 SU	BTOTALS:	166	16	23	1	4
	Baked cod fillet	1	140g	115	25	0	1	0
	Cooked rice	1	125g	200	4	38	3	1
က	Mixed salad (leaves, tomatoes etc.)							
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		MEAL 3 SU	BTOTALS:	315	29	38	4	1
	0% fot grool workurt	4	170g	97	17	7	0	0
	0% fat greek yoghurt Pumkin seeds	1	-				10	
-+	Pullikin seeds	1	2 tbsp	112	6	2	10	1
4								
AL								
ME/								
Σ		MEAL 4 SU	RTOTALS	209	23	9	10	1
		MERE 4 301	BTOTALS.	203	20	5	10	1
	Lean mince beef (5%)	1	125g	163	27	0	5	0
	Canned tomatoes	1	1/2 can	37	2	6	0	1
വ	Veg (mushrooms, onions etc.)							
4								
MEA								
		MEAL 5 SU	BTOTALS:	200	29	6	5	1
9								
ΕA								
ШΣ				0	0	0	0	0
		MEAL 6 SU	BTUTALS:	0	0	0	0	0
		DAILY TOT	ALS:	1210	128	138	33	12



Real people. Real results.

		QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
	FOOD ITEM 0% fat greek yoghurt	1	170g	97	17	7	O LGJ	O C
	Low fat granola	1	30g	110	4	23	2	3
_	Bluberries	1	50g	29	4	7	0	1
	Diubernes	1	JUg	29	0	1	0	1
AL								
M E/								
Σ		MEAL 1 SU	RTOTALS	236	21	37	2	4
		MERE 1 30	DIOTALS.	230	21	57	2	4
	Chargrilled breast fillets (cooked)	1	120g	176	38	2	2	0
	Wholemeal Tortilla Wrap	1	1	172	6	28	3	5
2	Mixed Leaf Salad (peppers, onions etc)							
AL								
ΜE								
2		MEAL 2 SU	BTOTALS:	348	44	30	5	5
	Canned tuna (sunflower oil)	1	1 can	197	25	0	11	0
	Green salad (leaves, tomatoes etc.)							
က								
4								
Ш М								
_		MEAL 3 SU	BTOTALS:	197	25	0	11	0
	Whey Protein Powder	1	Scoop	90	20	2	0	0
	Raspberries	1	100g	27	1	5	0	3
4								
A								
Ш М								
		MEAL 4 SU	BTOTALS:	117	21	7	0	3
	Salmon filllet	1	100~	005	23	0	16	0
			120g	235				
	Cous cous (cooked) Roasted mix veg (peppers, onions, courgette)	1	80g	79	3	16	0	1
ц)	Roasted mix veg (peppers, onions, courgette)							
AL								
MEA								
Σ				014	00	16	10	
		MEAL 5 SU	BIUTALS:	314	26	10	16	1
9								
AL								
ΜE								
2		MEAL 6 SU	BTOTALS:	0	0	0	0	0
		DAILY TOT	ALS:	1212	137	90	34	13

DETAILED CALORIE PLANS

1500 Cal.

View 1250 Cal. P13

1500 Cal.

View 1750 Cal. P 21

View 2000 Cal. P25

View 2250 Cal. P29







Real people. Real results.

	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]		FAT [g]	FIBRE [g]
	Eggs	2		147	12.5	1	9.9	0
	Mixed Peppers							
7	Multi Seeded Bread	1	Slice	104	2	14	4.5	3.8
_								
БA								
Ш								
		MEAL 1 SU	BTOTALS:	251	14.5	15	14.4	3.8
	Grenade Carb Killa Protein Bar	1		214	23.2	13.5	7.9	6.7
	Unsalted Almonds	10		56	2	1.5	5	1
2								
AL								
Ш								
2		MEAL 2 SU	BTOTALS:	270	25.2	15	12.9	15.4
	Chicken Fillet	1	120g	169	37	1	2.5	0
	Mixed Salad w/peppers, onions etc							
က	Olive Oil	1	Tsp	40	0	0	4.5	0
	Cooked Rice	1	125g	200	4	38	3	1
A								
Ш								
		MEAL 3 SU	BTOTALS:	409	41	39	10	1
	Whey Protein Powder (with water)	1	Scoop	90	20	2	0	0
	Apple	1	Medium	77	0	17	0	2.5
4	Αμμισ	1	Wealdin	11	0	17	0	2.0
AL								
Ш								
2		MEAL 4 SU	BTOTALS:	167	20	19	0	2.5
	Turkey Steak	1	125g	190	39	0	3.5	0
	Sweet Potato	1	Large	162	4	37	0	6
വ	Green Veg (as much as you like)							
A								
Ш								
		MEAL 5 SU	BTOTALS:	352	43	37	3.5	6
9								
AL								
ME								
2		MEAL 6 SU	BTOTA <u>LS:</u>	0	0	0	0	0
		DAILY TOT	ALS:	1449	143.7	125	40.8	28.7



Real people. Real results.

	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
	Whey Protein Powder	1	Scoop	90	20	2	0	0
	Oats	1	30g	117	5	20	2	3
Ч	Chopped Apple	1	1/2	38	0	8	0	1.75
	Coconut Milk	1	150ml	28	0	0	2.3	0
	Natural Peanut Butter	1	1 tsp	47	2.2	1	3.5	0.5
Ш М								
		MEAL 1 SU	BTOTALS:	320	27.2	31	7.8	5.25
	21					-		•
	Biltong	1	Packet	80	15	2	1	0
	Banana	1	Medium	110	1	29	0	4
2								
ЕA								
Σ								
		MEAL 2 SU	BTOTALS:	190	16	31	1	4
	Baked Cod Fillet	1	120g	115	25	0	1	0
	Cooked Rice	1	125g	200	4	38	3	0
ന	Mixed salad (leaves, tomatoes etc.)	1	Tsp				-	-
	Avocado	1	1/2	120	2	6	12	5
AL				120	-	0		0
ΜE								
≥		MEAL 3 SU	BTOTALS	435	31	44	16	5
			5101/201	100	01		10	0
	0% Fat Greek Yoghurt	1	170g	97	17	7	0	0
	Pumpkin Seeds	1	2 tbsp	112	6	2	10	1
4	Blueberries	1	150g	86	1	21	0	3.5
_								
A								
Ш								
		MEAL 4 SU	BTOTALS:	295	24	30	10	4.5
	Lean Mince Beef (5%)	1	125g	163	27	0	5	0
	Canned Tomatoes	1	1/2 can	37	2	6	0	1
വ	Veg (mushrooms, onions etc.)							
_								
EA								
Ш М						-		
		MEAL 5 SU	BTOTALS:	200	29	6	5	1
9								
⊿ ∠								
MEAL								
Σ		MEAL 6 SU	RTOTALS	0	0	0	0	0
			DITALS.	0	5	0	5	0
		DAILY TOT	ALS:	1440	127.2	142	39.8	19.75



Real people. Real results.

0% Fat Greek yoghurt 1 170g 97 18 7 0 0 1 50g 110 4 23 2 3 Buberries 1 50g 30 0 7 0 1 1 Respective MEAL 1 50g 30 0 7 2 37 2 4 Chargelled breast filets (cocked) 1 120g 176 38 2 2 0 0 1 Mixed Leat Salad (peppers, onions etc) 1								1	
Image: Display and the set of anota is an explanation of the set of the s		FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
Buberrise 1 50g 30 0 7 0 1 Buberrise REAL 1 SUFOTALS 27 2.0 37 2.0 4 Consprinted breast files (cooked) 1 120g 176 38 2 2 0 Mindereal Totilla Wrap 1 120g 176 6 28 3 5 Mined Lad Salad (peppers, onions etc) 1 1 can 172 6 28 3 5 Canned tuna (sunflower oil) 1 1 can 177 25 0 1 0 Apple Hummus 4 Uspr 160 7 0 2 2 Why Protein Powder (with Water) 1 Scoop 80 20 2 0 3 Raspberries 1 100g 27 1 5 0 3 3 Mina (sockod) 1 100g 25 23 0 1 3 3 Mina (cockod) 1 100g 25 23 0 1 3 3 <t< th=""><th></th><th></th><th>1</th><th>-</th><th>97</th><th>18</th><th>7</th><th>0</th><th>0</th></t<>			1	-	97	18	7	0	0
Maxie 1 300 37 2 37 2 4 Chargelled breast filles (cocked) 1 120g 176 38 2 2 0 Mixed Lad Stadt (peppers, onions etc.) 1 1 172 6 28 3 5 Canned tura (sunflower oil) 1 1 1 172 6 28 5 Canned tura (sunflower oil) 1 1 1 17 0 1 0 Green salad (leaves, tomatees etc.) 1 1 1 17 0 17 0 2.5 Apple 1 1 1 1 100 4 8 10 4 Whay Protein Powdar (with Water) 1 Scoop 90 20 2 0 3 Reapberries 1 100g 27 1 5 0 3 3 Mixed Lat Subsch ink veg (peppers, onions, courgett) 1 100 20 2 0 0 3 Mixed Lat Subsch ink veg (peppers, onions, courgett) 1 100 1 <t< th=""><th></th><th>Low Fat Granola</th><th>1</th><th>-</th><th>110</th><th>4</th><th></th><th>2</th><th>3</th></t<>		Low Fat Granola	1	-	110	4		2	3
Vertical of the set of t	Ч	Bluberries	1	50g	30	0	7	0	1
Pressure REAL 1 SUBTORUS 237 2 37 2 4 Chargelled breast filles (cooked) 1 120g 176 38 2 2 0 Mixed Leaf Salad (peppers, onions etc) 1 1 172 6 28 3 5 Mixed Leaf Salad (peppers, onions etc) 1 1 1 172 6 28 3 5 Mixed Leaf Salad (peppers, onions etc) 1 </th <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th>									
NEAL 1 SUITOTALS: 247 2 37 2 4 Chargelide breast fillets (cooked) 1 120g 176 38 2 2 0 Mixed Leaf Salad (peppers, onions etc) 1 120 172 38 44 30 5 5 Mixed Leaf Salad (peppers, onions etc) 1 1 1 172 6 30 5 5 Canned tura (sunflower oil) 1 1 can 197 25 0 11 0 Green salad (leaves, tomatoes etc.) 1 1 can 197 25 11 0 25 Mixed Portein Powder (with Water) 1 1 can 140 4 8 10 4 Resporteins 1 100 27 14 28 0 3 3 Why Protein Powder (with Water) 1 Scoop 90 20 2 0 3 3 Quinca (cooked) 1 100g 27 17 21 7 1 3 3 Why Protein Powder (with Water) 1	4								
Chargelide breast fillets (cooked) 1 10 176 38 2 2 0 Wholameal Tarilla Wap 1 1 172 8 2 2 0 Miked Leaf Salad (peppers, onions etc) -	Σ								
Wholemeal Tortilla Wrap1117262835Mixed Leaf Salad (peppers, onions etc)III<			MEAL 1 SU	BTOTALS:	237	22	37	2	4
Wholemeal Tortilla Wrap1117262835Mixed Leaf Salad (peppers, onions etc)III<				100 -	170	00	0	0	0
Nixed Leaf Salad (peppers, onions etc) Initial set Salad (peppers, onions, otcl) Initial set Salad									
Image: space of the space			1	1	1/2	6	28	3	5
NEAL 2 SUBTOTALS: 348 44 30 5 5 Carned tuna (sunflower oil) 1 1 can 197 25 0 11 0 Apple 1 Medium 77 0 17 0 2.5 Hummus 4 tbsp 140 4 8 10 4 Whey Protein Powder (with Water) 1 Scoop 90 20 25 0.1 6.5 Neapheries 1 100g 27 1 5 0 3 Neapheries 1 100g 235 23 0 1 3 Neapheries 1 100g 18 1 1 1 1 1 1 1 1 1 1 1 1 1 1	3	Mixed Leaf Salad (peppers, onions etc)							
NEAL 2 SUBTOTALS: 348 44 30 5 5 Carned tuna (sunflower oil) 1 1 can 197 25 0 11 0 Apple 1 Medium 77 0 17 0 2.5 Hummus 4 tbsp 140 4 8 10 4 Whey Protein Powder (with Water) 1 Scoop 90 20 25 0.1 6.5 Neapheries 1 100g 27 1 5 0 3 Neapheries 1 100g 235 23 0 1 3 Neapheries 1 100g 18 1 1 1 1 1 1 1 1 1 1 1 1 1 1									
NEAL 2 SUBTOTALS: 348 44 30 5 5 Carned tuna (sunflower oil) 1 1 can 197 25 0 11 0 Apple 1 Medium 77 0 17 0 2.5 Hummus 4 tbsp 140 4 8 10 4 Whey Protein Powder (with Water) 1 Scoop 90 20 25 0.1 6.5 Neapheries 1 100g 27 1 5 0 3 Neapheries 1 100g 235 23 0 1 3 Neapheries 1 100g 18 1 1 1 1 1 1 1 1 1 1 1 1 1 1	В								
Keak Society Society <thsociety< th=""> Society <thsoc< th=""><th>Σ</th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th></thsoc<></thsociety<>	Σ								
Green salad (leaves, tormatoes etc.)Image: solution of the salad (leaves, tormatoes etc.)I			MEAL 2 SU	BTOTALS:	348	44	30	5	5
Green salad (leaves, tormatoes etc.)Image: solution of the solution o		Canned tuna (supflower oil)	1	1 can	197	25	0	11	0
Apple1Medium7701702.5Hummus4btsp14048104MEAL 3U12925216.5Mey Protein Powder (with Water)1Scoop9020200Raspberries1100g271503Mex U1Scoop9020200Maspberries1100g271503Mex UU100g271503Mex UU100g231503Mex UUU1100g1111Mex UUU111111Mex UUU1100g1111Mex UUU1100g1111Mex UUU1111111Mex UUU10111111Mumus UUUUUUUU111Mumus UUUUUUUUU11Mumus UUUUUUUUUUUUMumus UUUUUUU<		, , ,		i ouri	107	20	0		0
Hummus 4 bsp 140 4 8 10 4 MEAL 3 U 1 100 2 2 2 0 0 Moy Protein Powder (with Water) 1 Scoop 90 20 2 0 0 Rapberries 1 100 27 1 5 0 3 MEAL 4 U 1 100 27 1	m		1	Medium	77	0	17	0	25
Mex NEAL 3 SUPTALS: 414 29 25 21 8.5 Mey Protein Powder (with Water) 1 Scoop 90 20 2 0 0 Raspberries 1 100g 27 1 5 0 3 Mex Protein Powder (with Water) 1 100g 27 1 5 0 3 Raspberries 1 100g 27 1 5 0 3 Mex Power (with Water) 1 100g 27 1 5 0 3 Raspberries 1 100g 27 1 5 0 3 Mex Power (with Water) 1 100g 27 1 5 0 3 Raspberries Nex Power (Power (Po									
Image: specific problem Image: specif problem Image: specific problem <th>⊿ ∠</th> <th>Turinas</th> <th>-</th> <th>toop</th> <th>140</th> <th>-</th> <th>0</th> <th>10</th> <th>т —</th>	⊿ ∠	Turinas	-	toop	140	-	0	10	т —
MEAL 3 SUBTOTALS: 414 29 25 21 6.5 Whey Protein Powder (with Water) 1 Scoop 90 20 2 0 0 Raspberries 1 100g 27 1 5 0 3 Image: State of the state of	Ш								
Very Protein Powder (with Water) 1 Scoop 90 20 2 0 0 Raspberries 1 100g 27 1 5 0 3 Image Power (with Water) 1 100g 27 1 5 0 3 Image Power (with Water) 1 100g 27 1 5 0 3 Image Power (with Water) 1 100g 27 1 5 0 3 Image Power (with Water) Image Power (with Water) <th>Σ</th> <th></th> <th>MEAL 3 SH</th> <th>RTOTALS</th> <th>414</th> <th>29</th> <th>25</th> <th>21</th> <th>6.5</th>	Σ		MEAL 3 SH	RTOTALS	414	29	25	21	6.5
Raspberries1100g271503Point1100g2711 <th< th=""><th></th><th></th><th>HERE 0 00</th><th>BIOINEO.</th><th>-1</th><th>20</th><th>20</th><th>21</th><th>0.0</th></th<>			HERE 0 00	BIOINEO.	-1	20	20	21	0.0
Y Y Image: Simple		Whey Protein Powder (with Water)	1	Scoop	90	20	2	0	0
Image: Problem in the set of the s		Raspberries	1	100g	27	1	5	0	3
MEAL 4 Summa intermediate Note Note <t< th=""><th>4</th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th></t<>	4								
MEAL 4 Summa intermediate Note Note <t< th=""><th>_</th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th></t<>	_								
MEAL 4 SUFTALS: 117 21 7 0 3 Salmon fillet 1 120g 235 23 0 16 0 Quinoa (cooked) 1 90g 108 4 19 2 1 Roasted mix veg (peppers, onions, courgette) -	Ā								
MEAL 4 SUFTALS: 117 21 7 0 3 Salmon fillet 1 120g 235 23 0 16 0 Quinoa (cooked) 1 90g 108 4 19 2 1 Roasted mix veg (peppers, onions, courgette) -	Ш								
Quinoa (cooked) 1 90g 108 4 19 2 1 Roasted mix veg (peppers, onions, courgette) - <			MEAL 4 SU	BTOTALS:	117	21	7	0	3
Quinoa (cooked) 1 90g 108 4 19 2 1 Roasted mix veg (peppers, onions, courgette) - <									
Roasted mix veg (peppers, onions, courgette) Image: Construction of the construc				_					
Yes Image: Signal state of the state			1	90g	108	4	19	2	1
MEAL 5 SUBTOTALS: 343 27 19 18 1 O Image: Subtotal state stat	വ	Roasted mix veg (peppers, onions, courgette)							
MEAL 5 SUBTOTALS: 343 27 19 18 1 CO Image: Subtromation of the state of									
MEAL 5 SUBTOTALS: 343 27 19 18 1 CO Image: Subtromation of the state of	А Ш								
دامین می از	Σ								
			MEAL 5 SU	BTOTALS:	343	27	19	18	1
	6								
	ΕA								
MEAL 6 SUBTOTALS: 0 0 0 0 0	Σ		MEAL C OU	PTOTAL C.	0	0	0	0	0
MEAL 6 SUBTOTALS: 0 0 0 0 0			MEAL 6 SU	BTUTALS:	0	0	0	0	0
DAILY TOTALS: 1459 143 118 46 19.5			DAILY TOT	ALS:	1459	143	118	46	19.5

DETAILED CALORIE PLANS

1750 Cal.

View 1250 Cal. P13

View 1500 Cal. P17

1750 Cal.

View 2000 Cal. P25

View 2250 Cal. P29

Plan 1	P 22
Plan 2	P 23
Plan 3	P 24





Real people. Real results.

		1		1	1	1	1	
	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]		FAT [g]	FIBRE [g]
	Eggs	2		147	12.5	1	9.9	0
	Mixed Peppers							
Ч	Multi Seeded Bread	2	Slice	208	4	28	9	8
_								
MEA								
Σ								
		MEAL 1 SU	BTOTALS:	355	16.5	29	18.9	8
	Grenade Carb Killa Protein Bar	1		214	23.2	13.5	7.9	6.7
	Mandarin Orange	2		74	2	22	0	5
2	Wandarin Orango	~		7 -	2		0	0
MEAL								
Щ								
2		MEAL 2 SU	BTOTALS:	288	25.2	35.5	7.9	11.7
				_00	-0.1			
	Chicken Fillet	1	120g	169	37	1	2.5	0
	Mixed Salad w/peppers, onions etc							
က	Olive Oil	2	Tsp	80	0	0	9	0
	Cooked Rice	1	125g	200	4	38	3	1
4								
Ш								
		MEAL 3 SU	BTOTALS:	449	41	39	14.5	1
			0	<u></u>	22	0	0	0
	Whey Protein Powder (with water)	1	Scoop	90	20	2	0	0
_	Banana	1	Medium	105	0	27	0	3
4								
AL								
ME								
Σ		MEAL 4 SU	PTOTALS.	195	20	29	0	3
		MEAL 4 30	BIUTALS.	195	20	29	0	0
	Turkey Steak	1	125g	190	39	0	3.5	0
	Sweet Potato	1	Large	162	4	37	0	6
വ	Green Veg (as much as you like)							
_								
4								
MEA								
		MEAL 5 SU	BTOTALS:	352	43	37	3.5	6
9								
_								
MEAL								
Σ				0	0	0	0	0
		MEAL 6 SU	BTUTALS:	0	0	0	0	0
		DAILY TOT	ALS:	1639	145.7	169.5	44.8	29.7



Real people. Real results.

							1	
	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]		FAT [g]	FIBRE [g]
	Whey Protein Powder	1 1/2	Scoop	135	30	4	0	0
	Oats	1	50g	188	6	34	4	5
7	Chopped Apple	1	1	76	0	16	0	4
	Coconut Milk	1	150ml	28	0	0	2.3	0
ЕA	Natural Peanut Butter	1	1 tsp	47	2.2	1	3.5	0.5
Σ								
		MEAL 1 SU	BTOTALS:	474	38.2	55	9.8	9.5
	Dillerer		Dealast	00	45	0		0
	Biltong	1	Packet	80	15	2	1	0
	Banana	1	Medium	110	1	29	0	4
2								
AL								
БA								
Ш				100				
		MEAL 2 SU	BTOTALS:	190	16	31	1	4
	Baked Cod Fillet	1	120g	115	25	0	1	0
	Mixed salad (leaves, tomatoes etc.)	1	1209	110	20	0		0
m	Avocado	1	1/2	120	2	6	12	5
	1000000		172	120	2	0	12	0
AL								
M E								
Σ		MEAL 3 SU	PTOTALS.	235	27	6	13	5
		MERE 5 50	BIOTALS.	200	21	0	10	5
	0% Fat Greek Yoghurt	1	200g	114	21	8	0	0
	Pumpkin Seeds	1	2 tbsp	112	6	2	10	1
4	Blueberries	1	150g	86	1	21	0	3.5
_								
A								
Ш М								
		MEAL 4 SU	BTOTALS:	312	28	31	10	4.5
	Lean Mince Beef (5%)	1	150g	196	33	0	6	0
	Canned Tomatoes	1	1/2 can	37	2	6	0	1
വ	Veg (mushrooms, onions etc.)							
	Cooked Rice	1	125g	200	4	38	3	0
MEA								
Σ								
		MEAL 5 SU	BTOTALS:	433	39	44	9	1
9								
MEAL								
Σ				0	0	0	0	2
		MEAL 6 SU	BTOTALS:	0	0	0	0	0
		DAILY TOT	ALS:	1644	148.2	167	42.8	24



Real people. Real results.

	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
	0% Fat Greek yoghurt	1	200g	118	21	8	0	0
	Low Fat Granola	1	50g	183	6	38	3	5
1	Bluberries	1	100g	60	0	14	0	2
ΕA								
Σ								
		MEAL 1 SU	BTOTALS:	361	27	60	3	7
	Chargrilled breast fillets (cooked)	1	1000	176	38	2	2	0
	Wholemeal Tortilla Wrap	1	120g 1	170	6	2	3	5
	Mixed Leaf Salad (peppers, onions etc)	1	1	172	0	20	3	5
	Mixed Lear Salad (peppers, onions etc)							
EAL								
Е								
Σ		MEAL 2 OIL	RTOTAL S.	240	4.4	20	F	F
		MEAL 2 SU	BIUTALS:	348	44	30	5	5
	Canned tuna (sunflower oil)	1	1 can	197	25	0	11	0
	Green salad (leaves, tomatoes etc.)							
က	Apple	1	Medium	77	0	17	0	2.5
_	Hummus	4	tbsp	140	4	8	10	4
A								
Ш								
2		MEAL 3 SU	BTOTALS:	414	29	25	21	6.5
	Whey Protein Powder (with Water)	1	Scoop	90	20	2	0	0
	Raspberries	1	100g	27	1	5	0	3
4								
EAL								
Ш М								
		MEAL 4 SU	BTOTALS:	117	21	7	0	3
	O a lass and fill at		100	005	00	0	10	0
	Salmon filllet Quinoa (cooked)	1	120g	235	23	0	16 4	0
		1	180g	216	8	38	4	1
LC)	Roasted mix veg (peppers, onions, courgette)							
L								
MEA								
Σ		MEAL 5 SU	DTOTAL C.	451	31	38	20	1
		MEAL 5 SU	BIUTALS:	401	31	30	20	I
9								
ΑL								
MEAL								
2		MEAL 6 SU	BTOTALS:	0	0	0	0	0
		DAILY TOT	ALS:	1691	152	160	49	22.5

DETAILED CALORIE PLANS

2000 Cal.

View 1250 Cal. P13

View 1500 Cal. P17

View 1750 Cal. P21

2000 Cal.

View 2250 Cal. P29

Plan 1	P 26
Plan 2	P 27
Plan 3	P 28





Real people. Real results.

	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]		FAT [g]	FIBRE [g]
	Eggs	4		294	25	2	20	0
	Mixed Peppers							
Ч	Multi Seeded Bread	2	Slice	208	4	28	9	8
_								
MEAL								
Σ								
		MEAL 1 SU	BTOTALS:	502	29	30	29	8
	Grenade Carb Killa Protein Bar	1		214	23.2	13.5	7.9	6.7
	Banana	1		110	1	30	0	3
2	Danana	1		110	1	30	0	5
MEAL								
Ш								
Σ		MEAL 2 SU	RTOTALS	324	24.2	43.5	7.9	9.7
		MEAL 2 SU	BTUTALS:	024	24.2	40.0	7.9	5.1
	Chicken Fillet	1	140g	150	32.5	0	1.9	0
	Mixed Salad w/peppers, onions etc							
က	Olive Oil	1	Tsp	40	0	0	4.5	0
_	Cooked Rice	1	250g	400	8	76	6	2
4			0					
Ш М								
2		MEAL 3 SU	BTOTALS:	590	40.5	76	12.4	2
	Whey Protein Powder (with water)	2	Scoop	180	40	4	0	0
	Handful of almonds	1	10 nuts	70	2.5	3	6	2
4								
4								
MEAL								
		MEAL 4 SU	BTOTALS:	250	42.5	7	6	2
	Turkey Steak	1	150g	216	46.9	0	2.8	0
	Sweet Potato	1	Large	162	4	37	0	6
വ	Green Veg (as much as you like)							
_								
MEAL								
Σ								
		MEAL 5 SU	BTOTALS:	378	50.9	37	2.8	6
9								
MEAL								
Σ		MEAL 6 SU	RTOTALS	0	0	0	0	0
		HEAE 0 50	BTOTALS.	0	0	0	0	0
		DAILY TOT	ALS:	2044	187.1	193.5	58.1	27.7



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	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]		FAT [g]	FIBRE [g]
	Whey Protein Powder	1	Scoop	90	20	2.6	0	0
	Oats	1	80g	300	9.6	52.6	6.4	8
Ч	Chopped Apple	1	1	76	0	16	0	4
	Coconut Milk	1	150ml	28	0	0	2.3	0
ΕA	Natural Peanut butter	1	1tsp	47	2.2	1	3.5	0.5
Σ								
		MEAL 1 SU	BTOTALS:	541	31.8	72.2	12.2	12.5
	Biltong	1	Packet	80	50	2	1	0
	Banana	1	Medium	110	1	29	0	4
2	Danana	1	Medium	110	1	23	0	4
ΑL								
ш								
Σ		MEAL 2 SU	BTOTALS	190	51	31	1	4
			B-OTALO.	100	01			-
	Baked cod fillet	1	120g	138	30	0	1	
	Mixed salad (leaves, tomatoes etc.)							
က	Avocado	1	1	240	4	12	24	10
_								
A								
Ш Σ								
		MEAL 3 SU	BTOTALS:	378	34	12	25	10
						-	-	
	0% Fat Greek Yoghurt	1	200g	114	21	8	0	0
	Pumpkin Seeds	1	2 tbsp	112	6	2	10	1
4	Blueberries	1	150g	86	1	21	0	3.5
ΕA								
Σ				010	00	04	10	4.5
		MEAL 4 SU	BIUTALS:	312	28	31	10	4.5
	Lean mince Beef (5%)	1	150g	196	33	0	6	0
	Canned Tomatoes	1	1 can	74	4	12	0	2
വ	Veg (mushrooms, onions etc.)							
_	Cooked Rice	1	150g	240	5	45.6	4	0
4								
Ш								
		MEAL 5 SU	BTOTALS:	510	42	57.6	10	2
9								
_								
ΕÞ								
Ш М								
		MEAL 6 SU	BTOTALS:	0	0	0	0	0
		DAILY TOT	ALS:	1931	186.8	203.8	58.2	33



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Origo 116* Origo 116* <thorigo 116*<="" th=""> Origo 116* Origo 11</thorigo>									
Low Fat Granola150g18363835Buberies1100g6001402PerformantReal1100g6001402Real1100g6127608220Performant1120g17638127608220Performant1120g1763822200Mixed Leaf Salad (peppers, onions etc.)1120g17638443050Performant111<		FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
Buberrise 1 100g 60 1 100g 2 Properties Aleit 1 100g 60 1 100g 2 Refer 1 1 1 100g 100g 100g 2 0 3 7 Properties Constrained breast file(scoked) 1 100g 17 8 2 2 0 1 Mixed Leaf Salad (poppers, ontons etc) 1 12 17 8 44 30 5 5 Remeating (suffloweroli) 1			1	-	118	21	8	0	0
Total Initial Initial <thinitial< th=""> <thinitial< th=""> <thini< th=""><th></th><th>Low Fat Granola</th><th>1</th><th>-</th><th>183</th><th>6</th><th></th><th>3</th><th>5</th></thini<></thinitial<></thinitial<>		Low Fat Granola	1	-	183	6		3	5
Mark John John <th< th=""><th>Ч</th><th>Bluberries</th><th>1</th><th>100g</th><th>60</th><th>0</th><th>14</th><th>0</th><th>2</th></th<>	Ч	Bluberries	1	100g	60	0	14	0	2
Number of the second									
Product of the set of	A								
Program Anome <	Σ								
Wholemaal Tortilla Wrap 1 1 172 6 28 3 5 Maded Leaf Salad (peppers, onions etc) -			MEAL 1 SU	BTOTALS:	361	27	60	3	7
Wholemaal Tortilla Wrap 1 1 172 6 28 3 5 Maded Leaf Salad (peppers, onions etc) -				100	170	22	0	0	0
Nuted Leaf Salad (peppers, onions etc) Instantion Instanti									
Image: biologic			1	1	1/2	6	28	3	5
MEAL 2 SUBTOTALS: 348 44 30 5 5 Canned tuna (sunflower oil) Green salad (leaves, tomatoes etc.) 1 1 can 197 25 0 11 0 Apple 1 Medium 77 0 17 0 2.5 Hummus 2 tbsp 70 2 4 5 2 MEAL 3 SUETOTALS: 344 27 21 16 4.5 Whey Protein Powder (with Water) 1 Scoops 90 20 2 0 0 Banana 1 Medium 105 0 27 0 3 Whey Protein Powder (with Water) 1 Scoops 90 20 2 0 0 Banana 1 Medium 105 0 20 20 0 3 Medium 1 200g 20 2 0 3 3 Medium 1 200g 20 2 0 3 Medium 1 200g 20 9 2 4	2	Mixed Leaf Salad (peppers, onions etc)							
MEAL 2 SUBTOTALS: 348 44 30 5 5 Canned tuna (sunflower oil) Green salad (leaves, tomatoes etc.) 1 1 can 197 25 0 11 0 Apple 1 Medium 77 0 17 0 2.5 Hummus 2 tbsp 70 2 4 5 2 MEAL 3 SUETOTALS: 344 27 21 16 4.5 Whey Protein Powder (with Water) 1 Scoops 90 20 2 0 0 Banana 1 Medium 105 0 27 0 3 Whey Protein Powder (with Water) 1 Scoops 90 20 2 0 0 Banana 1 Medium 105 0 20 20 0 3 Medium 1 200g 20 2 0 3 3 Medium 1 200g 20 2 0 3 Medium 1 200g 20 9 2 4									
MEAL 2 SUBTOTALS: 348 44 30 5 5 Canned tuna (sunflower oil) Green salad (leaves, tomatoes etc.) 1 1 can 197 25 0 11 0 Apple 1 Medium 77 0 17 0 2.5 Hummus 2 tbsp 70 2 4 5 2 MEAL 3 SUETOTALS: 344 27 21 16 4.5 Whey Protein Powder (with Water) 1 Scoops 90 20 2 0 0 Banana 1 Medium 105 0 27 0 3 Whey Protein Powder (with Water) 1 Scoops 90 20 2 0 0 Banana 1 Medium 105 0 20 20 0 3 Medium 1 200g 20 2 0 3 3 Medium 1 200g 20 2 0 3 Medium 1 200g 20 9 2 4	В								
Canned tuna (sunflower oil) Green salad (leaves, tomatoes etc.) 1 an 107 9 0 11 0 Apple 1 Medium 77 0 17 0 2.5 Hummus 2 tbsp 70 2 4 5 2 Whey Protein Powder (with Water) 1 Scoops 90 20 27 0 3 Banana 1 Medium 105 0 27 0 3 Methy Protein Powder (with Water) 1 Scoops 90 20 2 0 3 Banana 1 Medium 105 0 27 0 3 Mish Protein Powder (with Water) 1 Scoops 90 20 20 0 3 Medium 10 Scoops 90 20 27 0 3 Guina (cooked) 1 200g 470 46 0 3 1 Roasted mix veg (peppers, onions, courgette) In In In In In In In In <	Σ								
Green salad (leaves, tomatoes etc.) I Medium 77 0 17 0 2.5 Hummus 2 Usp 70 2 4 5 2 MEAL 3 Supple 1 Scoops 90 2.0 2 0 0 3 Merey Protein Powder (with Water) 1 Scoops 90 2.0 2 0 0 Banana 1 Medium 16 0 2 0 0 0 Quina (cooked) 1 Scoops 90 2.0 2.0 0 0 0 Quina (cooked) 1 Scoops 90 2.0 2.0 0 3 MEAL 4 SUPOTALISE 160 1 2.0 2.0 2.0 2.0 2.0 3 3 Quina (cooked) 1 2.00 2.0 2.0 2.0 3 3 3 3 MEAL 4 SUPOTALISE 7.0 4.6 0 3 3 3 3 3 3 3 3 3 <			MEAL 2 SU	BTOTALS:	348	44	30	5	5
Green salad (leaves, tomatoes etc.) I Medium 77 0 17 0 2.5 Hummus 2 Usp 70 2 4 5 2 MEAL 3 Supple 1 Scoops 90 2.0 2 0 0 3 Merey Protein Powder (with Water) 1 Scoops 90 2.0 2 0 0 Banana 1 Medium 16 0 2 0 0 0 Quina (cooked) 1 Scoops 90 2.0 2.0 0 0 0 Quina (cooked) 1 Scoops 90 2.0 2.0 0 3 MEAL 4 SUPOTALISE 160 1 2.0 2.0 2.0 2.0 2.0 3 3 Quina (cooked) 1 2.00 2.0 2.0 2.0 3 3 3 3 MEAL 4 SUPOTALISE 7.0 4.6 0 3 3 3 3 3 3 3 3 3 <		Canned tuna (supflower oil)	1	1 can	197	25	0	11	0
No Apple 1 Medium 77 0 17 0 2.5 Hummus 2 tbsp 70 2 4 5 2 Medium 70 2 4 5 2 Method 1 Scope 94 27 21 16 4.5 Method 1 Scope 90 20 2 0 0 Banana 1 Medium 105 0 27 0 3 Method Medium 105 0 27 0 3 Method Medium 105 0 27 0 3 Method Medium 105 0 20 20 0 3 Samon fillet 1 200 20 20 20 3 3 Quinoa (cocked) 1 200 200 20 20 3 3 HEAL 5 UTAL 5 10 5 4 3 4 3 Motococked/i 1 200 <th></th> <th></th> <th>1</th> <th>- ouri</th> <th>107</th> <th>20</th> <th>0</th> <th></th> <th>0</th>			1	- ouri	107	20	0		0
Hummus 2 bsp 70 2 4 5 2 Mexnus MEAL 3 SUTALS: 344 27 21 10 4.5 Whey Protein Powder (with Water) 1 Scoops 90 20 2 0 0 Banaa 1 Medium 105 0 27 0 3 Mexnus 1 Medium 105 0 27 0 3 Mexnus 1 Medium 105 0 27 0 3 Mexnus 1 Medium 105 0 20 0 3 Mexnus 1 240g 470 46 0 32 0 Minoa (cooked) 1 200g 240 9 2 4 1 Reasted mix veg (peppers, onions, courgette) I 20 2 4 1 1 MEXL 5 SUTALS 710 55 42 36 1 1 Minoa (cooked) I I I I I I </th <th>m</th> <th></th> <th>1</th> <th>Medium</th> <th>77</th> <th>0</th> <th>17</th> <th>0</th> <th>2.5</th>	m		1	Medium	77	0	17	0	2.5
MEAL 3 SUBTOTALS: 344 27 21 16 4.5 Meana 1 Scops 90 20 2 0 0 Banana 1 Medium 105 0 27 0 3 Memory Protein Powder (with Water) 1 Medium 105 0 27 0 3 Medium 105 0 27 0 3									
Weight Protein Powder (with Water) 1 Scoops 90 20 2 0 0 Banana 1 Medium 105 0 27 0 3 Meney Protein Powder (with Water) 1 Scoops 90 20 2 0 0 Banana 1 Medium 105 0 27 0 3 Meth A SUUT 1 Medium 105 0 27 0 3 Meth A SUUT 1 Medium 105 0 27 0 3 Meth A SUUT 1 Medium 105 0 27 0 3 Salmon fillet 1 240g 470 48 0 32 0 Quinoa (cooked) 1 200g 240 9 42 4 1 Meth S UUTALS: 710 55 42 36 1 Meth S UUTALS: 710 55 42 36 1 Meth S UUTALS: 710 55 42 36 1		Turimus	2	usp	70	2	4	5	2
MEAL 3 SUBTOTALS: 344 27 21 16 4.5 Whey Protein Powder (with Water) 1 Scoops 90 20 2 0 0 Banana 1 Medium 105 0 27 0 3 Image: Scoops 90 20 27 0 3 <td< th=""><th>Ш</th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th></td<>	Ш								
Main Protein Powder (with Water) 1 Scoops 90 20 2 0 0 Banana 1 Medium 105 0 27 0 3 Power Mexit 4 Sumon Incol 100 20 29 0 3 Salmon fillet 1 240g 470 46 0 32 0 Quinoa (cooked) 1 200g 240 9 42 4 1 Mexit 5 Sumer 710 55 42 36 1 Mexit 6 Incol Incol Incol Incol Incol Incol Incol Incol Incol	Σ		MEAL 2 SH	PTOTALS.	244	27	21	16	15
Banana 1 Medium 105 0 27 0 3 Image: Section of the sectin of the section of the section of the sectin of the sectin of th			MEAL 5 50	DIUTALS.	344	21	21	10	4.0
Y Image: state stat		Whey Protein Powder (with Water)	1	Scoops	90	20	2	0	0
Image: Problem in the second secon		Banana	1	Medium	105	0	27	0	3
MEAL 4 SUBTOTALS: 195 20 29 0 32 Salmon fillet 1 240g 470 46 0 32 0 Quinoa (cooked) 1 200g 240 9 42 4 1 Roasted mix veg (peppers, onions, courgette) 1 200g 240 9 42 4 1 MEAL 5 2 7 55 42 36 1<	4								
MEAL 4 SUBTOTALS: 195 20 29 0 32 Salmon fillet 1 240g 470 46 0 32 0 Quinoa (cooked) 1 200g 240 9 42 4 1 Roasted mix veg (peppers, onions, courgette) 1 200g 240 9 42 4 1 MEAL 5 2 7 55 42 36 1<									
MEAL 4 SUBTOTALS: 195 20 29 0 32 Salmon fillet 1 240g 470 46 0 32 0 Quinoa (cooked) 1 200g 240 9 42 4 1 Roasted mix veg (peppers, onions, courgette) 1 200g 240 9 42 4 1 MEAL 5 2 7 55 42 36 1<	A								
NEAL 4 SUBTOTALS: 195 20 29 0 3 Salmon fillet 1 240g 470 46 0 32 0 Quinoa (cooked) 1 200g 240 9 42 4 1 Roasted mix veg (peppers, onions, courgette) Image: Salmon fillet	Ы								
Quinoa (cooked) 1 200g 240 9 42 4 1 Roasted mix veg (peppers, onions, courgette) Image: Signal Si			MEAL 4 SU	BTOTALS:	195	20	29	0	3
Quinoa (cooked) 1 200g 240 9 42 4 1 Roasted mix veg (peppers, onions, courgette) Image: Signal Si									
Poasted mix veg (peppers, onions, courgette) Image: Simple state sta			1	-					0
Image: Participant set in the set i			1	200g	240	9	42	4	1
MEAL 5 SUBTOTALS: 710 55 42 36 1 Image: Subtotals: 710 55 42 36 1	വ	Roasted mix veg (peppers, onions, courgette)							
MEAL 5 SUBTOTALS: 710 55 42 36 1 0 Image: Stress of the s									
MEAL 5 SUBTOTALS: 710 55 42 36 1 0 Image: Subtotals: Image: S	A								
Markowski	Σ								
MENTAL CONTRACTOR OF CONTRACTO			MEAL 5 SU	BTOTALS:	710	55	42	36	1
MENTAL CONTRACTOR OF CONTRACTO									
MENTAL CONTRACTOR OF CONTRACTO									
MENTAL CONTRACTOR OF CONTRACTO	6								
Σ									
MEAL 6 SUBTOTALS: 0 0 0 0 0									
MEAL 6 SUBTOTALS: 0 0 0 0	ΕA								
MEAL & SUBTUTALS: U U U U U U U	Σ		MEAL C OU	PTOTAL C.	0	0	0	0	0
			MEAL 6 SU	BTUTALS:	0	0	0	0	0
DAILY TOTALS: 1958 173 182 60 20.5			DAILY TOT	ALS:	1958	173	182	60	20.5

DETAILED CALORIE PLANS

2250 Cal.

View 1250 Cal. P13

View 1500 Cal. P17

View 1750 Cal. P21

View 2000 Cal. P25

2250 Cal.

Plan 1	P 30
Plan 2	P 31
Plan 3	P 32





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	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]		FAT [g]	FIBRE [g]
	Eggs	4		294	25	2	20	0
	Mixed Peppers							
Ч	Multi Seeded Bread	2	Slice	208	4	28	9	8
_								
MEA								
Σ								
		MEAL 1 SU	BTOTALS:	502	29	30	29	8
	Grenade Carb Killa Protein Bar	1		214	23.2	13.5	7.9	6.7
	Banana	1		110	1	30	0	3
2	Dallalla	1		110	1	30	0	0
MEAL								
Ш								
Σ		MEAL 2 OH	PTOTAL	204	04.0	10 5	7.0	0.7
		MEAL 2 SU	BTUTALS:	324	24.2	43.5	7.9	9.7
	Chicken Fillet	1	140g	150	32.5	0	1.9	0
	Mixed Salad w/peppers, onions etc							
က	Olive Oil	1	Tsp	40	0	0	4.5	0
	Cooked Rice	1	250g	400	8	76	6	2
AL			0					
Ш								
2		MEAL 3 SU	BTOTALS:	590	40.5	76	12.4	2
	Whey Protein Powder (with water)	2	Scoop	180	40	4	0	0
	Handful of almonds	1	15 nuts	105	4	4	9	2
4	Raspberries	1	150g	40	2	7	0	4
4								
Ш М								
		MEAL 4 SU	BTOTALS:	325	46	15	9	6
						-		
	Turkey Steak	1	150g	216	46.9	0	2.8	0
_	Sweet Potato	1 1/2	Large	243	6	56	0	9
വ	Green Veg (as much as you like)							
_								
MEA								
Σ								
		MEAL 5 SU	BTOTALS:	459	52.9	56	2.8	9
9								
Ч Ч								
MEAL								
\geq		MEAL 6 SU	RTOTALS	0	0	0	0	0
				-	5		5	
		DAILY TOT	ALS:	2200	192.6	220.5	61.1	34.7



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	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
	Whey Protein Powder	1	Scoop	90	20	2.6	0	0
	Oats	1	80g	300	9.6	52.6	6.4	8
Ч	Chopped Apple	1	1	76	0	16	0	4
	Coconut Milk	1	150ml	28	0	0	2.3	0
ΕA	Natural Peanut butter	1	1tsp	47	2.2	1	3.5	0.5
Σ								
		MEAL 1 SU	BTOTALS:	541	31.8	72.2	12.2	12.5
	Biltong	1	Packet	80	50	2	1	0
	Banana	1	Medium	110	1	29	0	4
2	Dallalla	1	Wealum	110	1	29	0	4
AL								
ш								
Σ		MEAL 2 SU	RTOTALS	190	51	31	1	4
		-112AL 2 30	B-FOFAEO.	100	51	51		1
	Baked cod fillet	1	120g	138	30	0	1	
	Mixed salad (leaves, tomatoes etc.)							
က	Avocado	1	1	240	4	12	24	10
_								
A								
Ш								
		MEAL 3 SU	BTOTALS:	378	34	12	25	10
	0% Fat Greek Yoghurt	1	200g	114	21	8	0	0
	Pumpkin Seeds	1	2 tbsp	112	6	2	10	1
4	Blueberries	1	150g	86	1	21	0	3.5
	Honey	1	tbsp	64	0	17	0	0
ΕA								
Σ			DIOIN	070	00	40	10	4.5
		MEAL 4 SU	BIUTALS:	376	28	48	10	4.5
	Lean mince Beef (5%)	1	200g	242	40	0	9	0
	Canned Tomatoes	1	1 can	74	4	12	0	2
വ	Veg (mushrooms, onions etc.)							
_	Cooked Rice	1	150g	240	5	45.6	4	0
4			-					
ШΣ								
		MEAL 5 SU	BTOTALS:	556	49	57.6	13	2
9								
_								
Ч								
ШΣ								
		MEAL 6 SU	BTOTALS:	0	0	0	0	0
		DAILY TOT	ALS:	2041	193.8	220.8	61.2	33



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	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
	0% Fat Greek yoghurt	1	200g	118	21	8	0	0
	Low Fat Granola	1	50g	183	6	38	3	5
Ч	Bluberries	1	100g	60	0	14	0	2
ΕA								
Σ								
		MEAL 1 SU	BTOTALS:	361	27	60	3	7
			100					•
	Chargrilled breast fillets (cooked)	1	120g	176	38	2	2	0
	Wholemeal Tortilla Wrap	1	1	172	6	28	3	5
2	Mixed Leaf Salad (peppers, onions etc)							
AL								
А								
Σ								
		MEAL 2 SU	BTOTALS:	348	44	30	5	5
	Canned tuna (sunflower oil)	1	1 can	197	25	0	11	0
	Green salad (leaves, tomatoes etc.)		i ouri	107	20	0		0
ന	Apple	1	Medium	77	0	17	0	2.5
	Hummus	2	tbsp	70	2	4	5	2
A L	Cooked Rice	1	125g	200	4	38	3	1
ш		1	1209	200	-	00	0	1
Σ		MEAL 3 SU	RTOTALS	544	31	59	19	5.5
		HERE 0 00	BIOTALO.	544	01	55	10	5.5
	Whey Protein Powder (with Water)	2	Scoops	180	40	4	0	0
	Banana	1	Medium	105	0	27	0	3
4								
_								
A								
Ш								
_		MEAL 4 SU	BTOTALS:	285	40	31	0	3
	Salmon filllet	1	240g	470	46	0	32	0
	Quinoa (cooked)	1	200g	240	9	42	4	1
വ	Roasted mix veg (peppers, onions, courgette)							
А Ш								
Ш М								
		MEAL 5 SU	BTOTALS:	710	55	42	36	1
~								
9								
MEA								
Σ			PTOTAL	0	0	0	0	0
		MEAL 6 SU	BTUTALS:	0	0	0	0	0
			ALS:		197	222	63	21.5