

Option 1							
Meal:	Food	Portion Size	Portions	Protein	Carb	Fat	Calories
<b>Breakfast</b>	Large Whole Egg	1 Egg	2	12	0	10	138
	Bacon Medallion	1 Medallion	4	17.2	0.4	2	85
	Kerry Gold butter	5g	1	0	0	6	50
	Warburtons Thin Bagels (plain)	1 Bagel	1	5	25	1	130
	0	0	2	0	0	0	0
0	0	1	0	0	0	0	
0	0	1	0	0	0	0	
<b>Mid-Morning Snack</b>	Chocolate Snack A Jack	1 Rice Cake	2	1.8	24.4	2	125
	Grenade Protein Bar	1 Bar	1	20	19	12	242
	Pink Lady Apple	1 Apple	1	0.4	19.1	0	72
	0	0	1	0	0	0	0
<b>Lunch</b>	5% Lean Beef Mince	100 grams	1.7	52.7	0.85	8	286
	Spinach	25 grams	1	0.7	0.4	0	6
	Tesco Microwave Jasmine Rice	half pack	0.5	4.5	44.9	2	218
	Peppers	100 grams	1	1	4.8	0	29
	0	0	1	0	0	0	0
<b>Dinner</b>	Chicken Breast	100 grams	1.8	41.76	0	2	185
	McCains 5% Oven Chips	100 grams (frozen)	2.5	5.25	55.75	8	330
	Any veg	100g	1	0	0	0	0
	0	0	1	0	0	0	0
	0	0	1	0	0	0	0
<b>Pre Bed/Afternoon Snack</b>	Fage Total 0% Yoghurt	100 grams	3	30.9	9	0	162
	Blueberries	100 grams	1	0.6	6.9	0	35
	Lindt 70% Dark Chocolate	1 Square	2	1.6	6.8	8	112
	0	0	1	0	0	0	0
	0	0	1	0	0	0	0
<b>Total</b>				<b>195</b>	<b>217</b>	<b>62</b>	<b>2205</b>

NOTES:

ALL INGREDIENTS ARE RAW WEIGHT

FEEL FREE TO USE SAUCES AND SEASONING SPARINGLY

LOW CALORIE FIZZY DRINKS/BLACK COFFEES ARE FINE IN ADDITION TO THE PLAN

FEEL FREE TO MAKE FOOD SWAPS, JUST MATCH THE CALORIE/PROTEIN CONTENT

Mod Carb



Option 1							
Meal:	Food	Portion Size	Portions	Protein	Carb	Fat	Calories
<b>Breakfast</b>	Egg Whites	100 grams	1.5	16.35	1.2	0	70
	Large Whole Egg	1 Egg	1	6	0	5	69
	Bacon Medallion	1 Medallion	2	8.6	0.2	1	42
	Warburtons Thin Bagels (plain)	1 Bagel	2	10	50	1	260
	0	0	1	0	0	0	0
<b>Mid-Morning Snack</b>	Warburtons Thin Bagels (cinnamon&raisin)	1 Bagel	1	4.9	25.9	1	130
	Tesco Reduced Sugar Strawberry Jam	30 grams	1	0.1	13.3	0	55
	Pink Lady Apple	1 Apple	1	0.4	19.1	0	72
	Kelloggs Rice Crispy Square Bar (marshmall)	1 Bar	1	0.8	21	3	118
	0	0	1	0	0	0	0
<b>Lunch</b>	2% Lean Turkey Mince	100 grams	1.5	38.1	0.3	2	171
	Sweet Potato	100 grams	2.8	3.36	59.64	1	274
	Peppers	100 grams	1	1	4.8	0	29
	Spinach	25 grams	1	0.7	0.4	0	6
	0	0	1	0	0	0	0
<b>Dinner</b>	Chicken Breast	100 grams	1.5	34.8	0	2	154
	Mission Deli Wrap	1 Wrap	2	10.2	51	10	358
	Peppers	100 grams	1	1	4.8	0	29
	Onion	100 grams	0.5	0.65	3.9	0	19
	0	0	1	0	0	0	0
<b>Pre Bed/Afternoon Snack</b>	Porridge Oats	100 grams	0.8	9.68	44.88	7	279
	Fage Total 0% Yoghurt	100 grams	2	20.6	6	0	108
	0	0	1	0	0	0	0
	0	0	3	0	0	0	0
	0	0	2	0	0	0	0
<b>Total</b>				<b>167</b>	<b>306</b>	<b>34</b>	<b>2244</b>

High Carb

