

Option 1							
Meal:	Food	Portion Size	Portions	Protein	Carb	Fat	Calories
Breakfast	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
Mid-Morning Snack	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
Lunch	5% Lean Beef Mince	100 grams	1.7	52.7	0.85	8	286
	Spinach	25 grams	1	0.7	0.4	0	6
	White Potato	100g	3	6.3	51.6	1	273
	Peppers	100 grams	1	1	4.8	0	29
	0	0	1	0	0	0	0
Dinner	Chicken Breast	100 grams	1.8	41.76	0	2	185
	Tilda Microwave Basmati Rice	1 Pack	1	9	64.2	5	340
	Any veg	100g	1	0	0	0	0
	Medium Banana	1 Banana	1	1.1	20.6	0	90
	0	0	1	0	0	0	0
Pre Bed/Afternoon Snack	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	1	0.8	3.4	4	56
	Curly Wurlly Chocolate Bar	1 Bar	1	0.9	18	5	116
	0	0	1	0	0	0	0
Total				202	268	58	2419

NOTES:

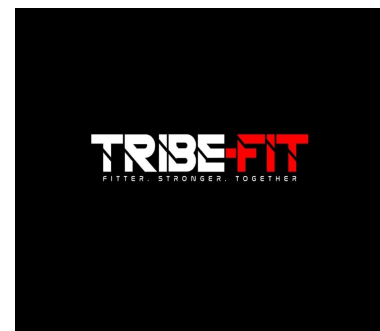
ALL INGREDIENTS ARE RAW WEIGHT

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
Breakfast	Porridge Oats	100 grams	1.2	14.52	67.32	10	418
	Medium Banana	1 Banana	1	1.1	20.6	0	90
	Lindt 70% Dark Chocolate	1 Square	2	1.6	6.8	8	112
	0	0	2	0	0	0	0
Mid-Morning Snack	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
Lunch	Chicken Breast	100 grams	1.5	34.8	0	2	154
	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
Dinner	2% Lean Turkey Mince	100 grams	1.5	38.1	0.3	2	171
	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
Pre Bed/Afternoon Snack	Warburtons Thin Bagels (cinnamon&raisin)	1 Bagel	1	4.9	25.9	1	130
	Fage Total 0% Yoghurt	100 grams	2	20.6	6	0	108
	Tesco Reduced Sugar Strawberry Jam	30 grams	2	0.2	26.6	0	109
	0	0	3	0	0	0	0
	0	0	2	0	0	0	0
Total				139	357	39	2382

High Carb

