

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	3	0	0	17	150
	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
<b>Mid-Morning Snack</b>	Chocolate Snack A Jack	1 Rice Cake	4	3.6	48.8	4	249
	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	2	62	1	9	337
	Spinach	25 grams	1	0.7	0.4	0	6
	White Potato	100g	3.5	7.35	60.2	1	319
	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
	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
<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
	Curly Wurlly Chocolate Bar	1 Bar	1	0.9	18	5	116
	0	0	1	0	0	0	0
	<b>Total</b>				<b>215</b>	<b>304</b>	<b>76</b>

NOTES:

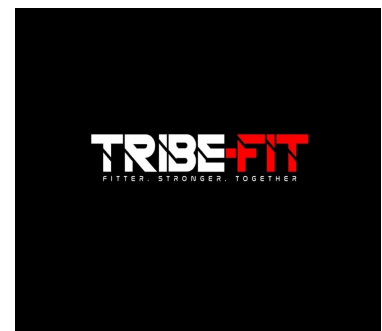
ALL INGREDIENTS ARE RAW WEIGHT

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>	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
	Whey Protein	1 Scoop	2	50	1	1	240
	0	0	0	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
	Whey Protein	1 Scoop	2	50	1	1	240
<b>Lunch</b>	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	0	0	0	0	0
<b>Dinner</b>	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	0	0	0	0	0
<b>Pre Bed/Afternoon Snack</b>	Crumpet	1 Crumpet	2	5.8	37.4	1	190
	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
<b>Total</b>				<b>239</b>	<b>350</b>	<b>38</b>	<b>2804</b>

High Carb

