

NUTRITION PLAN



hunt fitness



MALE NUTRITION INDEX

MACRO GUIDANCE

MEAL EXAMPLES

DETAILED CALORIE PLANS

BREAKFAST

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 flavoured).

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

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 tbsps. 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, or bell 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.

NOTE: All meat/fish weights are raw weights

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.

MACRO GUIDANCE

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
- 1 apple
- 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.

FAVOURITES: Spinach / Kale / Broccoli / Courgette / Asparagus / Veggie powders (Get real food before resorting to these!)

FEMALE NUTRITION INDEX

MACRO GUIDANCE

MEAL EXAMPLES

DETAILED CALORIE PLANS

BREAKFAST

OPTION 1

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

OPTION 2

2 whole eggs & ½ avocado, spinach & ¼ 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 flavoured).

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.

LUNCH / DINNER

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 tbsps. 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, or bell 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.

NOTE: All meat/fish weights are raw weights

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.

MACRO GUIDANCE

FEMALE 1500 CALORIES

BREAKFAST

300-350 CALORIES

32g carbs
25g protein
10g fats

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]
- 1 apple
- 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]
- 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. Check the W10 Shopping List for ideas. Just be aware of starchy veggies like beans, potatoes & squash.

FAVOURITES: Spinach / Kale / Broccoli / Courgette / Asparagus / Veggie powders (Get real food before resorting to these!)

DETAILED CALORIE PLANS

1250
CALORIES

GO TO...

1250 CALORIE PLAN 1

MEAL 1

FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
Eggs	2		147	12.5	0.8	9.9	0
Mixed Peppers							
Multi Seeded Bread	1	Slice	104	2.1	13.7	4.5	3.8
MEAL 1 SUBTOTALS:			251	14.6	14.5	14.4	3.8

MEAL 2

Grenade Carb Killa Protein Bar	1		214	23.2	13.5	7.9	6.7
Unsalted Almonds	10		56	2	1.5	5	1
MEAL 2 SUBTOTALS:			270	25.2	15	13.9	7.7

MEAL 3

Chicken Fillet	1	120g	169	37	0	2.5	0
Mixed Salad w/peppers, onions etc..							
Olive Oil	1	tsp	40	0	0	4.5	0
MEAL 3 SUBTOTALS:			209	37	0	7	0

MEAL 4

Whey Protein Powder (with water)	1	Scoop	90	20	2	0	0
Apple	1	Medium	77	0	17	0	2.5
MEAL 4 SUBTOTALS:			167	20	19	0	2.5

MEAL 5

Turkey Steak	1	125g	190	39	0	3.5	0
Sweet Potato	1	Large	162	4	37	0	6
Green Veg (as much as you like)							
MEAL 5 SUBTOTALS:			352	43	37	3.5	0

MEAL 6

MEAL 6 SUBTOTALS:							
DAILY TOTALS:			1274	138	85	35	25

1250 CALORIE PLAN 2

MEAL 1

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
Chopped apple (1/2)	1	1/2	38	0	8	0	2
Coconut milk	1	150ml	28	0	0	2.3	0
Natural nut butter	1	1 tsp	47	2.2	1	3.5	1
MEAL 1 SUBTOTALS:			320	27.2	31	7.8	6

MEAL 2

Biltong	1	Packet	80	15	2	1	0
Blueberries	1	150g	86	1	21	0	4
MEAL 2 SUBTOTALS:			166	16	23	1	4

MEAL 3

Baked cod fillet	1	140g	115	25	0	1	0
Cooked rice	1	125g	200	4	38	3	1
Mixed salad (leaves, tomatoes etc.)							
MEAL 3 SUBTOTALS:			315	29	38	4	1

MEAL 4

0% fat Greek yoghurt	1	170g	97	17	7	0	0
Pumpkin seeds	1	2 tbsp	112	6	2	10	1
MEAL 4 SUBTOTALS:			209	23	9	10	1

MEAL 5

Lean mince beef (5%)	1	125g	163	27	0	5	0
Canned tomatoes	1	1/2 can	37	2	6	0	1
Veg (mushrooms, onions etc.)							
MEAL 5 SUBTOTALS:			200	29	6	5	1

MEAL 6

MEAL 6 SUBTOTALS:							
DAILY TOTALS:			1210	128	138	33	12

1250 CALORIE PLAN 3

MEAL 1

FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
0% Fat Greek yoghurt	1	170g	97	17	7	0	0
Low Fat Granola	1	30g	110	4	23	2	3
Blueberries	1	50g	29	0	7	0	1
MEAL 1 SUBTOTALS:			236	21	37	2	4

MEAL 2

Chargrilled breast fillets (cooked)	1	120g	176	38	2	2	0
Wholemeal Tortilla Wrap	1	1	172	6	28	3	5
Mixed Leaf Salad (peppers, onions etc..)							
MEAL 2 SUBTOTALS:			348	44	30	5	5

MEAL 3

Canned tuna (sunflower oil)	1	1 can	197	25	0	11	0
Green salad (leaves, tomatoes etc.)							
MEAL 3 SUBTOTALS:			197	25	0	11	0

MEAL 4

Whey Protein Powder	1	Scoop	90	20	2	0	0
Raspberries	1	100g	27	1	5	0	3
MEAL 4 SUBTOTALS:			117	21	7	0	3

MEAL 5

Salmon fillet	1	120g	235	23	0	16	0
Cous cous (cooked)	1	80g	79	3	16	0	1
Roasted mix veg (peppers, onions, courgette)							
MEAL 5 SUBTOTALS:			314	26	16	16	1

MEAL 6

MEAL 6 SUBTOTALS:							

DAILY TOTALS:	1212	137	90	34	13
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DETAILED CALORIE PLANS

1500
CALORIES

GO TO...

1500 CALORIE PLAN 1

MEAL 1

FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
Eggs	2		147	12.5	1	9.9	0
Mixed Peppers							
Multi Seeded Bread	1	Slice	104	2	14	4.5	3.8
MEAL 1 SUBTOTALS:			251	14.5	15	14.4	3.8

MEAL 2

Grenade Carb Killa Protein Bar	1		214	23.2	13.5	7.9	6.7
Unsalted Almonds	10		56	2	1.5	5	1
MEAL 2 SUBTOTALS:			270	25.2	15	12.9	15.4

MEAL 3

Chicken Fillet	1	120g	169	37	1	2.5	0
Mixed Salad w/peppers, onions etc..							
Olive Oil	1	Tsp	40	0	0	4.5	0
Cooked Rice	1	125g	200	4	38	3	1
MEAL 3 SUBTOTALS:			409	41	39	10	1

MEAL 4

Whey Protein Powder (with water)	1	Scoop	90	20	2	0	0
Apple	1	Medium	77	0	17	0	2.5
MEAL 4 SUBTOTALS:			167	20	19	0	2.5

MEAL 5

Turkey Steak	1	125g	190	39	0	3.5	0
Sweet Potato	1	Large	162	4	37	0	6
Green Veg (as much as you like)							
MEAL 5 SUBTOTALS:			352	43	37	3.5	6

MEAL 6

MEAL 6 SUBTOTALS:							
DAILY TOTALS:			1449	143.7	125	40.8	28.7

1500 CALORIE PLAN 2

MEAL 1

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
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
MEAL 1 SUBTOTALS:			320	27.2	31	7.8	5.25

MEAL 2

Biltong	1	Packet	80	15	2	1	0
Banana	1	Medium	110	1	29	0	4
MEAL 2 SUBTOTALS:			190	16	31	1	4

MEAL 3

Baked Cod Fillet	1	120g	115	25	0	1	0
Cooked Rice	1	125g	200	4	38	3	0
Mixed salad (leaves, tomatoes etc.)	1	Tsp					
Avocado	1	1/2	120	2	6	12	5
MEAL 3 SUBTOTALS:			435	31	44	16	5

MEAL 4

0% Fat Greek Yoghurt	1	170g	97	17	7	0	0
Pumpkin Seeds	1	2 tbsp	112	6	2	10	1
Blueberries	1	150g	86	1	21	0	3.5
MEAL 4 SUBTOTALS:			295	24	30	10	4.5

MEAL 5

Lean Mince Beef (5%)	1	125g	163	27	0	5	0
Canned Tomatoes	1	1/2 can	37	2	6	0	1
Veg (mushrooms, onions etc.)							
MEAL 5 SUBTOTALS:			200	29	6	5	1

MEAL 6

MEAL 6 SUBTOTALS:							
DAILY TOTALS:			1440	127.2	142	39.8	19.75

1500 CALORIE PLAN 3

MEAL 1

FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
0% Fat Greek yoghurt	1	170g	97	18	7	0	0
Low Fat Granola	1	50g	110	4	23	2	3
Blueberries	1	50g	30	0	7	0	1
MEAL 1 SUBTOTALS:			237	22	37	2	4

MEAL 2

Chargrilled breast fillets (cooked)	1	120g	176	38	2	2	0
Wholemeal Tortilla Wrap	1	1	172	6	28	3	5
Mixed Leaf Salad (peppers, onions etc..)							
MEAL 2 SUBTOTALS:			348	44	30	5	5

MEAL 3

Canned tuna (sunflower oil)	1	1 can	197	25	0	11	0
Green salad (leaves, tomatoes etc.)							
Apple	1	Medium	77	0	17	0	2.5
Hummus	4	tbsp	140	4	8	10	4
MEAL 3 SUBTOTALS:			414	29	25	21	6.5

MEAL 4

Whey Protein Powder (with Water)	1	Scoop	90	20	2	0	0
Raspberries	1	100g	27	1	5	0	3
MEAL 4 SUBTOTALS:			117	21	7	0	3

MEAL 5

Salmon fillet	1	120g	235	23	0	16	0
Quinoa (cooked)	1	90g	108	4	19	2	1
Roasted mix veg (peppers, onions, courgette)							
MEAL 5 SUBTOTALS:			343	27	19	18	1

MEAL 6

MEAL 6 SUBTOTALS:							
DAILY TOTALS:			1459	143	118	46	19.5

DETAILED CALORIE PLANS

1750
CALORIES

GO TO...

1750 CALORIE PLAN 1

MEAL 1

FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
Eggs	2		147	12.5	1	9.9	0
Mixed Peppers							
Multi Seeded Bread	2	Slice	208	4	28	9	8
MEAL 1 SUBTOTALS:			355	16.5	29	18.9	8

MEAL 2

Grenade Carb Killa Protein Bar	1		214	23.2	13.5	7.9	6.7
Mandarin Orange	2		74	2	22	0	5
MEAL 2 SUBTOTALS:			288	25.2	35.5	7.9	11.7

MEAL 3

Chicken Fillet	1	120g	169	37	1	2.5	0
Mixed Salad w/peppers, onions etc..							
Olive Oil	2	Tsp	80	0	0	9	0
Cooked Rice	1	125g	200	4	38	3	1
MEAL 3 SUBTOTALS:			449	41	39	14.5	1

MEAL 4

Whey Protein Powder (with water)	1	Scoop	90	20	2	0	0
Banana	1	Medium	105	0	27	0	3
MEAL 4 SUBTOTALS:			195	20	29	0	3

MEAL 5

Turkey Steak	1	125g	190	39	0	3.5	0
Sweet Potato	1	Large	162	4	37	0	6
Green Veg (as much as you like)							
MEAL 5 SUBTOTALS:			352	43	37	3.5	6

MEAL 6

MEAL 6 SUBTOTALS:							
DAILY TOTALS:			1639	145.7	169.5	44.8	29.7

1750 CALORIE PLAN 2

MEAL 1

FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [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
Chopped Apple	1	1	76	0	16	0	4
Coconut Milk	1	150ml	28	0	0	2.3	0
Natural Peanut Butter	1	1 tsp	47	2.2	1	3.5	0.5
MEAL 1 SUBTOTALS:			474	38.2	55	9.8	9.5

MEAL 2

Biltong	1	Packet	80	15	2	1	0
Banana	1	Medium	110	1	29	0	4
MEAL 2 SUBTOTALS:			190	16	31	1	4

MEAL 3

Baked Cod Fillet	1	120g	115	25	0	1	0
Mixed salad (leaves, tomatoes etc.)	1						
Avocado	1	1/2	120	2	6	12	5
MEAL 3 SUBTOTALS:			235	27	6	13	5

MEAL 4

0% Fat Greek Yoghurt	1	200g	114	21	8	0	0
Pumpkin Seeds	1	2 tbsp	112	6	2	10	1
Blueberries	1	150g	86	1	21	0	3.5
MEAL 4 SUBTOTALS:			312	28	31	10	4.5

MEAL 5

Lean Mince Beef (5%)	1	150g	196	33	0	6	0
Canned Tomatoes	1	1/2 can	37	2	6	0	1
Veg (mushrooms, onions etc.)							
Cooked Rice	1	125g	200	4	38	3	0
MEAL 5 SUBTOTALS:			433	39	44	9	1

MEAL 6

MEAL 6 SUBTOTALS:							
DAILY TOTALS:			1644	148.2	167	42.8	24

1750 CALORIE PLAN 3

MEAL 1

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
Blueberries	1	100g	60	0	14	0	2
MEAL 1 SUBTOTALS:			361	27	60	3	7

MEAL 2

Chargrilled breast fillets (cooked)	1	120g	176	38	2	2	0
Wholemeal Tortilla Wrap	1	1	172	6	28	3	5
Mixed Leaf Salad (peppers, onions etc..)							
MEAL 2 SUBTOTALS:			348	44	30	5	5

MEAL 3

Canned tuna (sunflower oil)	1	1 can	197	25	0	11	0
Green salad (leaves, tomatoes etc.)							
Apple	1	Medium	77	0	17	0	2.5
Hummus	4	tbsp	140	4	8	10	4
MEAL 3 SUBTOTALS:			414	29	25	21	6.5

MEAL 4

Whey Protein Powder (with Water)	1	Scoop	90	20	2	0	0
Raspberries	1	100g	27	1	5	0	3
MEAL 4 SUBTOTALS:			117	21	7	0	3

MEAL 5

Salmon fillet	1	120g	235	23	0	16	0
Quinoa (cooked)	1	180g	216	8	38	4	1
Roasted mix veg (peppers, onions, courgette)							
MEAL 5 SUBTOTALS:			451	31	38	20	1

MEAL 6

MEAL 6 SUBTOTALS:							
DAILY TOTALS:			1691	152	160	49	22.5

DETAILED CALORIE PLANS

2000
CALORIES

GO TO...

2000 CALORIE PLAN 1

MEAL 1

FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
Eggs	4		294	25	2	20	0
Mixed Peppers							
Multi Seeded Bread	2	Slice	208	4	28	9	8
MEAL 1 SUBTOTALS:			502	29	30	29	8

MEAL 2

Grenade Carb Killa Protein Bar	1		214	23.2	13.5	7.9	6.7
Banana	1		110	1	30	0	3
MEAL 2 SUBTOTALS:			324	24.2	43.5	7.9	9.7

MEAL 3

Chicken Fillet	1	140g	150	32.5	0	1.9	0
Mixed Salad w/peppers, onions etc..							
Olive Oil	1	Tsp	40	0	0	4.5	0
Cooked Rice	1	250g	400	8	76	6	2
MEAL 3 SUBTOTALS:			590	40.5	76	12.4	2

MEAL 4

Whey Protein Powder (with water)	2	Scoop	180	40	4	0	0
Handful of almonds	1	10 nuts	70	2.5	3	6	2
MEAL 4 SUBTOTALS:			250	42.5	7	6	2

MEAL 5

Turkey Steak	1	150g	216	46.9	0	2.8	0
Sweet Potato	1	Large	162	4	37	0	6
Green Veg (as much as you like)							
MEAL 5 SUBTOTALS:			378	50.9	37	2.8	6

MEAL 6

MEAL 6 SUBTOTALS:							
DAILY TOTALS:			2044	187.1	193.5	58.1	27.7

2000 CALORIE PLAN 2

MEAL 1

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
Chopped Apple	1	1	76	0	16	0	4
Coconut Milk	1	150ml	28	0	0	2.3	0
Natural Peanut butter	1	1tsp	47	2.2	1	3.5	0.5
MEAL 1 SUBTOTALS:			541	31.8	72.2	12.2	12.5

MEAL 2

Biltong	1	Packet	80	50	2	1	0
Banana	1	Medium	110	1	29	0	4
MEAL 2 SUBTOTALS:			190	51	31	1	4

MEAL 3

Baked cod fillet	1	120g	138	30	0	1	
Mixed salad (leaves, tomatoes etc.)							
Avocado	1	1	240	4	12	24	10
MEAL 3 SUBTOTALS:			378	34	12	25	10

MEAL 4

0% Fat Greek Yoghurt	1	200g	114	21	8	0	0
Pumpkin Seeds	1	2 tbsp	112	6	2	10	1
Blueberries	1	150g	86	1	21	0	3.5
MEAL 4 SUBTOTALS:			312	28	31	10	4.5

MEAL 5

Lean mince Beef (5%)	1	150g	196	33	0	6	0
Canned Tomatoes	1	1 can	74	4	12	0	2
Veg (mushrooms, onions etc.)							
Cooked Rice	1	150g	240	5	45.6	4	0
MEAL 5 SUBTOTALS:			510	42	57.6	10	2

MEAL 6

MEAL 6 SUBTOTALS:							
DAILY TOTALS:			1931	186.8	203.8	58.2	33

2000 CALORIE PLAN 3

MEAL 1

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
Blueberries	1	100g	60	0	14	0	2
MEAL 1 SUBTOTALS:			361	27	60	3	7

MEAL 2

Chargrilled breast fillets (cooked)	1	120g	176	38	2	2	0
Wholemeal Tortilla Wrap	1	1	172	6	28	3	5
Mixed Leaf Salad (peppers, onions etc..)							
MEAL 2 SUBTOTALS:			348	44	30	5	5

MEAL 3

Canned tuna (sunflower oil)	1	1 can	197	25	0	11	0
Green salad (leaves, tomatoes etc.)							
Apple	1	Medium	77	0	17	0	2.5
Hummus	2	tbsp	70	2	4	5	2
MEAL 3 SUBTOTALS:			344	27	21	16	4.5

MEAL 4

Whey Protein Powder (with Water)	1	Scoops	90	20	2	0	0
Banana	1	Medium	105	0	27	0	3
MEAL 4 SUBTOTALS:			195	20	29	0	3

MEAL 5

Salmon fillet	1	240g	470	46	0	32	0
Quinoa (cooked)	1	200g	240	9	42	4	1
Roasted mix veg (peppers, onions, courgette)							
MEAL 5 SUBTOTALS:			710	55	42	36	1

MEAL 6

MEAL 6 SUBTOTALS:							
DAILY TOTALS:			1958	173	182	60	20.5

DETAILED CALORIE PLANS

2500
CALORIES

GO TO...

2500 CALORIE PLAN 1

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

2500 CALORIE PLAN 2

MEAL 1

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
Chopped Apple	1	1	76	0	16	0	4
Coconut Milk	1	150ml	28	0	0	2.3	0
Natural Peanut butter	1	1tsp	47	2.2	1	3.5	0.5
MEAL 1 SUBTOTALS:			541	31.8	72.2	12.2	12.5

MEAL 2

Biltong	1	Packet	80	50	2	1	0
Banana	1	Medium	110	1	29	0	4
MEAL 2 SUBTOTALS:			190	51	31	1	4

MEAL 3

Baked cod fillet	1	120g	138	30	0	1	
Mixed salad (leaves, tomatoes etc.)							
Avocado	1	1	240	4	12	24	10
MEAL 3 SUBTOTALS:			378	34	12	25	10

MEAL 4

0% Fat Greek Yoghurt	1	200g	114	21	8	0	0
Pumpkin Seeds	1	2 tbsp	112	6	2	10	1
Blueberries	1	150g	86	1	21	0	3.5
Honey	1	tbsp	64	0	17	0	0
MEAL 4 SUBTOTALS:			376	28	48	10	4.5

MEAL 5

Lean mince Beef (5%)	1	200g	242	40	0	9	0
Canned Tomatoes	1	1 can	74	4	12	0	2
Veg (mushrooms, onions etc.)							
Cooked Rice	1	150g	240	5	45.6	4	0
MEAL 5 SUBTOTALS:			556	49	57.6	13	2

MEAL 6

MEAL 6 SUBTOTALS:							
DAILY TOTALS:			2041	193.8	220.8	61.2	33

2500 CALORIE PLAN 3

MEAL 1

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
Blueberries	1	100g	60	0	14	0	2
MEAL 1 SUBTOTALS:			361	27	60	3	7

MEAL 2

Chargrilled breast fillets (cooked)	1	120g	176	38	2	2	0
Wholemeal Tortilla Wrap	1	1	172	6	28	3	5
Mixed Leaf Salad (peppers, onions etc..)							
MEAL 2 SUBTOTALS:			348	44	30	5	5

MEAL 3

Canned tuna (sunflower oil)	1	1 can	197	25	0	11	0
Green salad (leaves, tomatoes etc.)							
Apple	1	Medium	77	0	17	0	2.5
Hummus	2	tbsp	70	2	4	5	2
Cooked Rice	1	125g	200	4	38	3	1
MEAL 3 SUBTOTALS:			544	31	59	19	5.5

MEAL 4

Whey Protein Powder (with Water)	2	Scoops	180	40	4	0	0
Banana	1	Medium	105	0	27	0	3
MEAL 4 SUBTOTALS:			285	40	31	0	3

MEAL 5

Salmon fillet	1	240g	470	46	0	32	0
Quinoa (cooked)	1	200g	240	9	42	4	1
Roasted mix veg (peppers, onions, courgette)							
MEAL 5 SUBTOTALS:			710	55	42	36	1

MEAL 6

MEAL 6 SUBTOTALS:							
DAILY TOTALS:			2248	197	222	63	21.5