

Example meal plans

2100-2400^{kcal}s

These are examples only, to show how you can create meals that fit within the calorie allowance that supports your goals. It is not intended that you follow them as a plan.

Sample Day 1				
	Food	Size	Calories	Protein
Breakfast	Low Fat Greek Yogurt	250g	138	18
	Strawberry Whey Protein Powder	30g	119	23
	Raspberries & Blueberries	50g each	35	1
	Almonds	3 tbsp	104	5
Lunch	Tesco Fusilli Pasta	50g	180	6
	Chicken Breast	100g	165	31
	Red Pepper & onion	half each	46	2
	Olive Oil	1 tbsp	110	0
Dinner	Salmon	75g	150	15
	Potatoes	100g	75	2
	Butter	5g	36	0
	Broccoli	100g	38	3
	Carrots	50g	21	0
Snacks	Tesco Lemon & Coriander Hummus	50g	135	3
	Carrot Sticks	6 Sticks	35	1
	Wholegrain Toast	1 Slice	71	3
	Almond Butter	2 tbsp	190	8
	Budweiser bottle	2	264	2
	Dark Chocolate	4 Squares	220	0
Totals			2132	123

Sample Day 2				
	Food	Size	Calories	Protein
Breakfast	Oats	50g	190	7
	Semi Skimmed Milk	1 cup	122	8
	Whey protein	30g	119	23
	Banana	Med	81	1
	Pecans	30g	220	3
Lunch	Tinned Tuna, Drained	150g	182	43
	Red Pepper	50g	16	1
	Cucumber	half	30	1
	Lettuce	100g	15	1
Dinner	Olive Oil	1tbsp	110	0
	Beef burger	200g	443	37
	Broccoli	100g	38	3
Snacks	Brioche bun	200g	406	12
	Apple	Med	51	1
	Ben & Jerrys Cookie Dough Ice Cream	40g	110	2
Totals			2133	143

Sample Day 3				
	Food	Size	Calories	Protein
Breakfast	Peanut Butter	40g	254	11
	Brown Toast	2 Slices	196	8
	Low Fat Greek Yogurt	250g	138	18
	M&S High Fiber 3 Seed Granola	40g	245	11
	Blueberries	50g	19	0
Lunch	Chicken Breast	100g	149	26
	Red Pepper	50g	16	1
	Onion	half	30	1
	Lettuce	100g	15	1
Dinner	Sirloin Steak	150g	366	40
	Broccoli	100g	38	3
	Carrots	50g	21	0
	Sweet Potato	114g	131	2
Snacks	Almonds	3 tbsp	104	5
	Cottage Cheese	150g	98	15
	Banana	120g	105	1
	Dry roasted cashew nuts (Unsalted)	3 tbsp	148	4
	Galaxy ice cream	100ml	271	2
Totals			2344	149

Notes: If this is helpful for you and you choose to use it as a guide, consider the following:

- You can switch any food or meal for another with the same calorie count.
- You can adjust serving sizes as required to hit specific calorie goals or skip meals to free up calories for other times.
- Make sure you are aware of sauces or oils other than those mentioned used for cooking or added at any stage as they add calories and impact progress
- Similarly any drinks containing calories would need to be accounted for in addition to the food choices

