Example meal plans
1800-2100 kcals

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	Eggs	2	144	13
	Egg Whites	100g	55	12
	Pork Sausages	80g	236	12
	Blueberries	30g	16	0
Lunch	Chicken Breast	100g	165	31
	Large Salad	200g	50	3
	Olive Oil	1tbsp	110	0
	Pepper	50g	16	1
	Quinoa	95g	112	4
Dinner	Sirloin Steak	115g	280	32
	Mushrooms	100g	22	3
	Chips (McCain French Fries)	60g	183	3
Snacks	Cucumber slices	100g	14	0
	Orange	100g	36	0
	Dark chocolate	50g	283	5
	Small glass of Red wine	1	95	0
Totals			**1817**	**119**

Sample Day 2

	Food	Size	Calories	Protein
Breakfast	Oats	50g	190	7
	Semi Skimmed Milk	1 cup	122	8
	Whey protein	30g	119	23
	Blueberries	30g	16	0
Lunch	Tinned Tuna, Drained	150g	182	43
	Cucumber	half	30	1
	Lettuce	100g	15	1
	Olive Oil	1tbsp	110	0
Dinner	Beef burger	200g	443	37
	Broccoli	100g	38	3
	Brioche bun	200g	406	12
Snacks	Apple	Med	51	1
	Ben & Jerrys Cookie Dough Ice Cream	85g	224	3
Totals			**1946**	**139**

Sample Day 3

	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
	Almond butter	2 tbsp	234	9
Lunch	Tesco smoked salmon	100g	159	22
	Snickers	48g Bar	244	5
	Cottage Cheese	60g	41	6
	Pineapple	160g	66	1
Dinner	Cod	100g	105	23
	Potatoes	100g	87	2
	Side Salad	200g	50	3
Snacks	Tesco Carrots & Hummus	110g	140	4
	Fage Yogurt Strawberry	170g Pot	114	14
	Guacamole	41g	84	1
	Plain Doritos	40g	196	2
Totals			**2032**	**131**

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