

Example meal plans

1500-1800kcal



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
	Bacon Medallions	2	62	16
	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
Totals			1548	123

Sample Day 2				
	Food	Size	Calories	Protein
Breakfast	Roll	30g	119	4
	Butter	10g	74	0
	Bacon Medallions	3	93	24
	Banana	Med	81	1
Lunch	Tinned Tuna, Drained	150g	182	43
	Red Pepper	50g	16	1
	Cucumber	half	30	1
	Lettuce	100g	15	1
	Olive Oil	1tbsp	110	0
Dinner	Chicken Breast	150g	227	46
	Broccoli	100g	38	3
	Baked Sweet Potato	100g	86	2
Snacks	Apple	Med	51	1
	Peanut Butter	50g	304	12
	Ben & Jerrys Cookie Dough Ice Cream	85g	224	3
Totals			1650	142

Sample Day 3				
	Food	Size	Calories	Protein
Breakfast	Oats	50g	190	7
	Semi Skimmed Milk	1 cup	122	8
	Whey protein	30g	119	23
Lunch	Tesco Bacon & Avocado Sandwich	1	422	24
	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
Totals			1700	120

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

