

Example meal plans

2100-2400kcal



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
	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	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

