

Example meal plans

600-900kcal



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	Strawberry Whey Protein Powder	30g	119	23
	Watermelon	200g	60	1
Lunch	Chicken Breast	100g	165	31
	Large Salad	200g	50	3
	Olive Oil	1tbsp	110	0
Dinner	Turkey Breast	150g	126	31
	Broccoli	100g	38	3
	New Potatoes	180g	135	3
Snacks				
Totals			803	95

Sample Day 2				
	Food	Size	Calories	Protein
Breakfast	Skyr Yogurt (plain)	100g	60	11
	Banana	Med	105	1
Lunch	Tinned Tuna, Drained	150g	182	43
	Small Salad	50g	16	1
	Cucumber	half	30	1
Dinner	Chicken Breast	150g	227	46
	Broccoli	100g	38	3
Snacks				
Totals			658	106

Sample Day 3				
	Food	Size	Calories	Protein
Breakfast	Skipped			
Lunch	Sliced Ham	130g	180	30
	Brown Bread	2 slices	154	6
	Light Mayo	1tbsp	50	0
Dinner	Cod	90g	95	20
	Potatoes	120g	115	2
	Large Salad	200g	50	3
Snacks	Popcorn	1 bag	136	4
	Chocolate	20g	111	4
Totals			891	69

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

