

# Example meal plans

## 900-1200kcal



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
<b>Breakfast</b>	Eggs	2	144	13
	Egg Whites	100g	55	12
	Bacon Medallions	2	62	16
	Blueberries	30g	16	0
<b>Lunch</b>	Chicken Breast	100g	165	31
	Large Salad	200g	50	3
	Olive Oil	1tbsp	110	0
	Pepper	50g	16	1
	Quinoa	95g	112	4
<b>Dinner</b>	Sirloin Steak	115g	280	33
	Mushrooms	100g	22	3
	Chips (McCain French Fries)	60g	183	3
<b>Snacks</b>				
<b>Totals</b>			<b>1215</b>	<b>119</b>

Sample Day 2				
	Food	Size	Calories	Protein
<b>Breakfast</b>	Skyr Yogurt	100g	60	11
	Banana	Med	105	1
<b>Lunch</b>	Tinned Tuna, Drained	150g	182	43
	Red Pepper	50g	16	1
	Cucumber	half	30	1
	Lettuce	100g	15	1
	Olive Oil	1tbsp	110	0
<b>Dinner</b>	Chicken Breast	150g	227	46
	Mushrooms	100g	22	3
	Courgette	100g	18	1
<b>Snacks</b>	Mars Bar	53g bar	244	2
	Melon	200g	70	2
<b>Totals</b>			<b>1099</b>	<b>112</b>

Sample Day 3				
	Food	Size	Calories	Protein
<b>Breakfast</b>	Oats	50g	190	7
	Semi Skimmed Milk	1 cup	122	8
<b>Lunch</b>	Tesco Chicken Salad Sandwich		361	31
	Popcorn	Small bag	136	4
<b>Dinner</b>	Cod	100g	105	23
	Potatoes	100g	87	2
	Large Salad	200g	50	3
<b>Snacks</b>	Tesco Carrots & Hummus	110g	140	4
<b>Totals</b>			<b>1191</b>	<b>82</b>

**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

