

Seven Day Meal Plan

	Breakfast	Snack	Lunch	Snack OR a protein shake	Dinner	Snack
Monday	1x Toast and 2x eggs *no butter	70g Berries	200g chicken soup	150g Skyr with 70g (handful) blueberry	Salmon Darnel Ingredients: 110g raw weight salmon Served with 1 potato mashed, handful peas, handful carrots and parsnips	1 Pear
Calories	240kcal, 15g protein	39kcal, Nil protein	170kcal, 25g protein	149kcal, 13g protein	410kcal, 29g protein	102kcal, Nil protein
Tuesday	40g dry weight porridge made with milk	1 Apple	2x Mozzarella balls with tomato and basil	Chivers Sugar Free Jelly	Omelette Ingredients: 2 eggs, 4 sliced mushrooms, handful mixed pepper, 1 tablespoon grated cheese Served with baby spinach or lettuce and tomato slices	70g Berries
Calories	241kcal, 11.5g protein	95kcal, Nil protein	160kcal, 16g protein	7kcal, Nil protein	350kcal, 21g protein	39kcal, Nil protein

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Wednesday	150g Skyr with a handful Strawberries	1 Banana	Eggs salad Ingredients: 2 boiled egg, paprika, red onion, lettuce, baby spinach, beetroot, tomato	Handful of mixed nuts	Meatballs and pasta Ingredients: 5 Meatballs (120g raw weight), pasta (60g dry weight), 5 mushrooms, handful mixed peppers, fresh tomato sauce	1 Pear
Calories	149kcal, 13g protein	121kcal, Nil protein	233kcal, 15g protein	160kcal, 5g protein	600kcal, 30g protein	102kcal, Nil protein
Thursday	2x Weetabix made with milk	1 Orange	Sardine sandwich or salad Ingredients: 120g tinned sardine in tomato sauce, 2 bread*no butter	2 Babybel low fat cheese	Roast chicken Ingredients: 200g raw weight chicken breast or thighs Served with gravy, 1 potato, handful carrots and parsnips	70g Berries
Calories	176kcal, 8.5g protein	87kcal, Nil protein	350kcal, 20g protein	84kcal, 10g protein	500kcal, 35g protein	39kcal, Nil protein

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Friday	1x Toast and 2x eggs *no butter	70g Berries	200g Lentils soup	150g Skyr with 70g (handful) blueberry	white fish (sea bass or cod or similar)Ingredients: 1 fillet of white fish served with 1 potato roasted or mashed, handful of peas, handful of carrots and broccoli	1 Pear
Calories	240kcal, 15g protein	39kcal, Nil protein	130kcal, 6g protein	149kcal, 13g protein	400kcal, 25g protein	102kcal, Nil protein
Saturday	Weekend treat1 scrambled egg +grilled 1 tomato+ 200g baked beans + + 1 slice of bread (if needed) *no butter	1 cup Grapes	Beef sandwichIngredients: leftover beef, lettuce, tomato, bread*no butter	Fulfill protein bar	Mixed beans curry Served withQuinoa salad	1 Kiwi
Calories	500kcal, 24g protein	80kcal, Nil protein	300kcal, 15g protein	189kcal, 20g protein	450kcal, 20g protein	42kcal, Nil protein

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Sunday	2x Weetabix made with milk	70g Berries	Chicken sandwich Ingredients : chicken slices, lettuce, tomato, bread*no butter	15g popcorn	Steak and chipsIngredients: 200g Sirloin steak Served with Small handful of chips, large handful broccoli, handful green beans	1 cup Grapes (100)
Calories	176kcal, 8.5g protein	39kcal, Nil protein	300kcal, 15g protein	66kcal, 1.4g protein	517kcal, 45g protein	80kcal, Nil protein

Tips:

- Drink 6 cups of water per day
- Stop eating when comfortably full
- Keep a food diary
- Unlimited tea and coffee (unsweetened and black)
- Only use oil spray in cooking and avoid it when possible
- You can use meal replacement for easy and quick meals: 1 portion= 228kcal, 18g protein