



# NUTRITION PLAN



# MALE NUTRITION INDEX

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# BREAKFAST

## OPTION 1

3 whole eggs with mixed peppers & 1 slice seeded bread.

## OPTION 2

3 whole eggs & ½ avocado, spinach & ¼ cup of berries.

## OPTION 3

3 whole eggs with bell peppers, onions, spinach (any veggies you'd like!) cook omelet in 2 tbsp. olive oil with your choice 1 apple/banana or 3 rice cakes (may be plain or flavored).

## OPTION 4

1 ½ scoops protein powder (30g), 30g oats, with ½ chopped apple, 100-150ml coconut milk and 1 tbsp. of natural nut butter. **Mix all ingredients together and chill overnight.**

## OPTION 5

Super smoothie - 1 scoop of protein powder, spinach (as much as you like), 2 handfuls berries of your choice, 2 tbsp. flaxseed with almond milk or water (to your preference).

## OPTION 6

1 ½ scoop of protein (30g) 1 cup non-fat plain greek yogurt, 1 tbsp. natural nut butter, and ½ cup of berries. **Mix all ingredients together or eat separately.**

## OPTION 7

1 cup non fat greek yoghurt, 40g low fat granola with handful berries of your choice.

## OPTION 8 *(For Ease)*

1 Grenade protein bar & 1 banana.

## OPTION 9 *(For Ease)*

2 scoops protein powder (40g), handful almonds.



# LUNCH / DINNER

## OPTION 1

Spinach salad topped with 170g of grilled/baked chicken or grilled/baked fish, with cucumbers, onions, bell peppers (any type of veggie you'd like!) Use 1-2 tbsp. of an oil based dressing! If you want avocado be sure to only use 1 tbsp. dressing and add ½ avocado! **FOR LUNCH:** add 250g of quinoa OR 1 cup berries on top of the salad OR 1 large sweet potato on the side.

## OPTION 2

Take 170g of either ground turkey, ground chicken, or lean ground beef (seasoned with your own "taco style" seasoning and various veggies (onions, garlic, peppers, etc) and mix it with 250g of cooked rice or quinoa. Top with fresh homemade salsa. **FOR DINNER:** replace the rice or quinoa with courgette "noodles" OR just make a salad on the side and top the salad with the meat mixture.

## OPTION 3

Cook boneless chicken breast in crockpot. Take 170g of the chicken and top it over 250g of cooked rice or quinoa OR over 1 jacket potato. **FOR DINNER:** replace the rice, quinoa, or potato with some roasted green veggies or roasted cauliflower. Cook veggies in 2 tbsps. olive oil.

## OPTION 4

1200g of roasted sweet potatoes (season with garlic powder, rosemary and a drizzle of olive oil) add 170g of grilled/ground chicken, turkey, or lean ground beef. Add green beans if you'd like OR enjoy a salad on the side! **FOR DINNER:** substitute roasted courgette or squash in place of the potatoes.

## OPTION 5

Take 170g of ground chicken, turkey OR lean ground beef OR 170g of fish if you'd prefe) (season with garlic, onions, and Italian seasonings) mix it together with tinned tomatoes (season to your taste) OR top over squash, or bell peppers. **FOR LUNCH:** add 250g of cooked rice or quinoa.

## OPTION 6

170g turkey burger (no bun). Top with grilled onions, bell peppers (maybe some salsa), tomato, ½ avocado. Eat with 1 large sweet potato (top with cinnamon) and 1 cup of green beans or some type of green veggie. **FOR DINNER:** take out sweet potato and add more green veggies or a salad.

## OPTION 7 (For Ease)

170g chicken/turkey/fish/lean ground beef with 250g of cooked rice or lentils OR 1 large potato with a salad on the side OR 1-2 cups of roasted green veggies. (Season meat different ways to mix up the variety). **FOR DINNER:** take out the lentils, rice, or potato and have yourself a bigger salad OR more green veggies.



# SNACKS

## OPTION 1

Grenade Bar and 10-16 almonds.

## OPTION 2

1 packet Biltong with 150g blueberries.

## OPTION 3

1 ½ scoops protein powder  
(add 1 piece of fruit for post-workout).

## OPTION 4

1 scoop protein powder with 12-16 almonds.

## OPTION 5

1 scoop protein powder with 2 tbsp. nut butter.

## OPTION 6

1 cup non-fat plain greek yogurt and 1 tbsp. nut butter.

## OPTION 7

1 cup non-fat plain greek yogurt and handful berries.

## OPTION 8

“Super Shakes”  
(more for post-workout or a full meal replacement).

## OPTION 9

1 pack of lean cold meat.

## OPTION 10

Celery or carrot sticks with 2 tbsp. nut butter.



# MACRO GUIDANCE

## MALE 2000 CALORIES

### BREAKFAST

#### 400-500 CALORIES

40g carbs  
1-2 cups of veggies  
32g protein  
14g fats

### POST-WORKOUT

*(Any time of day)*

#### 200-300 CALORIES

18g carbs  
32g protein

### LUNCH

#### 400-500 CALORIES

40g carbs  
1-2 cups of veggies or salad  
32g protein  
14g fats

### SNACK

#### 200-250 CALORIES

32g protein  
14g fats

### DINNER

#### 400-500 CALORIES

18g carbs  
32 protein  
1-2 cups of veggies or salad  
14g fats

### SNACK

#### 200-250 CALORIES

14g fats  
OR  
18g carbs

#### 40g OF CARBS

- 60g of oats [uncooked, old fashioned or rolled]
- 30g of oats w/ 100g of berries
- 4 plain rice cakes [pair with 2 tbsp. almond butter]
- 200g of sweet potatoes
- 125g rice or quinoa [cooked]
- 2 Slices granary wholemeal bread
- 1 wholemeal wrap

#### 18g OF CARBS

- 30g of oats
- 1 Slice granary wholemeal bread
- 100g berries
- 200g natural fat free greek yoghurt
- 1 banana
- 1 apple
- 2 rice cakes
- 90g of rice or quinoa
- 100g of sweet potatoes
- 1 tub Arla Protein Quark [also 20g protein]

#### 30-32g OF PROTEIN

- 8 egg whites OR 4 whole eggs [also 14-18g fats]
- 170g chicken breast
- 170g ground turkey
- 170g lean ground meat
- 170g grilled white fish
- 170g Salmon Fillet [no more than x2 per week] [also 18-22g Fats]
- 200g plain Greek yogurt
- 30g scoop of whey protein
- 1 tub Arla Protein Quark [20g protein]
- Grenade Protein Bar

#### 10/12/14g OF FATS

- 2 eggs [also 13g protein]
- 1-2 tbsp. organic nut butter OR almond, macadamia, walnut, olive oil [10-14g]
- ½ avocado [10-12g]
- 15-20 almonds, plain [10-12g]
- 35g 70% Green & Blacks Dark chocolate [3 lines or mini bar [15g]
- 30g Milled Flaxseed [12g]
- 170g Salmon Fillet [also 30-32g Protein]

#### VEGGIES

ANYTHING GREEN is pretty much fair game and unlimited. Check the SSA Shopping List for ideas. Just be aware of starchy veggies like beans, potatoes & squash. **FAVOURITES:** Spinach / Kale / Broccoli / Courgette / Asparagus / Veggie powders\*

\*get real food before resorting to these!



# FEMALE NUTRITION INDEX

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## MEAL EXAMPLES

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## DETAILED CALORIE PLANS

[1250 Cal](#) →

[1500 Cal](#) →

[1750 Cal](#) →

[2000 Cal](#) →

[2500 Cal](#) →





# BREAKFAST

## OPTION 1

2 whole eggs with mixed peppers & 1 slice seeded bread.

## OPTION 2

2 whole eggs & ½ avocado, spinach & ¼ cup of berries.

## OPTION 3

2 whole eggs with bell peppers, onions, spinach (any veggies you'd like!) **cook omelette in 2 tbsp. olive oil** with your choice 1 apple/banana or 3 rice cakes (may be plain or flavoured).

## OPTION 4

1 scoop protein powder (20g), 30g oats, with ½ chopped apple, 100-150ml coconut milk and 1 tbsp. of natural nut butter. **Mix all ingredients together and chill overnight.**

## OPTION 5

Super smoothie - 1 scoop of protein powder, spinach (as much as you like), 2 handfuls berries of your choice, 1 tbsp. flaxseed with almond milk or water (to your preference).

## OPTION 6

1 scoop of protein (20g) 1 cup non-fat plain greek yogurt, 1 tbsp. natural nut butter, and ½ cup of berries. **Mix all ingredients together or eat separately.**

## OPTION 7

1 cup non fat greek yoghurt, 30g low fat granola with handful berries of your choice.

## OPTION 8 *(For Ease)*

1 Grenade protein bar & 1 banana.

## OPTION 9 *(For Ease)*

1 scoops protein powder (20g), handful almonds.



# LUNCH / DINNER

## OPTION 1

Spinach salad topped with 140g of grilled/baked chicken or grilled/baked fish, with cucumbers, onions, bell peppers (any type of veggie you'd like!) Use 1-2 tbsp. of an oil based dressing! If you want avocado be sure to only use 1 tbsp. dressing and add ½ avocado! **FOR LUNCH:** add 125g of quinoa OR 1 cup berries on top of the salad OR 1 large sweet potato on the side.

## OPTION 2

Take 140g of either ground turkey, ground chicken, or lean ground beef (seasoned with your own “taco style” seasoning and various veggies (onions, garlic, peppers, etc) and mix it with 125g of cooked rice or quinoa. Top with fresh homemade salsa. **FOR DINNER:** replace the rice or quinoa with courgette “noodles” OR just make a salad on the side and top the salad with the meat mixture.

## OPTION 3

Cook boneless chicken breast in crockpot. Take 140g of the chicken and top it over 125g of cooked rice or quinoa OR over 1 jacket potato. **FOR DINNER:** replace the rice, quinoa, or potato with some roasted green veggies or roasted cauliflower. **Cook veggies in 2 tbps. olive oil.**

## OPTION 4

140g of roasted sweet potatoes (season with garlic powder, rosemary and a drizzle of olive oil) add 150g of grilled/ ground chicken, turkey, or lean ground beef. Add green beans if you'd like OR enjoy a salad on the side! **FOR DINNER:** substitute roasted courgette or squash in place of the potatoes.

## OPTION 5

Take 140g of ground chicken, turkey OR lean ground beef OR 140g of fish if you'd prefe) (season with garlic, onions, and Italian seasonings) mix it together with tinned tomatoes (season to your taste) OR top over squash, or bell peppers. **FOR LUNCH:** add 125g of cooked rice or quinoa.

## OPTION 6

140g turkey burger (no bun). Top with grilled onions, bell peppers (maybe some salsa), tomato, ½ avocado. Eat with 1 large sweet potato (top with cinnamon) and 1 cup of green beans or some type of green veggie. **FOR DINNER:** take out sweet potato and add more green veggies or a salad.

## OPTION 7 *(For Ease)*

140g chicken/turkey/fish/lean ground beef with 125g of cooked rice or lentils OR 1 large potato with a salad on the side OR 1-2 cups of roasted green veggies. (Season meat different ways to mix up the variety). **FOR DINNER:** take out the lentils, rice, or potato and have yourself a bigger salad OR more green veggies.



# SNACKS

## OPTION 1

Grenade Bar and 10-16 almonds.

## OPTION 2

1 packet Biltong with 150g blueberries.

## OPTION 3

1 ½ scoops protein powder  
(add 1 piece of fruit for post-workout).

## OPTION 4

1 scoop protein powder with 12-16 almonds.

## OPTION 5

1 scoop protein powder with 2 tbsp. nut butter.

## OPTION 6

1 cup non-fat plain greek yogurt and 1 tbsp. nut butter.

## OPTION 7

1 cup non-fat plain greek yogurt and handful berries.

## OPTION 8

“Super Shakes”  
(more for post-workout or a full meal replacement).

## OPTION 9

1 pack of lean cold meat.

## OPTION 10

Celery or carrot sticks with 2 tbsp. nut butter.



# MACRO GUIDANCE

## FEMALE 1500 CALORIES

### BREAKFAST

**300-350 CALORIES**

32g carbs  
25g protein  
10g fats

### POST-WORKOUT

*(Any time of day)*

**200 CALORIES**

16g carbs  
25g protein

### LUNCH

**300-350 CALORIES**

32g carbs  
25g protein  
10g fats

### SNACK

**150-250 CALORIES**

25g protein  
10g fats

### DINNER

**300-350 CALORIES**

25 protein  
1-2 cups of veggies or  
salad  
10g fats

### SNACK

**150-250 CALORIES**

25g protein  
10g fats

#### 32g OF CARBS

- 50g of oats [uncooked, old fashioned or rolled]
- 30g of oats w/ 50g of berries
- 2 plain rice cakes [pair with 2 tbsp. almond butter]
- 150g of sweet potatoes
- 100g rice or quinoa [cooked]
- 1 Slice granary wholemeal bread
- 1 wholemeal wrap

#### 16g OF CARBS

- 30g oats
- 1 banana [small]
- 1 apple
- 75g berries
- 2 rice cakes
- 60g of rice or quinoa
- 75g of sweet potatoes
- 1 tub arla protein quark [also 20g protein]
- 175g natural fat free greek yoghurt

#### 25g OF PROTEIN

- 8 egg whites OR 4 whole eggs [also 14-18g fats]
- 120g chicken breast
- 120g ground turkey
- 120g lean ground meat
- 120g grilled white fish
- 120g Salmon Fillet [no more than x2 per week] [also 10-12g Fats]
- 170g plain Greek yogurt
- 30g scoop of whey protein
- 1 tub Arla Protein Quark [20g protein]
- Grenade Protein Bar

#### 10g OF FATS

- 2 eggs [also 13g protein]
- 1 tbsp. organic nut butter OR almond, macadamia, walnut, olive oil [10g]
- ½ avocado [10-12g]
- 10-15 almonds, plain [10-12g]
- 35g 70% Green & Blacks Dark chocolate, [3 lines or mini bar [15g]
- 30g Milled Flaxseed [12g]
- 120g Salmon Fillet [also 25g Protein]

#### VEGGIES

ANYTHING GREEN is pretty much fair game and unlimited. Check the SSA Shopping List for ideas. Just be aware of starchy veggies like beans, potatoes & squash. **FAVORITES:** Spinach / Kale / Broccoli / Courgette / Asparagus / Veggie powders\*\*

\*get real food before resorting to these!



# DETAILED CALORIE PLANS 1250 CALORIES

## 1250 CALORIES

View 1500 Cal. →

View 1750 Cal. →

View 2000 Cal. →

View 2500 Cal. →

PLAN 1 →

PLAN 2 →

PLAN3 →



# 1250 CALORIE PLAN v1

**MEAL 1**

FOOD ITEM	QTY	SIZE	CALORIES	PRO (g)	CARB (g)	FAT (g)	FIBRE (g)
Eggs	2		147	12.5	0.8	9.9	0
Mixed Peppers							
Multi Seeded Bread	1	Slice	104	2.1	13.7	4.5	3.8
<b>MEAL 1 SUBTOTALS:</b>			<b>251</b>	<b>14.6</b>	<b>14.5</b>	<b>14.4</b>	<b>3.8</b>

**MEAL 2**

Grenade Carb Killa Protein Bar	1		214	23.2	13.5	7.9	6.7
Unsalted Almonds	10		56	2	1.5	5	1
<b>MEAL 2 SUBTOTALS:</b>			<b>270</b>	<b>25.2</b>	<b>15</b>	<b>13.9</b>	<b>7.7</b>

**MEAL 3**

Chicken Fillet	1	120g	169	37	0	2.5	0
Mixed Salad w/peppers, onions etc..							
Olive Oil	1	Tsp	40	0	0	4.5	0
<b>MEAL 3 SUBTOTALS:</b>			<b>209</b>	<b>37</b>	<b>0</b>	<b>7</b>	<b>0</b>

**MEAL 4**

Whey Protein Powder (with water)	1	Scoop	90	20	2	0	0
Apple	1	Medium	77	0	17	0	2.5
<b>MEAL 4 SUBTOTALS:</b>			<b>167</b>	<b>20</b>	<b>19</b>	<b>0</b>	<b>2.5</b>

**MEAL 5**

Turkey Steak	1	125g	190	39	0	3.5	0
Sweet Potato	1	Large	162	4	37	0	6
Green Veg (as much as you like)							
<b>MEAL 5 SUBTOTALS:</b>			<b>352</b>	<b>43</b>	<b>37</b>	<b>3.5</b>	<b>0</b>

<b>DAILY TOTAL:</b>	<b>1274</b>	<b>138</b>	<b>85</b>	<b>35</b>	<b>25</b>
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# 1250 CALORIE PLAN v2

	FOOD ITEM	QTY	SIZE	CALORIES	PRO (g)	CARB (g)	FAT (g)	FIBRE (g)
MEAL 1	Whey Protein Powder	1	Scoop	90	20	2	0	0
	Oats	1	30g	117	5	20	2	3
	Chopped apple (1/2)	1	1/2	38	0	8	0	2
	Coconut milk	1	150ml	28	0	0	2.3	0
	Natural nut butter	1	1 tsp	47	2.2	1	3.5	1
	<b>MEAL 1 SUBTOTALS:</b>			<b>320</b>	<b>27.2</b>	<b>31</b>	<b>7.8</b>	<b>6</b>
MEAL 2	Biltong	1	Packet	80	15	2	1	0
	Blueberries	1	150g	86	1	21	0	4
	<b>MEAL 2 SUBTOTALS:</b>			<b>166</b>	<b>16</b>	<b>23</b>	<b>1</b>	<b>4</b>
MEAL 3	Baked cod fillet	1	140g	115	25	0	1	0
	Cooked rice	1	125g	200	4	38	3	1
	Mixed salad (leaves, tomatoes etc.)							
	<b>MEAL 3 SUBTOTALS:</b>			<b>315</b>	<b>29</b>	<b>38</b>	<b>4</b>	<b>1</b>
MEAL 4	0% fat greek yoghurt	1	170g	97	17	7	0	0
	Pumkin seeds	1	2 tbsp	112	6	2	10	1
	<b>MEAL 4 SUBTOTALS:</b>			<b>209</b>	<b>23</b>	<b>9</b>	<b>10</b>	<b>1</b>
MEAL 5	Lean mince beef (5%)	1	125g	163	27	0	5	0
	Canned tomatoes	1	1/2 can	37	2	6	0	1
	Veg (mushrooms, onions etc.)							
	<b>MEAL 5 SUBTOTALS:</b>			<b>200</b>	<b>29</b>	<b>6</b>	<b>5</b>	<b>1</b>
	<b>DAILY TOTAL:</b>			<b>1210</b>	<b>128</b>	<b>138</b>	<b>33</b>	<b>12</b>



# 1250 CALORIE PLAN v3

	FOOD ITEM	QTY	SIZE	CALORIES	PRO (g)	CARB (g)	FAT (g)	FIBRE (g)
MEAL 1	0% fat greek yoghurt	1	170g	97	17	7	0	0
	Low fat granola	1	30g	110	4	23	2	3
	Blubberies	1	50g	29	0	7	0	1
	<b>MEAL 1 SUBTOTALS:</b>			<b>236</b>	<b>21</b>	<b>37</b>	<b>2</b>	<b>4</b>
MEAL 2	Chargrilled breast fillets (cooked)	1	120g	176	38	2	2	0
	Wholemeal Tortilla Wrap	1	1	172	6	28	3	5
	Mixed Leaf Salad (peppers, onions etc..)							
	<b>MEAL 2 SUBTOTALS:</b>			<b>348</b>	<b>44</b>	<b>30</b>	<b>5</b>	<b>5</b>
MEAL 3	Canned tuna (sunflower oil)	1	1 can	197	25	0	11	0
	Green salad (leaves, tomatoes etc.)							
	<b>MEAL 3 SUBTOTALS:</b>			<b>197</b>	<b>25</b>	<b>0</b>	<b>11</b>	<b>0</b>
MEAL 4	Whey Protein Powder	1	Scoop	90	20	2	0	0
	Raspberries	1	100g	27	1	5	0	3
	<b>MEAL 4 SUBTOTALS:</b>			<b>117</b>	<b>21</b>	<b>7</b>	<b>0</b>	<b>3</b>
MEAL 5	Salmon fillet	1	120g	235	23	0	16	0
	Cous cous (cooked)	1	80g	79	3	16	0	1
	Roasted mix veg (peppers, onions, courgette)							
	<b>MEAL 5 SUBTOTALS:</b>			<b>314</b>	<b>26</b>	<b>16</b>	<b>16</b>	<b>1</b>
<b>DAILY TOTAL:</b>				<b>1212</b>	<b>137</b>	<b>90</b>	<b>34</b>	<b>13</b>





# DETAILED CALORIE PLANS 1500 CALORIES

View 1250 Cal. →

**1500 CALORIES**

View 1750 Cal. →

View 2000 Cal. →

View 2500 Cal. →

PLAN 1 →

PLAN 2 →

PLAN 3 →



# 1500 CALORIE PLAN v1

	FOOD ITEM	QTY	SIZE	CALORIES	PRO (g)	CARB (g)	FAT (g)	FIBRE (g)
MEAL 1	Eggs	2		147	12.5	1	9.9	0
	Mixed Peppers							
	Multi Seeded Bread	1	Slice	104	2	14	4.5	3.8
	<b>MEAL 1 SUBTOTALS:</b>			<b>251</b>	<b>14.5</b>	<b>15</b>	<b>14.4</b>	<b>3.8</b>
MEAL 2	Grenade Carb Killa Protein Bar	1		214	23.2	13.5	7.9	6.7
	Unsalted Almonds	10		56	2	1.5	5	1
	<b>MEAL 2 SUBTOTALS:</b>			<b>270</b>	<b>25.2</b>	<b>15</b>	<b>12.9</b>	<b>15.4</b>
MEAL 3	Chicken Fillet	1	120g	169	37	1	2.5	0
	Mixed Salad w/peppers, onions etc..							
	Olive Oil	1	Tsp	40	0	0	4.5	0
	Cooked Rice	1	125g	200	4	38	3	1
	<b>MEAL 3 SUBTOTALS:</b>			<b>409</b>	<b>41</b>	<b>39</b>	<b>10</b>	<b>1</b>
MEAL 4	Whey Protein Powder (with water)	1	Scoop	90	20	2	0	0
	Apple	1	Medium	77	0	17	0	2.5
	<b>MEAL 4 SUBTOTALS:</b>			<b>117</b>	<b>21</b>	<b>7</b>	<b>0</b>	<b>3</b>
MEAL 5	Turkey Steak	1	125g	190	39	0	3.5	0
	Sweet Potato	1	Large	162	4	37	0	6
	Green Veg (as much as you like)							
	<b>MEAL 5 SUBTOTALS:</b>			<b>352</b>	<b>43</b>	<b>37</b>	<b>3.5</b>	<b>6</b>
	<b>DAILY TOTAL:</b>			<b>1449</b>	<b>143.7</b>	<b>125</b>	<b>40.8</b>	<b>28.7</b>



# 1500 CALORIE PLAN v2

	FOOD ITEM	QTY	SIZE	CALORIES	PRO (g)	CARB (g)	FAT (g)	FIBRE (g)
MEAL 1	Whey Protein Powder	1	Scoop	90	20	2	0	0
	Oats	1	30g	117	5	20	2	3
	Chopped Apple	1	1/2	38	0	8	0	1.75
	Coconut Milk	1	150ml	28	0	0	2.3	0
	Natural Peanut Butter	1	1 tsp	47	2.2	1	3.5	0.5
	<b>MEAL 1 SUBTOTALS:</b>			<b>251</b>	<b>14.5</b>	<b>15</b>	<b>14.4</b>	<b>3.8</b>
MEAL 2	Biltong	1	Packet	80	15	2	1	0
	Banana	1	Medium	110	1	29	0	4
	<b>MEAL 2 SUBTOTALS:</b>			<b>190</b>	<b>16</b>	<b>31</b>	<b>1</b>	<b>4</b>
MEAL 3	Chicken Fillet	1	120g	169	37	1	2.5	0
	Mixed Salad w/peppers, onions etc..							
	Olive Oil	1	Tsp	40	0	0	4.5	0
	Cooked Rice	1	125g	200	4	38	3	1
	<b>MEAL 3 SUBTOTALS:</b>			<b>409</b>	<b>41</b>	<b>39</b>	<b>10</b>	<b>1</b>
MEAL 4	0% Fat Greek Yoghurt	1	170g	97	17	7	0	0
	Pumpkin Seeds	1	2 tbsp	112	6	2	10	1
	Blueberries	1	150g	86	1	21	0	3.5
	<b>MEAL 4 SUBTOTALS:</b>			<b>295</b>	<b>24</b>	<b>30</b>	<b>10</b>	<b>4.5</b>
MEAL 5	Lean Mince Beef (5%)	1	125g	163	27	0	5	0
	Canned Tomatoes	1	1/2 can	37	2	6	0	1
	Veg (mushrooms, onions etc.)							
	<b>MEAL 5 SUBTOTALS:</b>			<b>200</b>	<b>29</b>	<b>6</b>	<b>5</b>	<b>1</b>
	<b>DAILY TOTAL:</b>			<b>1440</b>	<b>127.2</b>	<b>142</b>	<b>39.8</b>	<b>19.75</b>



# 1500 CALORIE PLAN v3

	FOOD ITEM	QTY	SIZE	CALORIES	PRO (g)	CARB (g)	FAT (g)	FIBRE (g)
<b>MEAL 1</b>	0% Fat Greek yoghurt	1	170g	97	18	7	0	0
	Low Fat Granola	1	50g	110	4	23	2	3
	Blubberies	1	50g	30	0	7	0	1
	<b>MEAL 1 SUBTOTALS:</b>			<b>237</b>	<b>22</b>	<b>37</b>	<b>2</b>	<b>4</b>
<b>MEAL 2</b>	Chargrilled breast fillets (cooked)	1	120g	176	38	2	2	0
	Wholemeal Tortilla Wrap	1	1	172	6	28	3	5
	Mixed Leaf Salad (peppers, onions etc..)							
	<b>MEAL 2 SUBTOTALS:</b>			<b>348</b>	<b>44</b>	<b>30</b>	<b>5</b>	<b>5</b>
<b>MEAL 3</b>	Canned tuna (sunflower oil)	1	1 can	197	25	0	11	0
	Green salad (leaves, tomatoes etc.)							
	Apple	1	Medium	77	0	17	0	2.5
	Hummus	4	tbsp	140	4	8	10	4
	<b>MEAL 3 SUBTOTALS:</b>			<b>414</b>	<b>29</b>	<b>25</b>	<b>21</b>	<b>6.5</b>
<b>MEAL 4</b>	Whey Protein Powder (with Water)	1	Scoop	90	20	2	0	0
	Raspberries	1	100g	27	1	5	0	3
	<b>MEAL 4 SUBTOTALS:</b>			<b>117</b>	<b>21</b>	<b>7</b>	<b>0</b>	<b>3</b>
<b>MEAL 5</b>	Salmon fillet	1	120g	235	23	0	16	0
	Quinoa (cooked)	1	90g	108	4	19	2	1
	Roasted mix veg (peppers, onions, courgette)							
<b>MEAL 5 SUBTOTALS:</b>			<b>343</b>	<b>27</b>	<b>19</b>	<b>18</b>	<b>1</b>	
<b>DAILY TOTAL:</b>				<b>1459</b>	<b>143</b>	<b>118</b>	<b>46</b>	<b>19.5</b>



# DETAILED CALORIE PLANS 1750 CALORIES

View 1250 Cal. →

View 1500 Cal. →

**1750 CALORIES**

View 2000 Cal. →

View 2500 Cal. →

PLAN 1 →

PLAN 2 →

PLAN 3 →



# 1750 CALORIE PLAN v1

	FOOD ITEM	QTY	SIZE	CALORIES	PRO (g)	CARB (g)	FAT (g)	FIBRE (g)
MEAL 1	Eggs	2		147	12.5	1	9.9	0
	Mixed Peppers							
	Multi Seeded Bread	2	Slice	208	4	28	9	8
	<b>MEAL 1 SUBTOTALS:</b>			<b>355</b>	<b>16.5</b>	<b>29</b>	<b>18.9</b>	<b>8</b>
MEAL 2	Grenade Carb Killa Protein Bar	1		214	23.2	13.5	7.9	6.7
	Mandarin Orange	2		74	2	22	0	5
	<b>MEAL 2 SUBTOTALS:</b>			<b>288</b>	<b>25.2</b>	<b>35.5</b>	<b>7.9</b>	<b>11.7</b>
MEAL 3	Chicken Fillet	1	120g	169	37	1	2.5	0
	Mixed Salad w/peppers, onions etc..							
	Olive Oil	2	Tsp	80	0	0	9	0
	Cooked Rice	1	125g	200	4	38	3	1
	<b>MEAL 3 SUBTOTALS:</b>			<b>414</b>	<b>29</b>	<b>25</b>	<b>21</b>	<b>6.5</b>
MEAL 4	Whey Protein Powder (with water)	1	Scoop	90	20	2	0	0
	Banana	1	Medium	105	0	27	0	3
	<b>MEAL 4 SUBTOTALS:</b>			<b>195</b>	<b>20</b>	<b>29</b>	<b>0</b>	<b>3</b>
MEAL 5	Turkey Steak	1	125g	190	39	0	3.5	0
	Sweet Potato	1	Large	162	4	37	0	6
	Green Veg (as much as you like)							
	<b>MEAL 5 SUBTOTALS:</b>			<b>352</b>	<b>43</b>	<b>37</b>	<b>3.5</b>	<b>6</b>
	<b>DAILY TOTAL:</b>			<b>1639</b>	<b>145.7</b>	<b>169.5</b>	<b>44.8</b>	<b>29.7</b>



# 1750 CALORIE PLAN v2

	FOOD ITEM	QTY	SIZE	CALORIES	PRO (g)	CARB (g)	FAT (g)	FIBRE (g)
MEAL 1	Whey Protein Powder	1 1/2	Scoop	135	30	4	0	0
	Oats	1	50g	188	6	34	4	5
	Chopped Apple	1	1	76	0	16	0	4
	Coconut Milk	1	150ml	28	0	0	2.3	0
	Natural Peanut Butter	1	1 tsp	47	2.2	1	3.5	0.5
	<b>MEAL 1 SUBTOTALS:</b>			<b>474</b>	<b>38.2</b>	<b>55</b>	<b>9.8</b>	<b>9.5</b>
MEAL 2	Biltong	1	Packet	80	15	2	1	0
	Banana	1	Medium	110	1	29	0	4
	<b>MEAL 2 SUBTOTALS:</b>			<b>190</b>	<b>16</b>	<b>31</b>	<b>1</b>	<b>4</b>
MEAL 3	Baked Cod Fillet	1	120g	115	25	0	1	0
	Mixed salad (leaves, tomatoes etc.)	1						
	Avocado	1	1/2	120	2	6	12	5
	<b>MEAL 3 SUBTOTALS:</b>			<b>409</b>	<b>41</b>	<b>39</b>	<b>10</b>	<b>1</b>
MEAL 4	0% Fat Greek Yoghurt	1	200g	114	21	8	0	0
	Pumpkin Seeds	1	2 tbsp	112	6	2	10	1
	Blueberries	1	150g	86	1	21	0	3.5
	<b>MEAL 4 SUBTOTALS:</b>			<b>312</b>	<b>28</b>	<b>31</b>	<b>10</b>	<b>4.5</b>
MEAL 5	Lean Mince Beef (5%)	1	150g	196	33	0	6	0
	Canned Tomatoes	1	1/2 can	37	2	6	0	1
	Veg (mushrooms, onions etc.)							
	Cooked Rice	1	125g	200	4	38	3	0
	<b>MEAL 5 SUBTOTALS:</b>			<b>433</b>	<b>39</b>	<b>44</b>	<b>9</b>	<b>1</b>
	<b>DAILY TOTAL:</b>			<b>1644</b>	<b>148.2</b>	<b>167</b>	<b>42.8</b>	<b>24</b>



# 1750 CALORIE PLAN v3

	FOOD ITEM	QTY	SIZE	CALORIES	PRO (g)	CARB (g)	FAT (g)	FIBRE (g)
MEAL 1	0% Fat Greek yoghurt	1	200g	118	21	8	0	0
	Low Fat Granola	1	50g	183	6	38	3	5
	Blubberies	1	100g	60	0	14	0	2
	<b>MEAL 1 SUBTOTALS:</b>				<b>361</b>	<b>27</b>	<b>60</b>	<b>3</b>
MEAL 2	Chargrilled breast fillets (cooked)	1	120g	176	38	2	2	0
	Wholemeal Tortilla Wrap	1	1	172	6	28	3	5
	Mixed Leaf Salad (peppers, onions etc..)							
	<b>MEAL 2 SUBTOTALS:</b>				<b>348</b>	<b>44</b>	<b>30</b>	<b>5</b>
MEAL 3	Canned tuna (sunflower oil)	1	1 can	197	25	0	11	0
	Green salad (leaves, tomatoes etc.)							
	Apple	1	Medium	77	0	17	0	2.5
	Hummus	4	tbsp	140	4	8	10	4
	<b>MEAL 3 SUBTOTALS:</b>				<b>414</b>	<b>29</b>	<b>25</b>	<b>21</b>
MEAL 4	Whey Protein Powder (with Water)	1	Scoop	90	20	2	0	0
	Raspberries	1	100g	27	1	5	0	3
	<b>MEAL 4 SUBTOTALS:</b>				<b>117</b>	<b>21</b>	<b>7</b>	<b>0</b>
MEAL 5	Salmon fillet	1	120g	235	23	0	16	0
	Quinoa (cooked)	1	180g	216	8	38	4	1
	Roasted mix veg (peppers, onions, courgette)							
<b>MEAL 5 SUBTOTALS:</b>				<b>451</b>	<b>31</b>	<b>38</b>	<b>20</b>	<b>1</b>
<b>DAILY TOTAL:</b>				<b>1691</b>	<b>152</b>	<b>160</b>	<b>49</b>	<b>22.5</b>





# DETAILED CALORIE PLANS 2000 CALORIES

View 1250 Cal. →

View 1500 Cal. →

View 1750 Cal. →

**2000 CALORIES**

View 2500 Cal. →

PLAN 1 →

PLAN 2 →

PLAN 3 →



# 2000 CALORIE PLAN v1

	FOOD ITEM	QTY	SIZE	CALORIES	PRO (g)	CARB (g)	FAT (g)	FIBRE (g)
MEAL 1	Eggs	4		294	25	2	20	0
	Mixed Peppers							
	Multi Seeded Bread	2	Slice	208	4	28	9	8
	<b>MEAL 1 SUBTOTALS:</b>			<b>502</b>	<b>29</b>	<b>30</b>	<b>29</b>	<b>8</b>
MEAL 2	Grenade Carb Killa Protein Bar	1		214	23.2	13.5	7.9	6.7
	Banana	1		110	1	30	0	3
	<b>MEAL 2 SUBTOTALS:</b>			<b>324</b>	<b>24.2</b>	<b>43.5</b>	<b>7.9</b>	<b>9.7</b>
MEAL 3	Chicken Fillet	1	140g	150	32.5	0	1.9	0
	Mixed Salad w/peppers, onions etc..							
	Olive Oil	1	Tsp	40	0	0	4.5	0
	Cooked Rice	1	250g	400	8	76	6	2
	<b>MEAL 3 SUBTOTALS:</b>			<b>590</b>	<b>40.5</b>	<b>76</b>	<b>12.4</b>	<b>2</b>
MEAL 4	Whey Protein Powder (with water) 2	2	Scoop	180	40	4	0	0
	Handful of almonds	1	10 nuts	70	2.5	3	6	2
	<b>MEAL 4 SUBTOTALS:</b>			<b>250</b>	<b>42.5</b>	<b>7</b>	<b>6</b>	<b>2</b>
MEAL 5	Turkey Steak	1	150g	216	46.9	0	2.8	0
	Sweet Potato	1	Large	162	4	37	0	6
	Green Veg (as much as you like)							
	<b>MEAL 5 SUBTOTALS:</b>			<b>378</b>	<b>50.9</b>	<b>37</b>	<b>2.8</b>	<b>6</b>
	<b>DAILY TOTAL:</b>			<b>2044</b>	<b>187.1</b>	<b>193.5</b>	<b>58.1</b>	<b>27.7</b>



# 2000 CALORIE PLAN v2

	FOOD ITEM	QTY	SIZE	CALORIES	PRO (g)	CARB (g)	FAT (g)	FIBRE (g)
MEAL 1	Whey Protein Powder	1	Scoop	90	20	2.6	0	0
	Oats	1	80g	300	9.6	52.6	6.4	8
	Chopped Apple	1	1	76	0	16	0	4
	Coconut Milk	1	150ml	28	0	0	2.3	0
	Natural Peanut butter	1	1tsp	47	2.2	1	3.5	0.5
	<b>MEAL 1 SUBTOTALS:</b>			<b>541</b>	<b>31.8</b>	<b>72.2</b>	<b>12.2</b>	<b>12.5</b>
MEAL 2	Biltong	1	Packet	80	50	2	1	0
	Banana	1	Medium	110	1	29	0	4
	<b>MEAL 2 SUBTOTALS:</b>			<b>190</b>	<b>51</b>	<b>31</b>	<b>1</b>	<b>4</b>
MEAL 3	Baked cod fillet	1	120g	138	30	0	1	
	Mixed salad (leaves, tomatoes etc.)							
	Avocado	1	1	240	4	12	24	10
	<b>MEAL 3 SUBTOTALS:</b>			<b>378</b>	<b>34</b>	<b>12</b>	<b>25</b>	<b>10</b>
MEAL 4	0% Fat Greek Yoghurt	1	200g	114	21	8	0	0
	Pumpkin Seeds	1	2 tbsp	112	6	2	10	1
	Blueberries	1	150g	86	1	21	0	3.5
	<b>MEAL 4 SUBTOTALS:</b>			<b>312</b>	<b>28</b>	<b>31</b>	<b>10</b>	<b>4.5</b>
MEAL 5	Lean mince Beef (5%)	1	150g	196	33	0	6	0
	Canned Tomatoes	1	1 can	74	4	12	0	2
	Veg (mushrooms, onions etc.)							
	Cooked Rice	1	150g	240	5	45.6	4	0
	<b>MEAL 5 SUBTOTALS:</b>			<b>510</b>	<b>42</b>	<b>57.6</b>	<b>10</b>	<b>2</b>
	<b>DAILY TOTAL:</b>			<b>1931</b>	<b>186.8</b>	<b>203.8</b>	<b>58.2</b>	<b>33</b>



# 2000 CALORIE PLAN v3

**MEAL 1**

FOOD ITEM	QTY	SIZE	CALORIES	PRO (g)	CARB (g)	FAT (g)	FIBRE (g)
0% Fat Greek yoghurt	1	200g	118	21	8	0	0
Low Fat Granola	1	50g	183	6	38	3	5
Blueberries	1	100g	60	0	14	0	2
<b>MEAL 1 SUBTOTALS:</b>			<b>361</b>	<b>27</b>	<b>60</b>	<b>3</b>	<b>7</b>

**MEAL 2**

Chargrilled breast fillets (cooked)	1	120g	176	38	2	2	0
Wholemeal Tortilla Wrap	1	1	172	6	28	3	5
Mixed Leaf Salad (peppers, onions etc..)							
<b>MEAL 2 SUBTOTALS:</b>			<b>348</b>	<b>44</b>	<b>30</b>	<b>5</b>	<b>5</b>

**MEAL 3**

Canned tuna (sunflower oil)	1	1 can	197	25	0	11	0
Green salad (leaves, tomatoes etc.)							
Apple	1	Medium	77	0	17	0	2.5
Hummus	2	tbsp	70	2	4	5	2
<b>MEAL 3 SUBTOTALS:</b>			<b>344</b>	<b>27</b>	<b>21</b>	<b>16</b>	<b>4.5</b>

**MEAL 4**

Whey Protein Powder (with Water)	1	Scoops	90	20	2	0	0
Banana	1	Medium	105	0	27	0	3
<b>MEAL 4 SUBTOTALS:</b>			<b>195</b>	<b>20</b>	<b>29</b>	<b>0</b>	<b>3</b>

**MEAL 5**

Salmon fillet	1	240g	470	46	0	32	0
Quinoa (cooked)	1	200g	240	9	42	4	1
Roasted mix veg (peppers, onions, courgette)							
<b>MEAL 5 SUBTOTALS:</b>			<b>710</b>	<b>55</b>	<b>42</b>	<b>36</b>	<b>1</b>

<b>DAILY TOTAL:</b>	<b>1958</b>	<b>173</b>	<b>182</b>	<b>60</b>	<b>20.5</b>
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# DETAILED CALORIE PLANS 2500 CALORIES

View 1250 Cal. →

View 1500 Cal. →

View 1750 Cal. →

View 2000 Cal. →

**2500 CALORIES**

PLAN 1 →

PLAN 2 →

PLAN 3 →



# 2500 CALORIE PLAN v1

	FOOD ITEM	QTY	SIZE	CALORIES	PRO (g)	CARB (g)	FAT (g)	FIBRE (g)
MEAL 1	Eggs	4		294	25	2	20	0
	Mixed Peppers							
	Multi Seeded Bread	2	Slice	208	4	28	9	8
	<b>MEAL 1 SUBTOTALS:</b>			<b>502</b>	<b>29</b>	<b>30</b>	<b>29</b>	<b>8</b>
MEAL 2	Grenade Carb Killa Protein Bar	1		214	23.2	13.5	7.9	6.7
	Banana	1		110	1	30	0	3
	<b>MEAL 2 SUBTOTALS:</b>			<b>324</b>	<b>24.2</b>	<b>43.5</b>	<b>7.9</b>	<b>9.7</b>
MEAL 3	Chicken Fillet	1	140g	150	32.5	0	1.9	0
	Mixed Salad w/peppers, onions etc.							
	Olive Oil	1	Tsp	40	0	0	4.5	0
	Cooked Rice	1	250g	400	8	76	6	2
	<b>MEAL 3 SUBTOTALS:</b>			<b>590</b>	<b>40.5</b>	<b>76</b>	<b>12.4</b>	<b>2</b>
MEAL 4	Whey Protein Powder (with water)	2	Scoop	180	40	4	0	0
	Handful of almonds	1	15 nuts	105	4	4	9	2
	Raspberries	1	150g	40	2	7	0	4
	<b>MEAL 4 SUBTOTALS:</b>			<b>325</b>	<b>46</b>	<b>15</b>	<b>9</b>	<b>6</b>
MEAL 5	Turkey Steak	1	150g	216	46.9	0	2.8	0
	Sweet Potato	1 1/2	Large	243	6	56	0	9
	Green Veg (as much as you like)							
	<b>MEAL 5 SUBTOTALS:</b>			<b>459</b>	<b>52.9</b>	<b>56</b>	<b>2.8</b>	<b>9</b>
	<b>DAILY TOTAL:</b>			<b>2200</b>	<b>192.6</b>	<b>220.5</b>	<b>61.1</b>	<b>34.7</b>



# 2500 CALORIE PLAN v2

MEAL 1

FOOD ITEM	QTY	SIZE	CALORIES	PRO (g)	CARB (g)	FAT (g)	FIBRE (g)
Whey Protein Powder	1	Scoop	90	20	2.6	0	0
Oats	1	80g	300	9.6	52.6	6.4	8
Chopped Apple	1		176	0	16	0	4
Coconut Milk	1	150ml	28	0	0	2.3	0
Natural Peanut butter	1	1tsp	47	2.2	1	3.5	0.5
<b>MEAL 1 SUBTOTALS:</b>			<b>541</b>	<b>31.8</b>	<b>72.2</b>	<b>12.2</b>	<b>12.5</b>

MEAL 2

Biltong	1	Packet	80	50	2	1	0
Banana	1	Medium	110	1	29	0	4
<b>MEAL 2 SUBTOTALS:</b>			<b>190</b>	<b>51</b>	<b>31</b>	<b>1</b>	<b>4</b>

MEAL 3

Baked cod fillet	1	120g	138	30	0	1	
Mixed salad (leaves, tomatoes etc.)							
Avocado	1	1	240	4	12	24	10
<b>MEAL 3 SUBTOTALS:</b>			<b>378</b>	<b>34</b>	<b>12</b>	<b>25</b>	<b>10</b>

MEAL 4

0% Fat Greek Yoghurt	1	200g	114	21	8	0	0
Pumpkin Seeds	1	2 tbsp	112	6	2	10	1
Blueberries	1	150g	86	1	21	0	3.5
Honey	1	tbsp	64	0	17	0	0
<b>MEAL 4 SUBTOTALS:</b>			<b>312</b>	<b>28</b>	<b>31</b>	<b>10</b>	<b>4.5</b>

MEAL 5

Lean mince Beef (5%)	1	200g	242	0	0	9	0
Canned Tomatoes	1	1 can	74	4	12	0	2
Veg (mushrooms, onions etc.)							
Cooked Rice	1	150g	240	5	45.6	4	0
<b>MEAL 5 SUBTOTALS:</b>			<b>556</b>	<b>49</b>	<b>57.6</b>	<b>13</b>	<b>2</b>

<b>DAILY TOTAL:</b>	<b>2041</b>	<b>193.8</b>	<b>220.8</b>	<b>61.2</b>	<b>33</b>
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# 2500 CALORIE PLAN v3

	FOOD ITEM	QTY	SIZE	CALORIES	PRO (g)	CARB (g)	FAT (g)	FIBRE (g)
MEAL 1	0% Fat Greek yoghurt	1	200g	118	21	8	0	0
	Low Fat Granola	1	50g	183	6	38	3	5
	Blubberies	1	100g	60	0	14	0	2
	<b>MEAL 1 SUBTOTALS:</b>				<b>361</b>	<b>27</b>	<b>60</b>	<b>3</b>
MEAL 2	Chargrilled breast fillets (cooked)	1	120g	176	38	2	2	0
	Wholemeal Tortilla Wrap	1	1	172	6	28	3	5
	Mixed Leaf Salad (peppers, onions etc..)							
	<b>MEAL 2 SUBTOTALS:</b>				<b>348</b>	<b>44</b>	<b>30</b>	<b>5</b>
MEAL 3	Canned tuna (sunflower oil)	1	1 can	197	25	0	11	0
	Green salad (leaves, tomatoes etc.)							
	Apple	1	Medium	77	0	17	0	2.5
	Hummus	2	tbsp	70	2	4	5	2
	Cooked Rice	1	125g	200	4	38	3	1
	<b>MEAL 3 SUBTOTALS:</b>				<b>590</b>	<b>40.5</b>	<b>76</b>	<b>12.4</b>
MEAL 4	Whey Protein Powder (with Water)	2	Scoops	180	40	4	0	0
	Banana	1	Medium	105	0	27	0	3
	<b>MEAL 4 SUBTOTALS:</b>				<b>285</b>	<b>40</b>	<b>31</b>	<b>0</b>
MEAL 5	Salmon fillet	1	240g	470	46	0	32	0
	Quinoa (cooked)	1	200g	240	9	42	4	1
	Roasted mix veg (peppers, onions, courgette)							
<b>MEAL 5 SUBTOTALS:</b>				<b>710</b>	<b>55</b>	<b>42</b>	<b>36</b>	<b>1</b>
<b>DAILY TOTAL:</b>				<b>2248</b>	<b>197</b>	<b>222</b>	<b>63</b>	<b>21.5</b>





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