

FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT
Protein yogurt						
Whey protein isolate powder	30g	1x average serving/scoop	114kcal	0.42g	27g	0.45g
Yogurt, greek, plain, 0% fat	125g	1x average pot	72kcal	4.9g	13.2g	0g
<i>Meal Totals:</i>			186kcal	5.3g	40g	0.45g

Protein smoothie						
Almond Milk, unsweetened	250ml	1x cup / serving	31.8kcal	0.5g	1.3g	2.8g
Spinach, baby, raw	20g	1x cup	3.3kcal	0.04g	0.52g	0.12g
Mixed berries, frozen	50g	1.7x tablespoon	15kcal	3.1g	0.43g	0.1g
Whey protein isolate powder	30g	1x average serving/scoop	114kcal	0.42g	27g	0.45g
Bananas, flesh only	40g	0.5x Small	34.3kcal	8g	0.48g	0.04g
<i>Meal Totals:</i>			198kcal	12.1g	29.7g	3.5g





Egg White Omlette

Onions, raw	26g	1x small	9.5kcal	2.1g	0.26g	0.03g
Peppers, bell, raw, mixed	34.7g	1x NHS serving (1/2 pepper)	9kcal	1.7g	0.35g	0.1g
Eggs, chicken, white, raw	69g	5x Average egg	30kcal	0g	7.5g	0g
Tomatoes, standard, raw	56g	1x average sized	8.4kcal	1.7g	0.28g	0.06g
<i>Meal Totals:</i>			57kcal	5.4g	8.4g	0.19g

Tuna lettuce wraps						
Tuna, canned in spring water, drained	72g	1x Small can (100g) drained	72kcal	0g	16.9g	0.43g
Lettuce, Iceberg, raw	50g	1x Medium portion	6.6kcal	0.95g	0.35g	0.15g
Tomatoes, cherry, raw	60g	4x cherry tomato	14kcal	2.2g	0.66g	0.3g
Sweetcorn kernels, canned in water, drained	15g	0.3x Average Portion	11.7kcal	2g	0.39g	0.26g
<i>Meal Totals:</i>			104kcal	5.1g	18.3g	1.1g

Beef jerky						
Beef jerky	30g	1x Average pack	122kcal	3.2g	10g	7.7g
<i>Meal Totals:</i>			122kcal	3.2g	10g	7.7g

Turkey roll ups						
Turkey slices	28g	2x Average slice	31.9kcal	0.34g	6.4g	0.53g
Cheese, goats milk, full fat, soft, white rind	30g	1x 5 1cm cubes	96kcal	0.3g	6.3g	7.7g

		Meal Totals:	128kcal	0.64g	12.8g	8.3g
Hard boiled eggs						
Eggs, chicken, whole, boiled	114g	2x large egg	163kcal	0g	16.1g	10.9g
		Meal Totals:	163kcal	0g	16.1g	10.9g
Roasted chickpeas						
Beans, chick peas, canned, re-heated, drained	80g	2x tablespoon	91kcal	11.8g	5.8g	2.3g
Olive oil, light, spray fry	1.2g	1x second spray	8.6kcal	0.55g	0.1g	0.66g
Schwartz Garlic Salt	2g	0x Per pack	1.9kcal	0.28g	0.07g	0.05g
Paprika Hot Smoked	2g	0x Pack	5.1kcal	0.4g	0.28g	0.27g
		Meal Totals:	107kcal	13g	6.2g	3.3g
 KMFitness Protein Pancakes						
Whey protein isolate powder	30g	1x average serving/scoop	114kcal	0.42g	27g	0.45g
Egg	57g	1x Average	75kcal	0g	7.2g	5.1g
Strawberries, raw	36.7g	39g incl waste	11.5kcal	2.2g	0.22g	0.18g
FAGE Total 0% Natural Fat Free Greek Recipe Stra	100g	0.6x Per pack	53kcal	3g	10.3g	0g
Oat flakes, rolled	30g	3x tablespoon	112kcal	19.3g	3.3g	2.4g
		Meal Totals:	365kcal	25g	48g	8.2g
 KMFitness Protein Oats						
Oat flakes, rolled	40g	1x Serving, 1/2 cup	149kcal	25.7g	4.4g	3.2g
Alpro Roasted Almond Unsweetened U.H.T. 1L	150ml		17.3kcal	0g	0.6g	1.7g
Whey protein isolate powder	30g	1x average serving/scoop	114kcal	0.42g	27g	0.45g
		Meal Totals:	280kcal	26.1g	32g	5.3g
Chocolate protein pudding and low calorie popcorn						
Snaktastic, salted popcorn	25g	1x portion	118kcal	13g	2g	6g
Whey protein isolate powder	30g	1x average serving/scoop	114kcal	0.42g	27g	0.45g
Water x 3 tablespooons	20g	3 Tablespoon	0kcal	0g	0g	0g
		Meal Totals:	232kcal	13.4g	29g	6.5g
Tin of tuna in tomato sauce						
Tuna Chunks in Tomato Sauce	145g	1x Per pack	149kcal	2.8g	26.2g	3.6g
		Meal Totals:	149kcal	2.8g	26.2g	3.6g
		Plan Total:	2091kcal	112g	277g	59g

Macronutrient Analysis

	CARBOHYDRATE	SUGARS	PROTEIN	FAT	SATFAT	ALCOHOL
Intake	112g	36.1g	276.8g	59g	17.4g	0g
g/kg body-weight	1.6	0.5	4	0.8	0.2	0
Kilocal	453	144	1107	531	157	0
Kilocal %	21.6%	6.9%	52.9%	25.4%	7.5%	0%

