

Food chart:

Food nutritional reference: <https://www.myfitnesspal.com/food/search>

Lose weight plan:

Restriction	Breakfast	Lunch	Dinner
None	<ul style="list-style-type: none"> Eggs Apple Nutrition: <ul style="list-style-type: none"> Serving: 2 eggs 1 apple Cal: 294 Carbs: 28g Protein: 14 Fat: 15 Sugar: 18 	<ul style="list-style-type: none"> Garden salad Nutrition: <ul style="list-style-type: none"> Servie: 150g Cal: 15 Carbs: 3 Protein: 1 Fat: 0 Sugar 2 	<ul style="list-style-type: none"> Chicken Broccoli Nutrition: <ul style="list-style-type: none"> Serving: 200g Cal: 330 Carbs: 31 Protein: 11 Fat: 18 Sugar: 3
Dairy/Gluten	<ul style="list-style-type: none"> Rice cereal Nutrition: <ul style="list-style-type: none"> Serving: 30g Cal: 110 Carbs: 24 Protein: 1 Fat: 0 Sugar; 2 	<ul style="list-style-type: none"> Veggie wrap Nutrition: <ul style="list-style-type: none"> Serving: 1 wrap Cal: 370 Carbs: 44 Protein: 11 Fat: 18 Sugar: 2 	<ul style="list-style-type: none"> Salmon Green beans Nutrition: <ul style="list-style-type: none"> Serving: 330g Cal: 470 Carbs: 6 Protein: 42 Fat: 32 Sugar: 2
Vegetarian/ Vegan	<ul style="list-style-type: none"> Berry protein smoothie Nutrition: <ul style="list-style-type: none"> Serving: 240ml Cal: 306 Carbs: 36 Protein: 36 Fat: 3 Sugar: 11 	<ul style="list-style-type: none"> Quinoa bowl Nutrition: <ul style="list-style-type: none"> Serving: 1 bowl Cal: 500 Carbs: 64 Protein: 24 Fat: 16 Sugar 3 	<ul style="list-style-type: none"> Lentil stew Nutrition: <ul style="list-style-type: none"> Serving: 240ml Cal: 241 Carbs: 43 Protein: 16 Fat: 2 Sugar: 6

Maintain weight plan:

Restriction	Breakfast	Lunch	Dinner
None	<ul style="list-style-type: none"> Yoghourt Granola 	<ul style="list-style-type: none"> Soup Sandwich 	<ul style="list-style-type: none"> Baked potato Brussel Sprouts

	Nutrition <ul style="list-style-type: none"> • Serving: 1 bowl • Cal: 330 • Carbs: 73 • Protein: 11 • Fat: 2 • Sugar: 26 	Nutrition: <ul style="list-style-type: none"> • Serving: 240g • Cal: 530 • Carbs: 59 • Protein: 30 • Fat: 18 • Sugar: 3 	Nutrition: <ul style="list-style-type: none"> • Serving: 200g potato, 6 sprouts • Cal: 221 • Carbs: 50 • Protein: 8 • Fat: 0 • Sugar: 4
Dairy/Gluten	<ul style="list-style-type: none"> • Porridge • Banana Nutrition: <ul style="list-style-type: none"> • Serving: 80g • Cal: 171 • Carbs: 58 • Protein: 6 • Fat: 3 • Sugar: 18 	<ul style="list-style-type: none"> • Hamburger • Baked fries Nutrition: <ul style="list-style-type: none"> • Serving: 1 burger, handful of fries • Cal: 646 • Carbs: 79 • Protein: 23 • Fat: 28 • Sugar: 12 	<ul style="list-style-type: none"> • Cod • Rice • Green beans Nutrition: <ul style="list-style-type: none"> • Serving: 113g Cod, 45g rice, 150g green beans • Cal: 328 • Carbs: 42 • Protein: 27 • Fat: 4 • Sugar: 3
Vegetarian/ Vegan	<ul style="list-style-type: none"> • Avocado • Toast Nutrition: <ul style="list-style-type: none"> • Serving: 1 slice • Cal: 184 • Carbs: 23 • Protein: 8 • Fat: 8 • Sugar: 1 	<ul style="list-style-type: none"> • Spaghetti • Garlic bread Nutrition: <ul style="list-style-type: none"> • Serving: 1 bowl, 1 bread • Cal: 510 • Carbs: 60 • Protein: 19 • Fat: 23 • Sugar: 16 	<ul style="list-style-type: none"> • Bean stew Nutrition: <ul style="list-style-type: none"> • Serving: 355ml • Cal: 350 • Carbs: 65 • Protein: 18 • Fat: 5 • Sugar: 7

Gain weight plan:

Restriction	Breakfast	Lunch	Dinner
None	<ul style="list-style-type: none"> • Protein pancakes Nutrition: <ul style="list-style-type: none"> • Serving: 3 pancakes • Cal: 660 • Carbs: 36 • Protein: 42 • Fat: 3 • Sugar: 1 	<ul style="list-style-type: none"> • Pizza • Salad Nutrition: <ul style="list-style-type: none"> • Serving: 1 pizza, small salad • Cal: 960 • Carbs: 22 • Protein: 60 • Fat: 68 	<ul style="list-style-type: none"> • Salmon • Quinoa • Broccoli Nutrition: <ul style="list-style-type: none"> • 1 fillet, 92g quinoa, 90g broccoli • Cal: 623 • Carbs: 61 • Protein: 50

		<ul style="list-style-type: none"> Sugar: 6 	<ul style="list-style-type: none"> Fat: 20 Sugar: 1
Dairy/Gluten	<ul style="list-style-type: none"> Gluten-free pancakes Nutrition: <ul style="list-style-type: none"> Serving: 2 pancakes Cal: 140 Carbs: 32 Protein: 2 Fat: 5 Sugar: 7 	<ul style="list-style-type: none"> Grilled chicken Roasted vegetables Nutrition: <ul style="list-style-type: none"> Serving: 113g chicken, 113g vegetables Cal: 180 Carbs: 7 Protein: 22 Fat: 7 Sugar: 4 	<ul style="list-style-type: none"> Steak Potato mash Corn Nutrition: <ul style="list-style-type: none"> Serving: 113g steak, 124g potato, 66g corn Cal: 370 Carbs: 25 Protein: 29 Fat: 17 Sugar: 9
Vegetarian/ Vegan	<ul style="list-style-type: none"> Peanut butter Protein shake Nutrition: <ul style="list-style-type: none"> Serving: 1 shake Cal: 520 Carbs: 84 Protein: 24 Fat: 12 Sugar: 74 	<ul style="list-style-type: none"> Pesto pasta Garlic bread Nutrition: <ul style="list-style-type: none"> Serving: 170g pasta, 1 bread Cal: 720 Carbs: 97 Protein: 23 Fat: 22 Sugar: 0 	<ul style="list-style-type: none"> Vegetarian Chilli Nutrition: <ul style="list-style-type: none"> Serving: 1 bowl Cal: 460 Carbs: 70 Protein: 21 Fat: 13 Sugar: 12