



**Ulster Fry Up** **C502** **P39g** **C39g** **F19g**

2 Organic Large Egg (Cooked to your liking)  
2 Mattessons Turkey Rashers (Grilled)  
5g Kerrygold Butter (Melted in small saucepan)  
30g Mushrooms (Added to saucepan and sauted)  
1 1/2 Slices of Wholemeal Bread

**Chicken Omelette** **C404** **P40g** **C31g** **F10g**

Use all the ingredients below to make an omelette. The serve on the bread

1 Organic Large Egg (Cooked to your liking)  
100g Egg Whites ( Two Chicks or Dr Zaks)  
100g Peppers (chopped)  
7 Sundried Tomatoes  
50g Cooked Chicken Breast (pre-cooked or packet)  
40g Spinach Leaves  
2 Slices Wholemeal Bread

**Protein Pancakes Take 2** **C505** **P44g** **C56g** **F12g**

1 Banana (Mashed with Hydra6)  
26g Hydra 6 Protein Powder (1 ½ Scoops)  
30ml Unsweetened Almond Milk  
Sprinkle with Cinnamon  
1 Organic Egg (Medium, mix all of the above ingredients in a bowl and make 3-4 small pancakes)  
100g Fage Total 0% Fat Greek Yogurt (Topping)  
6 Strawberries  
30g Blueberries

**Granola Yogurt** **C393** **P31g** **C39g** **F12g**

40g Granola (Sainsburys, Raisins, Nuts, Honey & Wholegrain)  
200g Arla Protein Yogurt (1 pot, any flavour, mix granola into pot of yogurt)  
1 Medium Organic Egg (cooked to your liking)  
1 Omega-3 Capsule

## Lunch Options

### Chicken or Tuna Wrap

**C412**

**P49g**

**C28g**

**F6g**

140g Chicken Breast (Cooked weight, grilled or poached)

or 160g Tin Tuna (Brine, Drained weight) + Hellmanns Lighter Than Light Mayo

Wholemeal Tortilla Wrap

Mixed Salad (as much as you like, spinach, cucumber, tomato, peppers, scallions)

1 Omega-3 Capsule

### Chicken Salad

**C402**

**P43g**

**C30g**

**F7g**

125g Grilled Poached Chicken Breast(cooked weight)

100g Tilda Microwave Rice, Coconut Chili & Lemongrass (or any flavour)

200g Mixed Salad (Tomatoes, cucumber, peppers, scallions)

100g Beetroot OR 7 Sundried Tomatoes

1 Omega-3 Capsule

### Tuna Salad

**C419**

**P37g**

**C33g**

**F15g**

1 Tin Tuna (in brine, drained)

30g Hellmann's Lighter Than Light (Or HP sauce, mix with tuna)

OR 100g Grilled or Poached Chicken Breast (cooked weight)

100g Tilda Microwave Rice, Coconut Chili & Lemongrass (or any flavour)

100g Mixed Salad (Tomatoes, cucumber, peppers, scallions)

50g Beetroot OR 5 Sundried Tomatoes

50g Ripe Avocado

1 Omega-3 Capsule

### Baked Potato & Prawns

**C408**

**P33g**

**C52g**

**F9g**

150g approx. 3/4 large Baked Potato (bake in oven your usual way)

100g Prawns (cooked per packet instructions, mix with mayo and ketchup and use as topping on baked potato)

15g Hellmanns Lighter Than Light Mayo (1 tbsp)

15g Tomato Ketchup (1 Tbsp mix with mayo and prawns)

50g Cottage Cheese (low fat)

150g Steamed Broccoli

1 Omega-3 Capsule

**Soup & Fish** **C410** **P436g** **C30g** **F17g**  
250g Butternut Squash & Chilli Soup (Sainsburys 600g Tubs)  
150g Grilled Rainbow Trout (add to soup)  
1 Apple (medium)  
1 Omega-3 Capsule

**Turkey & Ham Bagel** **C402** **P37g** **C49g** **F5g**  
1 Wholemeal Bagel  
60g Roast Turkey Slices (3 Slices Sainsburys Roast Turkey Slices 120g)  
60g Roast Ham Slices (2 Slices Sainsburys Thick Cut Honey Roast Ham Slices)  
20g Cranberry Sauce (Can use mustard or Hellmanns Lighter That Light Mayo)  
1 Omega-3 Capsule

### Dinner Options

**Steak & Potatoes** **C408** **P40g** **C30g** **F15g**  
5g Coconut Oil (for frying steak)  
120g Fillet Steak (Raw weight, cook to your liking)  
120g Potatoes (White, sweet or baby, steamed or boiled)  
100g Asparagus Spears (Steamed, boiled or grilled)  
50g Onions (fried with steak or mushrooms)  
50g Mushrooms (cooked with onions)  
1 Omega-3 Capsule

**Burger n Chips** **C413** **P38g** **C53g** **F7g**  
1 1/4 Turkey Burger (Asda Sea Salt & Pepper)  
150g Sweet Potato (Cut into chunky chips and oven roasted, used 1 cal spray)  
200g Broccoli or any greens (Steamed or boiled)  
50g Frozen Peas  
1 Omega-3 Capsule

**Fish & Cous Cous** **C395** **P44g** **C35g** **F8g**  
200g Lidl Inismara Wild Garlic and Pepper Cod  
44g Packet of Sainsbury Moroccan Couscous (dry weight)  
1 Asda Frozen Veg steam Bag  
1 Omega-3 Capsule

**Chicken Stir-Fry** **C403** **P38g** **C53g** **F4g**

Few Sprays 1 cal spray (add all ingredients in order)

100g Onion

2 Medium Cloves Garlic or teaspoon of Lazy Garlic

15g Fresh Ginger or Lazy Garlic

90g Chicken Breast (Raw weight, Diced)

2 Tbsp Light Soy Sauce

1 Tbsp Sweet Chilli Sauce

1 Red Pepper (Chopped)

100g Tenderstem Broccoli

100 Straight To Wok Noodles (Amoy rice noodles are lower in carbs)

1 Omega-3 Capsule

**Chicken Curry & Rice** **C400** **P44g** **C40g** **F7g**

50g Mayflower Curry Sauce (Cook recipe as per instructions on packet)

150g Cooked Chicken

½ Onion (Cooked with 1 Cal Spray)

50g Petit Pois Peas

100g Packet Tilda Wholegrain Rice

1 Omega-3 Capsule

**Chicken & Rice** **C400** **P53g** **C33g** **F8g**

1 Maggie So Tender Flavour Sheet (For cooking chicken)

150g Cooked chicken breast (250g raw cooked in Maggie sheet)

100g Tilda Microwave Rice (Any Flavour)

150g Broccoli (Steamed or boiled)

1 Omega-3 Capsule

**Salmon & Potatoes** **C408** **P31g** **C33g** **F16g**

120g Salmon (Baked or Grilled)

150g New Baby Potatoes (Steamed or boiled)

100g Asparagus (Steamed, boiled or griddled)

40g Frozen Peas (Boiled)

1 Omega-3 Capsule

**Snack Options: Consume around 400 calories of snacks per day, at anytime**

**Bagel & Peanut Butter** C305 P13g C23g F17g

½ Bagel (Any kind)  
30g Peanut Butter (Whole Earth, weighting essential)

**Slim Protein Pot** C241 P33g C15g F5g

170g Fage Total 0% Fat Greek Yogurt  
17g Hydra 6 Protein (Mix into yogurt)  
10g Flaxseed with Goji-berries (mix into yogurt)  
50g Berries (Any berries, mix into yogurt)

**Fat Protein Pot** C304 P30g C15g F14g

170g Fage Total Full Fat Greek Yogurt  
17g Hydra 6 Protein (Mix into yogurt)  
10g Flaxseed with Goji-berries (mix into yogurt)  
50g Berries (Any berries, mix into yogurt)

**Fruit n Nuts** C258 P6g C28g F14g

1 Apple (Medium)  
30g Almonds

**Fruit n Nuts Take 2** C274 P8g C24g F16g

1 Apple, sliced (Medium)  
30g Peanut Butter (Whole Earth, spread onto apple slices)

**Granola & Yogurt** C235 P21g C28g F5g

170g Fage Total 0% Fat Greek Yogurt  
25g Granola (Sainsburys)  
50g Raspberries (Or any berries)

**Smoothie** C307 P30g C34g F4g

200ml Unsweetend Almond Milk or Water (Into Nutribullet or blender)  
35g Hydra 6 Protein (2 Scoops, added to liquid)  
40g Porridge oats (add uncooked to Nutribullet)  
60g Frozen Berries (add to Nutri-bullet)

<b>Carb Killa Bar</b>	<b>C214</b>	<b>P23g</b>	<b>C1.5g</b>	<b>F8g</b>
<b>Protein Shake</b>	<b>C130</b>	<b>P24g</b>	<b>C1g</b>	<b>F1g</b>
<b>Chicken Slices</b> (Pre-cooked)	<b>C136</b>	<b>P31g</b>	<b>C0g</b>	<b>F2g</b>
<b>Avocado</b> (100g Ripe)	<b>C160</b>	<b>P2g</b>	<b>C9g</b>	<b>F15g</b>

#### **Pre-Workout Snacks**

<b>40g Raisins</b>	<b>C120</b>	<b>P1g</b>	<b>C31g</b>	<b>F0g</b>
<b>Medium Banana</b> (100g)	<b>C103</b>	<b>P1g</b>	<b>C23g</b>	<b>F0g</b>