



Sunday  
Low Day – 1400 Calories

Totals: C46g    P120g    F60g

**Breakfast                      Scrambled Eggs & Rashers                      C14g                      P37g                      F21g**

5g Kerrygold Butter  
1 Large Organic Eggs  
100ml Liquid Egg Whites  
50g (3) Smoked Turkey Rashers  
50g Avocado

**Supplements**

PHD Supergreens Drink  
1 Omega-3 Capsule  
Vitamin D

**Main 1                      Sunday Roast Dinner                      C27g                      P46g                      F19g**

130g Roast beef (topside, silverside) (cooked weight)  
100g Mash potatoes (no butter or milk) (Alt: 90g mash direct mash potato)  
80g Vegetables (Carrots, Parsnip, Turnip) (Alt: Mash direct)  
50g Onion (roasted with beef)  
Gravy  
1 Omega-3 Capsule

**Main 2                      Salmon & Greens                      C4g                      P26g                      F17g**

120g Salmon (Baked or Grilled)  
100g Asparagus spears  
1 Omega-3 Capsule

**Snack 1                      C1.5g                      P23g                      F8g**

Half Carb Killa Bar (any flavour)