



Sunday
Low Day - 1600 Calories

Totals: C52g P139g F71g

Breakfast Scrambled Eggs & Rashers C16g P37g F24g

- 5g Kerrygold Butter
- 1 Large Organic Eggs
- 100ml Liquid Egg Whites
- 50g (3) Smoked Turkey Rashers
- 70g Avocado

Supplements

- PHD Supergreens Drink
- 1 Omega-3 Capsule
- Vitamin D

Main 1 Sunday Roast Dinner C38g P48g F19g

- 130g Roast beef (topside, silverside) (cooked weight)
- 120g Mash potatoes (no butter or milk) (Alt: 90g mash direct mash potato)
- 100g Vegetables (Carrots, Parsnip, Turnip) (Alt: Mash direct)
- 50g Onion (roasted with beef)
- Gravy
- 1 Omega-3 Capsule

Main 2 Salmon & Greens C4g P42g F27g

- 150g Salmon (Baked or Grilled)
- 100g Asparagus spears
- 1 Omega-3 Capsule

Snack 1 C1.5g P23g F8g

- Carb Killa Bar (any flavour)