



Evening Training Day
 Medium Day - 1800 Calories

Totals: C112g P175g F71g

Breakfast Omelette C6g P51g F31g

- 2 Large Organic Eggs
- 150ml Egg Whites
- 80g Pre-cooked Mackerel (Alt: 80g Salmon, 140g Cooked Chicken Breast)
- 100g Tomatoes (Any variety)
- 10-20g Green Jalapenos (only add if you wish)

Supplements

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

Main 1 Lunchbox Surf n Turf Salad C33g P51g F8g

- 1 Tin Tuna (Alt: 100g Chicken breast)
- 50g Grilled Chicken (Mix up all ingredients & Eat Cold)
- 100g Tilda Coconut, Chilli & Lemongrass Basmati Rice
- 200g Chopped Salad (small chunks cucumber, peppers, any variety tomatoes)
- Chopped up spinach leaves
- 50g Grapes or berries
- 20g Lighter Than Light Helmans Mayo
- 1 Omega-3 Capsule

Meal 2 Burger & Chips C47g P23g F11g

- 1 Sea Salt & Pepper Turkey Burger (Asda Butchers Selection)
- 200g Roasted Sweet Potato (use few sprays 1 cal spray)
- 150g Broccoli (steamed or boiled)
- 1 Omega-3 Capsule

Intra + Post Workout C23g P26g F2g

- 25g Raisins (Alt: Banana, consume at before and during training)
- 35g Hydra 6 protein (2 scoops)

Snacks Consume all snacks anytime through-out the day

- Carb Killa Bar (any flavour) C1.5g P23g F8g
- 15g Brazil Nuts C2g P2g F10g