



Sunday
Low Day – 2000 Calories

Totals: C68g P177g F92g

Breakfast Scrambled Eggs & Rashers C19g P59g F36g

5g Kerrygold Butter
2 Large Organic Eggs
150ml Liquid Egg Whites
75g (3) Smoked Turkey Rashers
100g Avocado

Supplements

PHD Supergreens Drink
1 Omega-3 Capsule
Vitamin D

Main 1 Sunday Roast Dinner C44g P53g F21g

140g Roast beef (topside, silverside) (cooked weight)
130g Mash potatoes (no butter or milk) (Alt: 100g mash direct mash potato)
150g Vegetables (Carrots, Parsnip, Turnip) (Alt: Mash direct)
50g Peas
50g Onion (roasted with beef)
Gravy
1 Omega-3 Capsule

Main 2 Salmon & Greens C4g P42g F27g

200g Salmon (Baked or Grilled)
100g Asparagus spears
1 Omega-3 Capsule

Snack 1 C1.5g P23g F8g

Carb Killa Bar (any flavour)