

Protein treat: 200 calories



Training Day 1 2200 Calorie Meal Plan

Breakfast: Scrambled eggs

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|------|-------------------------------------|----------|---------|----------|---------|-----------|
| 10g | Kerrygold butter (melt in saucepan) | 66 | | | 7.0 | |
| 1 | Large organic eggs | 103 | 8.5 | | 7.5 | |
| 150g | Egg whites | 69 | 16.0 | | | |
| 1 | Slices of Hovis Granary toasted | 92 | 3.5 | 16.5 | 1.0 | 1.5 |
| 1 | Grapefruit | 104 | 2.0 | 26.0 | | 4.0 |
| | PHD Supergreens powder | 38 | 2.0 | 8.0 | | 2.0 |
| | Supplements: 2 x Omega 3 | 20 | | | 2.0 | |
| | 3000iu Vitamin D | 492 | 32.0 | 50.5 | 17.5 | 7.5 |

Mid Morning Snack

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|------|--|----------|---------|----------|---------|-----------|
| 100g | Berries (Blueberries, strawberries, etc) | 42 | | 11 | | 2 |
| 20g | Almonds | 119 | 4.0 | 4.0 | 9.0 | 2.0 |
| | | 161 | 4.0 | 15.0 | 9.0 | 4.0 |

Lunch: Chicken Rice & Greens

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|-------|--|----------|---------|----------|---------|-----------|
| 150g | Chicken breast (cooked weight) | 204 | 45 | | 2.25 | |
| 100g | Tilda wholegrain basmati rice (1/2 pack) | 127 | 3.2 | 23.3 | 2 | 1.5 |
| 200g | Maxx pre-prepped salad | 45 | 1.0 | 8.0 | | 1.0 |
| Loads | Spinach leaves | | | | | |
| 60g | Beetroot | 28 | 1.2 | 5.0 | | 1.2 |
| | | 404 | 50.4 | 36.3 | 4.3 | 3.7 |

Dinner: Salmon with veg

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|------|---------------------------------------|----------|---------|----------|---------|-----------|
| 125g | Salmon (baked, grilled etc.) | 259 | 25.0 | | 16.3 | |
| 100g | Sweet potato (roasted, steamed, etc.) | 89 | 2.0 | 20.0 | | 8.5 |
| 200g | Broccoli | 58 | 6.0 | 2.0 | 1.0 | 5.0 |
| | | 406 | 33.0 | 22.0 | 17.3 | 13.5 |

Pre-workout

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|------|----------------------------|----------|---------|----------|---------|-----------|
| 170g | Total Fage 0% Greek Yogurt | 100 | 18.0 | 7.0 | | |
| 1 | Banana | 103 | 1.0 | 23.0 | | 1.0 |
| | | 203 | 19.0 | 30.0 | - | 1.0 |

Post Workout

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|-----|--------------------|----------|---------|----------|---------|-----------|
| 1 | Whey protein (30g) | 120 | 18.0 | 7.0 | 0.7 | |
| 30g | Raisins | 90 | 1.0 | 24.0 | | 1.0 |
| | | 210 | 19.0 | 31.0 | 0.7 | 1.0 |

Bedtime snack

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|-----|-------------------------------|----------|---------|----------|---------|-----------|
| 1 | Hydra 6 (35g) or Casein (30g) | 130 | 25.0 | 3.0 | 2.0 | 2.0 |
| | Supplements: 3 x ZMA | 130 | 25.0 | 3.0 | 2.0 | 2.0 |
| | | 2,006 | 182 | 188 | 51 | 33 |

Protein treat: 220 calories



Training Day 2 2200 Calorie Meal Plan

Breakfast: Omelette

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|-------|--|----------|---------|----------|---------|-----------|
| 40g | Porridge Oats (Lidl) | 148 | 7.2 | 27 | 4 | 5 |
| 200ml | Unsweetened Almond Milk | 26 | 1 | | 3 | 1 |
| 50g | Berries (Blueberries, strawberries, etc) | 21 | | 5.5 | | 1 |
| 10g | Kerrygold butter (melt in saucepan) | 66 | | | 7.0 | |
| 1 | Large organic eggs | 103 | 8.0 | | 8.0 | |
| 150g | Egg whites | 69 | 16.0 | | | |
| 70g | Maxx Omelette Mix | 35 | 0.7 | 5.6 | 0.7 | 0.7 |
| | PHD Supergreens powder | 38 | 2.0 | 8.0 | | 2.0 |
| | Supplements: 2 x Omega 3 | 20 | | | | |
| | 3000iu Vitamin D | 526 | 35 | 46 | 23 | 10 |

Mid Morning Snack

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|-----|-------------------------------------|----------|---------|----------|---------|-----------|
| 30g | Almonds (or other nuts) | 178 | 6.0 | 6.0 | 14.0 | 3.0 |
| 1 | Hydra 6 protein (1/2 serving 17.5g) | 65 | 12.5 | 1.5 | 1.0 | 1.0 |
| | | 243 | 18.5 | 7.5 | 15.0 | 4.0 |

Lunch: Tuna Bagel

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|------|------------------------------|----------|---------|----------|---------|-----------|
| 100g | Tuna chunks in brine | 100 | 24 | | 1 | |
| 0.5 | Wholemeal bagel | 112 | 4.5 | 20 | 1 | 3 |
| 30g | Lighter than light Mayonaise | 21 | | 3.0 | 1.0 | |
| 200g | Maxx pre-prepped salad | 45 | | | | |
| 70g | Beetroot | 33 | 1.4 | 5.6 | | 1.4 |
| | | 311 | 29.9 | 28.6 | 3.0 | 4.4 |

Dinner: Chicken with veg

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|------|--------------------------------|----------|---------|----------|---------|-----------|
| 100g | Chicken breast (cooked weight) | 153 | 34.5 | | 1.5 | |
| 150g | Sweet potato or potatoes | 135 | 3.0 | 30.0 | | 309.6 |
| 200g | Broccoli | 58 | 6.0 | 2.0 | 1.0 | 5.0 |
| 100g | Carrots | 28 | 0.5 | 5.5 | 0.5 | 2.0 |
| | | 374 | 44.0 | 37.5 | 3.0 | 316.6 |

Pre-workout

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|------|-----------|----------|---------|----------|---------|-----------|
| Half | Bagel | 112 | 4.5 | 20 | 1 | 2 |
| 1 | Banana | 103 | 1.0 | 23.0 | | 1.0 |
| | | 215 | 5.5 | 43.0 | 1.0 | 3.0 |

Post Workout

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|-----|--------------------|----------|---------|----------|---------|-----------|
| 1 | Whey protein (30g) | 120 | 18.0 | 7.0 | 0.7 | |
| 30g | Raisins | 90 | 1.0 | 24.0 | | 1.0 |
| | | 210 | 19.0 | 31.0 | 0.7 | 1.0 |

Bedtime snack

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|-----|-------------------------------|----------|---------|----------|---------|-----------|
| 1 | Hydra 6 (35g) or Casein (30g) | 130 | 25.0 | 3.0 | 2.0 | 2.0 |
| | Supplements: 3 x ZMA | 130 | 25.0 | 3.0 | 2.0 | 2.0 |
| | | 2,009 | 177 | 197 | 47 | 341 |

Protein treat: 200 calories



Training Day 3 2200 Calorie Meal Plan

Breakfast: Omelette

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|-------|--|----------|---------|----------|---------|-----------|
| 10.00 | 1 cal oil spray (coconut or olive) | 10 | | | 1.0 | |
| 70g | Maxx Omelette Mix | 35 | 0.7 | 5.6 | 0.7 | 0.7 |
| 70g | Pre-cooked chicken breast | 107 | 24.0 | | | |
| 70g | Pre-cooked sweet potato or potato rice | 62 | 1.4 | 14.0 | - | 4.2 |
| 2 | Large organic eggs | 206 | 17.0 | | 15.0 | |
| 100g | Egg whites | 46 | 10.6 | | | |
| | PHD Supergreens powder | 38 | 2.0 | 8.0 | | 2.0 |
| | Supplements: 2 x Omega 3 | 20 | | | | |
| | 3000iu Vitamin D | 524 | 56 | 28 | 17 | 7 |

Mid Morning Snack

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|-----|---------------------------|----------|---------|----------|---------|-----------|
| 30g | Almonds (or other nuts) | 178 | 6.0 | 6.0 | 14.0 | 3.0 |
| 70g | Pre-cooked chicken breast | 107 | 24.0 | | | |
| | | 285 | 30.0 | 6.0 | 14.0 | 3.0 |

Lunch: Soup & Fish

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|------|--|----------|---------|----------|---------|-----------|
| 200g | Butternut squash soup (sainsburys) | 75 | 1.6 | 10.4 | 3.2 | 1.6 |
| 100g | Rainbow trout (grilled and flaked into soup) | 160 | 22.4 | 32 | 7.2 | |
| | | 235 | 24.0 | 42.4 | 10.4 | 1.6 |

Dinner: Chicken with veg

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|------|--------------------------------------|----------|---------|----------|---------|-----------|
| 120g | Aberdeen Angus sirloin (fat trimmed) | 211 | 37.2 | | 5.6 | |
| 150g | Sweet potato or potatoes | 135 | 3.0 | 30.0 | | 9.0 |
| 200g | Broccoli | 58 | 6.0 | 2.0 | 1.0 | 5.0 |
| 50g | Onion | 20 | 1.0 | 4.0 | - | 1.0 |
| 50g | Peas | 42 | 3.0 | 8.0 | | 3.0 |
| | | 466 | 50.2 | 44.0 | 6.6 | 18.0 |

Pre-workout

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|-----|-----------|----------|---------|----------|---------|-----------|
| 30g | Raisins | 90 | 1.0 | 24.0 | | 1.0 |
| 1 | Banana | 103 | 1.0 | 23.0 | | 1.0 |
| | | 193 | 2.0 | 47.0 | - | 2.0 |

Post Workout

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|------|------------------------------------|----------|---------|----------|---------|-----------|
| 1 | Whey protein (30g) (make smoothie) | 120 | 18.0 | 7.0 | 0.7 | |
| 100g | Frozen berries | 49 | 1.0 | 10.0 | | 2.0 |
| | | 169 | 19.0 | 17.0 | 0.7 | 2.0 |

Bedtime snack

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|-----|-------------------------------|----------|---------|----------|---------|-----------|
| 1 | Hydra 6 (35g) or Casein (30g) | 130 | 25.0 | 3.0 | 2.0 | 2.0 |
| | Supplements: 3 x ZMA | 130 | 25.0 | 3.0 | 2.0 | 2.0 |
| | | 2,002 | 206 | 187 | 50 | 36 |

Protein treat: 250 calories



Non-Training Day 1 2200 Calorie Meal Plan

Breakfast: Eggs Benedict

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|------|-------------------------------------|----------|---------|----------|---------|-----------|
| 10g | Kerrygold butter (melt in saucepan) | 66 | | | 7.0 | |
| 1 | Large organic eggs | 103 | 8.5 | | 7.5 | |
| 100g | Egg whites | 46 | 10.0 | | | |
| 50g | Smoked salmon ribbons | 100 | 12.5 | | 5 | |
| | PHD Supergreens powder | 38 | 2.0 | 8.0 | | 2.0 |
| | Supplements: 2 x Omega 3 | 20 | | | | |
| | 3000iu Vitamin D | 373 | 33 | 8 | 20 | 2 |

Mid Morning Snack

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|------|----------------------------------|----------|---------|----------|---------|-----------|
| 20 | Almonds (or other nuts) | 117 | 4.0 | 4.0 | 9.2 | 2.0 |
| 170g | Total Fage full fat Greek yogurt | 163 | 15.0 | 6.0 | 8.0 | |
| | | 280 | 19.0 | 10.0 | 17.2 | 2.0 |

Lunch: Prawn salad

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|-------|---|----------|---------|----------|---------|-----------|
| 100g | Prawns | 87 | 19 | 1 | 1 | |
| 200g | Maxx pre-prepped salad | 45 | 1.0 | 8.0 | | 1.0 |
| 100g | Avocado | 160 | 2.3 | 8.5 | 14.6 | 7.0 |
| Loads | Spinach leaves | | | | | |
| 1 | Large organic eggs (hard boiled or poached) | 103 | 8.0 | | 8.0 | |
| | | 395 | 30.3 | 17.5 | 23.6 | 8.0 |

Dinner: Chicken with veg

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|------|--------------------------------|----------|---------|----------|---------|-----------|
| 150g | Chicken breast (cooked weight) | 204 | 45 | | 2 | |
| 150g | Sweet potato or potatoes | 135 | 3.0 | 30.0 | | 9.0 |
| 200g | Broccoli | 58 | 6.0 | 2.0 | 1.0 | 5.0 |
| 50g | Onion | 20 | 1.0 | 4.0 | - | 1.0 |
| 50g | Peas | 42 | 3.0 | 8.0 | | 3.0 |
| | | 459 | 58.0 | 44.0 | 3.0 | 18.0 |

Snack

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|-----|---------------------------------------|----------|---------|----------|---------|-----------|
| 1 | Apple (sliced) | 80 | | 22.0 | | 2.0 |
| 30g | Nut butter (spread onto apple slices) | 195 | 8.0 | 2.0 | 17.0 | 4.0 |
| | | 275 | 8.0 | 24.0 | 17.0 | 6.0 |

Bedtime snack

| Qty | Food Item | Calories | Pro (g) | Carb (g) | Fat (g) | Fibre (g) |
|-----|-------------------------------|----------|---------|----------|---------|-----------|
| 1 | Hydra 6 (35g) or Casein (30g) | 130 | 25.0 | 3.0 | 2.0 | 2.0 |
| | Supplements: 3 x ZMA | 130 | 25.0 | 3.0 | 2.0 | 2.0 |
| | | 1,912 | 173 | 107 | 82 | 38 |