

Protein treat: 200 calories



Training Day 1  
2800 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	
2	Large organic eggs	206	17.0		15.0	
150g	Egg whites	69	16.0			
2	Slices of Hovis Granary toasted	184	7.0	33.0	2.0	3.0
1	Grapefruit	104	2.0	26.0		4.0
	PHD Supergreens powder	38	2.0	8.0		2.0
	<b>Supplements: 2 x Omega 3</b>	20			2.0	
	<b>3000iu Vitamin D</b>	687	44.0	67.0	26.0	9.0

Mid Morning Snack

Qty	Food Item	Calories	Pro (g)	Carb (g)	Fat (g)	Fibre (g)
1	Apple	80		22.0		2.0
20g	Almonds	119	4.0	4.0	9.0	2.0
		199	4.0	26.0	9.0	4.0

Lunch: Chicken Rice & Greens

Qty	Food Item	Calories	Pro (g)	Carb (g)	Fat (g)	Fibre (g)
200g	Chicken breast (cooked weight)	272	61		3	
125g	Tilda wholegrain basmati rice (1/2 pack)	159	4	29	3	2
200g	Maxx pre-prepped salad	45	1.0	8.0		1.0
Loads	Spinach leaves					
100g	Beetroot	47	2.0	8.0		2.0
		523	68.0	45.0	6.0	5.0

Dinner: Salmon with veg

Qty	Food Item	Calories	Pro (g)	Carb (g)	Fat (g)	Fibre (g)
200g	Salmon (baked, grilled etc.)	413	40.0		26.0	
200g	Sweet potato (roasted, steamed, etc.)	180	4.0	40.0		13.0
200g	Broccoli	58	6.0	2.0	1.0	5.0
		651	50.0	42.0	27.0	18.0

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
	<b>Supplements: 3 x ZMA</b>	130	25.0	3.0	2.0	2.0
		2,603	229	244	71	40

Protein treat: 220 calories



## Training Day 2 2800 Calorie Meal Plan

### Breakfast: Omelette

Qty	Food Item	Calories	Pro (g)	Carb (g)	Fat (g)	Fibre (g)
50g	Porridge Oats (Lidl)	185	9	34	5	6
250ml	Unsweetened Almond Milk	32	1		3	1
100g	Berries (Blueberries, strawberries, etc)	42		11		2
10g	Kerrygold butter (melt in saucepan)	66			7.0	
1	Large organic eggs	103	8.0		8.0	
150g	Egg whites	69	16.0			
100g	Maxx Omelette Mix	50	1.0	8.0	1.0	1.0
	PHD Supergreens powder	38	2.0	8.0		2.0
	<b>Supplements: 2 x Omega 3</b>	20				
	<b>3000iu Vitamin D</b>	605	37	61	24	12

### Mid Morning Snack

Qty	Food Item	Calories	Pro (g)	Carb (g)	Fat (g)	Fibre (g)
1	Grapefruit	104	2.0	26.0		4.0
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
		347	20.5	33.5	15.0	8.0

### Lunch: Tuna Bagel

Qty	Food Item	Calories	Pro (g)	Carb (g)	Fat (g)	Fibre (g)
130g	Tuna chunks in brine	131	31		1	
1	Wholemeal bagel	224	9	40	2	4
30g	Lighter than light Mayonaise	21		3.0	1.0	
200g	Maxx pre-prepped salad	45				
100g	Beetroot	47	2.0	8.0		2.0
		468	42.0	51.0	4.0	6.0

### Dinner: Chicken with veg

Qty	Food Item	Calories	Pro (g)	Carb (g)	Fat (g)	Fibre (g)
200g	Chicken breast (cooked weight)	272	61		3	
250g	Sweet potato or potatoes	225	5.0	50.0		16.0
200g	Broccoli	58	6.0	2.0	1.0	5.0
200g	Carrots	56	1.0	11.0	1.0	4.0
		611	73.0	63.0	5.0	25.0

### 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
	<b>Supplements: 3 x ZMA</b>	130	25.0	3.0	2.0	2.0
		2,586	222	286	52	57

Protein treat: 280 calories



## Trainig Day 3 2800 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	
100g	Maxx Omelette Mix	50	1.0	8.0	1.0	1.0
150g	Pre-cooked chicken breast	204	46.0			
150g	Pre-cooked sweet potato or potato rice	135	3.0	30.0	-	9.0
2	Large organic eggs	206	17.0		15.0	
150g	Egg whites	69	16.0			
	PHD Supergreens powder	38	2.0	8.0		2.0
	<b>Supplements: 2 x Omega 3</b>	20				
	<b>3000iu Vitamin D</b>	732	85	46	17	12

### 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
150g	Pre-cooked chicken breast	204	46.0			
		382	52.0	6.0	14.0	3.0

### Lunch: Soup & Fish

Qty	Food Item	Calories	Pro (g)	Carb (g)	Fat (g)	Fibre (g)
300g	Butternut squash soup (sainsburys)	108	2	16	4	2
125g	Rainbow trout (grilled and flaked into soup)	200	28	40	9	
		308	30.0	56.0	13.0	2.0

### Dinner: Chicken with veg

Qty	Food Item	Calories	Pro (g)	Carb (g)	Fat (g)	Fibre (g)
200g	Aberdeen Angus sirloin (fat trimmed)	352	62		9.4	
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
		607	75.0	44.0	10.4	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
	<b>Supplements: 3 x ZMA</b>	130	25.0	3.0	2.0	2.0
		2,521	288	219	57	41

Protein treat: 250 calories



## Non-Training Day 1 2800 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	
3	Large organic eggs	309	26.0		23.0	
100g	Egg whites	46	10.0			
100g	Smoked salmon ribbons	200	25		10	
	PHD Supergreens powder	38	2.0	8.0		2.0
	<b>Supplements: 2 x Omega 3</b>	20				
	<b>3000iu Vitamin D</b>	679	63	8	40	2

### 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
170g	Total Fage full fat Greek yogurt	163	15.0	6.0	8.0	
		<b>341</b>	<b>21.0</b>	<b>12.0</b>	<b>22.0</b>	<b>3.0</b>

### 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
130g	Avocado	208	3.0	11.0	19.0	9.0
Loads	Spinach leaves					
1	Large organic eggs (hard boiled or poached)	103	8.0		8.0	
		<b>443</b>	<b>31.0</b>	<b>20.0</b>	<b>28.0</b>	<b>10.0</b>

### Dinner: Chicken with veg

Qty	Food Item	Calories	Pro (g)	Carb (g)	Fat (g)	Fibre (g)
170g	Aberdeen Angus sirloin (fat trimmed)	300	52.7		8	
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
		<b>555</b>	<b>65.7</b>	<b>44.0</b>	<b>9.0</b>	<b>18.0</b>

### 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
		<b>275</b>	<b>8.0</b>	<b>24.0</b>	<b>17.0</b>	<b>6.0</b>

### 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
	<b>Supplements: 3 x ZMA</b>	130	25.0	3.0	2.0	2.0
		<b>2,423</b>	<b>214</b>	<b>111</b>	<b>118</b>	<b>41</b>