



The
RITEDIET

MEAL PLANS &
NUTRITION SYSTEM

1500 Kcal

By Damien Rooney

Monday:

Kcal	Carbs	Fats	Protein
1486	125.2g	61g	116.79g

Breakfast:

Omelette -

336kcal, 20.1g Carbs, 19.8g Fat, 22.5g Protein

- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Free Range Eggs (3 Whole) (210 Calories, Carbs 3g, Fat 15g, Protein 18g)
- Spinach (1 Cup) (7 Calories, Carbs 1.1g, Fat 0.1g, Protein 0.9g)
- Red Onion (1/2 Cup) (30 Calories, Carbs 7g, Fat 0g, Protein 1g)
- Mushrooms (1/2 Cup) (8 Calories, Carbs 1.1g, Fat 0.1g, Protein 1.1g)
- Tomato (1/2 Cup) (25 Calories, Carbs 5g, Fat 0g, Protein 1g)
- Peppers (1/2 Cup) (15 Calories, Carbs 2.8g, Fat 0.1g, Protein 0.5g)

Snack:

Mixed Berries -

65kcal, 15.8g Carbs, 0.4g Fat, 1g Protein

- Fresh Blueberries (1/2 Cup) (40 Calories, Carbs 10g, Fat 0.2g, Protein 0.5g)
- Fresh Strawberries (1/2 Cup) (25 Calories, Carbs 5.8g, Fat 0.2g, Protein 0.5g)

Lunch:

Cajun Turkey Fillet with Baked Potato and Steamed Asparagus -

409kcal, 45.1g Carbs, 6.3g Fat, 40.2g Protein

- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Turkey Breast (100g) (143 Calories, Carbs 0g, Fat 1.7g, Protein 31.9g)
- Chilli Powder (1 Tbsp) (24 Calories, Carbs 0g, Fat 0g, Protein 0g)
- Baked Potato (1 Medium) (161 Calories, Carbs 37g, Fat 0.2g, Protein 4.3g)
- Asparagus Spears (1 Cup) (40 Calories, Carbs 8g, Fat 0g, Protein 4g)

Snack:

Mashed Avocado on Rye Toast -

187kcal, 19g Carbs, 11.5g Fat, 3.5g Protein

- Avocado (1 Half) (117 Calories, Carbs 6g, Fat 10.5g, Protein 1.5g)
- Rye Bread (1 Slice) (70 Calories, Carbs 13g, Fat 1g, Protein 2g)

Dinner:

Chicken and Vegetable Stir Fry -

348kcal, 22.5g Carbs, 18.7g Fat, 25.9g Protein

- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0g, Fat 14.9g, Protein 0g)
- Chicken Fillet (100g) (116 Calories, Carbs 0g, Fat 3.2g, Protein 21.8g)
- Spinach (1 Cup) (7 Calories, Carbs 1.1g, Fat 0.1g, Protein 0.9g)
- Red Onion (1/2 Cup) (30 Calories, Carbs 7g, Fat 0g, Protein 1g)
- Peppers (1/2 Cup) (14 Calories, Carbs 5.3g, Fat 0.2g, Protein 0.5g)
- Grated Carrot (1/2 Cup) (24 Calories, Carbs 5.3g, Fat 0.2g, Protein 0.5g)
- Mushrooms (1/2 Cup) (8 Calories, Carbs 1.1g, Fat 0.1g, Protein 1.1g)
- Balsamic Vinegar (1 Tbsp) (14 Calories, Carbs 2.7g, Fat 0g, Protein 0.1g)

Snack:

Protein Yoghurt -

141kcal, 2.7g Carbs, 4.3g Fat, 23.6g Protein

- Whey Protein Isolate (1 Scoop) (91 Calories, Carbs 0.5g, Fat 0.5g, Protein 22g)
- Natural Greek Yoghurt (2 Tbsp) (50 Calories, Carbs 2.2g, Fat 3.8g, Protein 1.6g)

Tuesday:

Kcal	Carbs	Fats	Protein
1595	164.8g	61.8g	110.2g

Breakfast:

Overnight Oats (Just mix all ingredients in a container, and soak overnight) -

417kcal, 35.8g Carbs, 7.2g Fat, 51.5g Protein

- Organic Oats (1/2 Cup) (150 Calories, Carbs 27g, Fat 2.5g, Protein 6g)
- Almond Milk (1 Cup) (60 Calories, Carbs 2g, Fat 3.5g, Protein 1g)
- Water (1/2 -1 Cup)
- Fresh Strawberries (1/2 Cup) (25 Calories, Carbs 5.8g, Fat 0.2g, Protein 0.5g)
- Whey Protein Isolate (2 Scoops) (182 Calories, Carbs 1g, Fat 1g, Protein 44g)

Snack:

Berries with Yoghurt -

107kcal, 10.7g Carbs, 6.1g Fat, 3.2g Protein

- Fresh Raspberries (1/2 Cup) (32 Calories, Carbs 7.4g, Fat 0.4g, Protein 0.8g)
- Natural Greek Yoghurt (3 Tbsp) (75 Calories, Carbs 3.3g, Fat 5.7g, Protein 2.4g)

Lunch:

Grilled Spicy Chicken with Roasted Sweet Potato & Steamed Mangetout -

454kcal, 43.7g Carbs, 19.2g Fat, 29g Protein

- Chicken Fillet (100g) (116 Calories, Carbs 0g, Fat 3.2g, Protein 21.8g)
- Paprika (1 Tbsp) (19 Calories, Carbs 3.7g, Fat 0.9g, Protein 1g)
- Sweet Potato (1 Cup) (114 Calories, Carbs 28g, Fat 0.2g, Protein 2.2g)
- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0g, Fat 14.9g, Protein 0g)
- Mangetout (1 Cup) (70 Calories, Carbs 12g, Fat 0g, Protein 4g)

Snack:

Apple with Nut Butter -

170kcal, 26g Carbs, 8g Fat, 2.5g Protein

- Apple (1 Whole) (80 Calories, Carbs 22g, Fat 0g, Protein 0g)
- Organic Cashew Butter (1 Tbsp) (90 Calories, Carbs 4g, Fat 8g, Protein 2.5g)

Dinner:

Grilled Salmon with Carrot and Parsnip Mash -

341kcal, 42g Carbs, 13.3g Fat, 22.6g Protein

- Salmon Fillet (100g) (196 Calories, Carbs 0g, Fat 13g, Protein 19.4g)
- Carrots (1 Cup) (70 Calories, Carbs 24g, Fat 0g, Protein 2g)
- Parsnips (1 Cup) (75 Calories, Carbs 18g, Fat 0.3g, Protein 1.2g)

Snack:

Dark Chocolate -

106kcal, 6.6g Carbs, 8g Fat, 1.4g Protein

- 70% Dark Chocolate (2 Squares) (106 Calories, Carbs 6.6g, Fat 8g, Protein 1.4g)

Wednesday:

Kcal	Carbs	Fats	Protein
1491	142.2g	66.1g	103.9g

Breakfast:

Poached Eggs with Mashed Avocado on Rye Toast -

327kcal, 21g Carbs, 21.5g Fat, 15.5g Protein

- Free Range Eggs (2 Whole) (140 Calories, Carbs 2g, Fat 10g, Protein 12g)
- Avocado (1 Half) (117 Calories, Carbs 6g, Fat 10.5g, Protein 1.5g)
- Rye Bread (1 Slice) (70 Calories, Carbs 13g, Fat 1g, Protein 2g)

Snack:

Melon -

32kcal, 8g Carbs, 0.1g Fat, 0.5g Protein

- Honeydew Melon (1/2 Cup) (32 Calories, Carbs 8g, Fat 0.1g, Protein 0.5g)

Lunch:

Baked Curried Cod with Baby Boiled Potatoes and Broccoli -

463kcal, 73.1g Carbs, 7.7g Fat, 31.9g Protein

- Cod Fillet (100g) (98 Calories, Carbs 0g, Fat 1g, Protein 21.5g)
- Curry Powder (1 Tbsp) (25 Calories, Carbs 5g, Fat 1.5g, Protein 1g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Baby Boiled Potatoes (1 Cup) (252 Calories, Carbs 58.8g, Fat 0.3g, Protein 5.5g)
- Broccoli (1 Cup) (47 Calories, Carbs 9.2g, Fat 0.5g, Protein 3.9g)

Snack:

Pistachios -

85kcal, 3.5g Carbs, 7g Fat, 3.5g Protein

- Pistachios (1/4 Cup) (85 Calories, Carbs 3.5g, Fat 7g, Protein 3.5g)

Dinner:

Pan Fried Sirloin with Sauteed Vegetables -

413kcal, 16.1g Carbs, 28.9g Fat, 29.5g Protein

- Sirloin Steak (100g) (213 Calories, Carbs 0g, Fat 11g, Protein 27g)
- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0g, Fat 14.9g, Protein 0g)
- Spinach (1 Cup) (7 Calories, Carbs 1.1g, Fat 0.1g, Protein 0.9g)
- Red Onion (1/2 Cup) (30 Calories, Carbs 7g, Fat 0g, Protein 1g)
- Peppers (1/2 Cup) (14 Calories, Carbs 5.3g, Fat 0.2g, Protein 0.5g)
- Balsamic Vinegar (1 Tbsp) (14 Calories, Carbs 2.7g, Fat 0g, Protein 0.1g)

Snack:

Protein Shake -

171kcal, 20.5g Carbs, 0.9g Fat, 23g Protein

- Whey Protein Isolate (1 Scoop) (91 Calories, Carbs 0.5g, Fat 0.5g, Protein 22g)
- Fresh Blueberries (1 Cup) (80 Calories, Carbs 20g, Fat 0.4g, Protein 1g)
- Water (1 Cup)

Thursday:

Kcal	Carbs	Fats	Protein
1486	125.2g	61g	116.7g

Breakfast:

Omelette -

336kcal, 20.1g Carbs, 19.8g Fat, 22.5g Protein

- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Free Range Eggs (3 Whole) (210 Calories, Carbs 3g, Fat 15g, Protein 18g)
- Spinach (1 Cup) (7 Calories, Carbs 1.1g, Fat 0.1g, Protein 0.9g)
- Red Onion (1/2 Cup) (30 Calories, Carbs 7g, Fat 0g, Protein 1g)
- Mushrooms (1/2 Cup) (8 Calories, Carbs 1.1g, Fat 0.1g, Protein 1.1g)
- Tomato (1/2 Cup) (25 Calories, Carbs 5g, Fat 0g, Protein 1g)
- Peppers (1/2 Cup) (15 Calories, Carbs 2.8g, Fat 0.1g, Protein 0.5g)

Snack:

Mixed Berries -

65kcal, 15.8g Carbs, 0.4g Fat, 1g Protein

- Fresh Blueberries (1/2 Cup) (40 Calories, Carbs 10g, Fat 0.2g, Protein 0.5g)
- Fresh Strawberries (1/2 Cup) (25 Calories, Carbs 5.8g, Fat 0.2g, Protein 0.5g)

Lunch:

Cajun Turkey Fillet with Baked Potato and Steamed Asparagus -

409kcal, 45.1g Carbs, 6.3g Fat, 40.2g Protein

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- Turkey Breast (100g) (143 Calories, Carbs 0g, Fat 1.7g, Protein 31.9g)
- Chilli Powder (1 Tbsp) (24 Calories, Carbs 0g, Fat 0g, Protein 0g)
- Baked Potato (1 Medium) (161 Calories, Carbs 37g, Fat 0.2g, Protein 4.3g)
- Asparagus Spears (1 Cup) (40 Calories, Carbs 8g, Fat 0g, Protein 4g)

Snack:

Mashed Avocado on Rye Toast -

187kcal, 19g Carbs, 11.5g Fat, 3.5g Protein

- Avocado (1 Half) (117 Calories, Carbs 6g, Fat 10.5g, Protein 1.5g)
- Rye Bread (1 Slice) (70 Calories, Carbs 13g, Fat 1g, Protein 2g)

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- Spinach (1 Cup) (7 Calories, Carbs 1.1g, Fat 0.1g, Protein 0.9g)
- Red Onion (1/2 Cup) (30 Calories, Carbs 7g, Fat 0g, Protein 1g)
- Peppers (1/2 Cup) (14 Calories, Carbs 5.3g, Fat 0.2g, Protein 0.5g)
- Grated Carrot (1/2 Cup) (24 Calories, Carbs 5.3g, Fat 0.2g, Protein 0.5g)
- Mushrooms (1/2 Cup) (8 Calories, Carbs 1.1g, Fat 0.1g, Protein 1.1g)
- Balsamic Vinegar (1 Tbsp) (14 Calories, Carbs 2.7g, Fat 0g, Protein 0.1g)

Snack:

Protein Yoghurt -

141kcal, 2.7g Carbs, 4.3g Fat, 23.6g Protein

- Whey Protein Isolate (1 Scoop) (91 Calories, Carbs 0.5g, Fat 0.5g, Protein 22g)
- Natural Greek Yoghurt (2 Tbsp) (50 Calories, Carbs 2.2g, Fat 3.8g, Protein 1.6g)

Friday:

Kcal	Carbs	Fats	Protein
1595	164.8g	61.8g	110.2g

Breakfast:

Overnight Oats (Just mix all ingredients in a container, and soak overnight) -

417kcal, 35.8g Carbs, 7.2g Fat, 51.5g Protein

- Organic Oats (½ Cup) (150 Calories, Carbs 27g, Fat 2.5g, Protein 6g)
- Almond Milk (1 Cup) (60 Calories, Carbs 2g, Fat 3.5g, Protein 1g)
- Water (½ -1 Cup)
- Fresh Strawberries (½ Cup) (25 Calories, Carbs 5.8g, Fat 0.2g, Protein 0.5g)
- Whey Protein Isolate (2 Scoops) (182 Calories, Carbs 1g, Fat 1g, Protein 44g)

Snack:

Berries with Yoghurt -

107kcal, 10.7g Carbs, 6.1g Fat, 3.2g Protein

- Fresh Raspberries (½ Cup) (32 Calories, Carbs 7.4g, Fat 0.4g, Protein 0.8g)
- Natural Greek Yoghurt (3 Tbsp) (75 Calories, Carbs 3.3g, Fat 5.7g, Protein 2.4g)

Lunch:

Grilled Spicy Chicken with Roasted Sweet Potato and Steamed Mangetout -

454kcal, 43.7g Carbs, 19.2g Fat, 29g Protein

- Chicken Fillet (100g) (116 Calories, Carbs 0g, Fat 3.2g, Protein 21.8g)
- Paprika (1 Tbsp) (19 Calories, Carbs 3.7g, Fat 0.9g, Protein 1g)
- Sweet Potato (1 Cup) (114 Calories, Carbs 28g, Fat 0.2g, Protein 2.2g)
- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0g, Fat 14.9g, Protein 0g)
- Mangetout (1 Cup) (70 Calories, Carbs 12g, Fat 0g, Protein 4g)

Snack:

Apple with Nut Butter -

170kcal, 26g Carbs, 8g Fat, 2.5g Protein

- Apple (1 Whole) (80 Calories, Carbs 22g, Fat 0g, Protein 0g)
- Organic Cashew Butter (1 Tbsp) (90 Calories, Carbs 4g, Fat 8g, Protein 2.5g)

Dinner:

Grilled Salmon with Carrot and Parsnip Mash -

341kcal, 42g Carbs, 13.3g Fat, 22.6g Protein

- Salmon Fillet (100g) (196 Calories, Carbs 0g, Fat 13g, Protein 19.4g)
- Carrots (1 Cup) (70 Calories, Carbs 24g, Fat 0g, Protein 2g)
- Parsnips (1 Cup) (75 Calories, Carbs 18g, Fat 0.3g, Protein 1.2g)

Snack:

Dark Chocolate -

106kcal, 6.6g Carbs, 8g Fat, 1.4g Protein

- 70% Dark Chocolate (2 Squares) (106 Calories, Carbs 6.6g, Fat 8g, Protein 1.4g)

Saturday:

Kcal	Carbs	Fats	Protein
1491	142.2g	66.1g	103.9g

Breakfast:

Poached Eggs with Mashed Avocado on Rye Toast -

327kcal, 21g Carbs, 21.5g Fat, 15.5g Protein

- Free Range Eggs (2 Whole) (140 Calories, Carbs 2g, Fat 10g, Protein 12g)
- Avocado (1 Half) (117 Calories, Carbs 6g, Fat 10.5g, Protein 1.5g)
- Rye Bread (1 Slice) (70 Calories, Carbs 13g, Fat 1g, Protein 2g)

Snack:

Melon -

32kcal, 8g Carbs, 0.1g Fat, 0.5g Protein

- Honeydew Melon (1/2 Cup) (32 Calories, Carbs 8g, Fat 0.1g, Protein 0.5g)

Lunch:

Baked Curried Cod with Baby Boiled Potatoes and Broccoli -

463kcal, 73.1g Carbs, 7.7g Fat, 31.9g Protein

- Cod Fillet (100g) (98 Calories, Carbs 0g, Fat 1g, Protein 21.5g)
- Curry Powder (1 Tbsp) (25 Calories, Carbs 5g, Fat 1.5g, Protein 1g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Baby Boiled Potatoes (1 Cup) (252 Calories, Carbs 58.8g, Fat 0.3g, Protein 5.5g)
- Broccoli (1 Cup) (47 Calories, Carbs 9.2g, Fat 0.5g, Protein 3.9g)

Snack:

Pistachios -

85kcal, 3.5g Carbs, 7g Fat, 3.5g Protein

- Pistachios (1/4 Cup) (85 Calories, Carbs 3.5g, Fat 7g, Protein 3.5g)

Dinner:

Pan Fried Sirloin with Sautéed Vegetables -

413kcal, 16.1g Carbs, 28.9g Fat, 29.5g Protein

- Sirloin Steak (100g) (213 Calories, Carbs 0g, Fat 11g, Protein 27g)
- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0g, Fat 14.9g, Protein 0g)
- Spinach (1 Cup) (7 Calories, Carbs 1.1g, Fat 0.1g, Protein 0.9g)
- Red Onion (1/2 Cup) (30 Calories, Carbs 7g, Fat 0g, Protein 1g)
- Peppers (1/2 Cup) (14 Calories, Carbs 5.3g, Fat 0.2g, Protein 0.5g)
- Balsamic Vinegar (1 Tbsp) (14 Calories, Carbs 2.7g, Fat 0g, Protein 0.1g)

Snack:

Protein Shake -

171kcal, 20.5g Carbs, 0.9g Fat, 23g Protein

- Whey Protein Isolate (1 Scoop) (91 Calories, Carbs 0.5g, Fat 0.5g, Protein 22g)
- Fresh Blueberries (1 Cup) (80 Calories, Carbs 20g, Fat 0.4g, Protein 1g)
- Water (1 Cup)

Sunday:

Kcal	Carbs	Fats	Protein
1547	160.2g	65.3g	92.5g

Breakfast:

Loaded Porridge -

402kcal, 51g Carbs, 18g Fat, 11.8g Protein

- Organic Oats (½ Cup) (150 Calories, Carbs 27g, Fat 2.5g, Protein 6g)
- Almond Milk (1 Cup) (60 Calories, Carbs 2g, Fat 3.5g, Protein 1g)
- Banana (½ Cup) (67 Calories, Carbs 17g, Fat 0.5g, Protein 0.8g)
- Organic Almond Butter (1 Tbsp) (95 Calories, Carbs 3g, Fat 9g, Protein 2.5g)
- Milled Flaxseed (1 Tbsp) (30 Calories, Carbs 2g, Fat 2.5g, Protein 1.5g)

Snack:

Almond Butter on Rye Toast with Banana -

232kcal, 33g Carbs, 10.5g Fat, 5.3g Protein

- Rye Bread (1 Slice) (70 Calories, Carbs 13g, Fat 1g, Protein 2g)
- Banana (½ Cup) (67 Calories, Carbs 17g, Fat 0.5g, Protein 0.8g)
- Organic Almond Butter (1 Tbsp) (95 Calories, Carbs 3g, Fat 9g, Protein 2.5g)

Lunch:

Grilled Tuna Steak with Roasted Parsnips and Steamed Green Beans -

266kcal, 27.9g Carbs, 6.1g Fat, 27.3g Protein

- Tuna Steak (100g) (106 Calories, Carbs 0g, Fat 1.1g, Protein 23.7g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Parsnips (1 Cup) (75 Calories, Carbs 18g, Fat 0.3g, Protein 1.2g)
- Green Beans (1 Cup) (44 Calories, Carbs 9.8g, Fat 0.3g, Protein 2.4g)

Snack:

Protein Shake -

91kcal, 0.5g Carbs, 0.5g Fat, 22g Protein

- Whey Protein Isolate (1 Scoop) (91 Calories, Carbs 0.5g, Fat 0.5g, Protein 22g)
- Water (½-1 Cup)

Dinner:

Feta Omelette with Rye Toast -

450kcal, 41.2g Carbs, 22.2g Fat, 24.7g Protein

- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Free Range Eggs (3 Whole) (210 Calories, Carbs 3g, Fat 15g, Protein 18g)
- Spinach (1 Cup) (7 Calories, Carbs 1.1g, Fat 0.1g, Protein 0.9g)
- Red Onion (½ Cup) (30 Calories, Carbs 7g, Fat 0g, Protein 1g)
- Peppers (½ Cup) (15 Calories, Carbs 2.8g, Fat 0.1g, Protein 0.5g)
- Grated Sweet Potato (½ Cup) (57 Calories, Carbs 14g, Fat 0.1g, Protein 1.1g)
- Feta Cheese (1 Tbsp) (20 Calories, Carbs 0.2g, Fat 1.5g, Protein 1.2g)
- Rye Bread (1 Slice) (70 Calories, Carbs 13g, Fat 1g, Protein 2g)

Snack:

Dark Chocolate -

106kcal, 6.6g Carbs, 8g Fat, 1.4g Protein

- 70% Dark Chocolate (2 Squares) (106 Calories, Carbs 6.6g, Fat 8g, Protein 1.4g)