



*The*  
**RITEDIET**

MEAL PLANS &  
NUTRITION SYSTEM

**2000 Kcal**

*By Damien Rooney*

# Monday:

Kcal	Carbs	Fats	Protein
1981	203.4g	76.6g	131g

## Breakfast:

*Nut and Berry Proats (Just mix all ingredients in a container, and soak overnight) -*

**532kcal, 43.1g Carbs, 23.2g Fat, 37.4g 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)
- Whey Protein Isolate (1 Scoop) (91 Calories, Carbs 0.5g, Fat 0.5g, Protein 22g)
- Flaked Almonds (1/4 Cup) (161 Calories, Carbs 1.6g, Fat 14g, Protein 6.4g)
- Fresh Blueberries (1/2 Cup) (40 Calories, Carbs 10g, Fat 0.2g, Protein 0.5g)
- Milled Flaxseed (1 Tbsp) (30 Calories, Carbs 2g, Fat 2.5g, Protein 1.5g)

## Snack:

*Nuts and Berries -*

**149kcal, 18.3g Carbs, 7.8g Fat, 5.1g Protein**

- Pistachios (1/4 Cup) (85 Calories, Carbs 3.5g, Fat 7g, Protein 3.5g)
- Fresh Raspberries (1 Cup) (64 Calories, Carbs 14.8g, Fat 0.8g, Protein 1.6g)

## Lunch:

*Harissa Turkey Mince with Mixed Vegetables and Quinoa -*

**524kcal, 56.5g Carbs, 20.7g Fat, 30.4g Protein**

- Turkey Mince (100g) (144 Calories, Carbs 0g, Fat 8g, Protein 18g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Harissa Paste (2 Tsp) (66 Calories, Carbs 4g, Fat 4g, Protein 2g)
- 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)
- Boiled Quinoa (1 Cup) (222 Calories, Carbs 39g, Fat 4g, Protein 8g)

## Snack:

*Cashew Butter on Rye Toast with Raisins -*

**290kcal, 48g Carbs, 9g Fat, 5.5g Protein**

- Rye Bread (1 Slice) (70 Calories, Carbs 13g, Fat 1g, Protein 2g)
- Organic Cashew Butter (1 Tbsp) (90 Calories, Carbs 4g, Fat 8g, Protein 2.5g)
- Raisins (1/4 Cup) (130 Calories, Carbs 31g, Fat 0g, Protein 1g)

## Dinner:

*Chicken and Feta Salad -*

**295kcal, 27.9g Carbs, 9.6g Fat, 27.7g Protein**

- Chicken Fillet (100g) (116 Calories, Carbs 0g, Fat 3.2g, Protein 21.8g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, 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)
- Grated Carrot (1/2 Cup) (24 Calories, Carbs 5.3g, Fat 0.2g, Protein 0.5g)
- Iceberg Lettuce (1 Cup) (10 Calories, Carbs 2g, Fat 0g, Protein 0.5g)
- Cucumber (1/2 Cup) (8 Calories, Carbs 1.9g, Fat 0g, Protein 0.3g)
- Tomato (1/2 Cup) (25 Calories, Carbs 5g, Fat 0g, Protein 1g)
- Feta Cheese (1 Tbsp) (20 Calories, Carbs 0.2g, Fat 1.5g, Protein 1.2g)

## Snack:

*Protein Yoghurt with Strawberries -*

**191kcal, 9.6g Carbs, 6.4g Fat, 24.9g Protein**

- Natural Greek Yoghurt (3 Tbsp) (75 Calories, Carbs 3.3g, Fat 5.7g, Protein 2.4g)
- Whey Protein Isolate (1 Scoop) (91 Calories, Carbs 0.5g, Fat 0.5g, Protein 22g)
- Fresh Strawberries (1/2 Cup) (25 Calories, Carbs 5.8g, Fat 0.2g, Protein 0.5g)

# Tuesday:

Kcal	Carbs	Fats	Protein
2074	216.4g	78.4g	140.2g

## Breakfast:

### *Power Scramble -*

**413kcal, 34.3g Carbs, 21.3g Fat, 24.8g Protein**

- Free Range Eggs (3 Whole) (210 Calories, Carbs 3g, Fat 15g, Protein 18g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, 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)
- 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)
- Grated Sweet Potato (1/2 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)

## Snack:

### *Pear and Nut Butter -*

**197kcal, 30g Carbs, 9.1g Fat, 2.9g Protein**

- Pear (1 Whole) (102 Calories, Carbs 27g, Fat 0.1g, Protein 0.4g)
- Organic Almond Butter (1 Tbsp) (95 Calories, Carbs 3g, Fat 9g, Protein 2.5g)

## Lunch:

### *Pesto Quinoa and Grilled Chicken Stuffed Baked Potato -*

**463kcal, 57.5g Carbs, 12.4g Fat, 31.1g Protein**

- Baked Potato (1 Medium) (161 Calories, Carbs 37g, Fat 0.2g, Protein 4.3g)
- Chicken Fillet (100g) (116 Calories, Carbs 0g, Fat 3.2g, Protein 21.8g)
- Boiled Quinoa (1/2 Cup) (111 Calories, Carbs 19.5g, Fat 2g, Protein 4g)
- Pesto (1 Tbsp) (75 Calories, Carbs 1g, Fat 7g, Protein 1g)

## 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:

### *Pan Fried Venison with Roasted Baby Boil Potatoes and Asparagus -*

**526kcal, 68g Carbs, 15.1g Fat, 32.5g Protein**

- Venison Fillet (100g) (111 Calories, Carbs 0.9g, Fat 1.6g, Protein 23g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Extra Virgin Rapeseed Oil (2 Tsp) (82 Calories, Carbs 0.2g, Fat 8.8g, Protein 0g)
- Baby Boiled Potatoes (1 Cup) (252 Calories, Carbs 58.8g, Fat 0.3g, Protein 5.5g)
- Asparagus Spears (1 Cup) (40 Calories, Carbs 8g, Fat 0g, Protein 4g)

## Snack:

### *Protein Shake -*

**288kcal, 7.6g Carbs, 9g Fat, 45.4g Protein**

- Whey Protein Isolate (2 Scoops) (182 Calories, Carbs 1g, Fat 1g, Protein 44g)
- Water (1/2-1 Cup)
- 70% Dark Chocolate (2 Squares) (106 Calories, Carbs 6.6g, Fat 8g, Protein 1.4g)

# Wednesday:

Kcal	Carbs	Fats	Protein
1935	207.3g	77.3g	128.2g

## Breakfast:

*Poached Eggs with Mashed Avocado on Rye Toast -*

**467kcal, 35g Carbs, 27.5g Fat, 23.5g Protein**

- Free Range Eggs (3 Whole) (210 Calories, Carbs 3g, Fat 15g, Protein 18g)
- Avocado (1 Half) (117 Calories, Carbs 6g, Fat 10.5g, Protein 1.5g)
- Rye Bread (2 Slices) (140 Calories, Carbs 26g, Fat 2g, Protein 4g)

## Snack:

*Banana -*

**121kcal, 31g Carbs, 0.4g Fat, 1.5g Protein**

- Banana (1 Whole) (121 Calories, Carbs 31g, Fat 0.4g, Protein 1.5g)

## Lunch:

*Grilled Chicken with Roasted Carrots and Parsnips -*

**396kcal, 42.1g Carbs, 18.4g Fat, 25g Protein**

- Chicken Fillet (100g) (116 Calories, Carbs 0g, Fat 3.2g, Protein 21.8g)
- Carrots (1 Cup) (70 Calories, Carbs 24g, Fat 0g, Protein 2g)
- Parsnips (1 Cup) (75 Calories, Carbs 18g, Fat 0.3g, Protein 1.2g)
- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0.1g, Fat 14.9g, Protein 0g)

## Snack:

*Protein Shake -*

**182kcal, 1g Carbs, 1g Fat, 44g Protein**

- Whey Protein Isolate (2 Scoops) (182 Calories, Carbs 1g, Fat 1g, Protein 44g)
- Water (1/2-1 Cup)

## Dinner:

*Baked Spicy Cod with Oven Baked Homemade Chips and Roasted Asparagus -*

**572kcal, 68.2g Carbs, 20.9g Fat, 31.3g Protein**

- Cod Fillet (100g) (98 Calories, Carbs 0g, Fat 1g, Protein 21.5g)
- Paprika (1 Tsp) (6 Calories, Carbs 1.2g, Fat 0.3g, Protein 0.3g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Potatoes (1 Cup) (252 Calories, Carbs 58.8g, Fat 0.3g, Protein 5.5g)
- Asparagus Spears (1 Cup) (40 Calories, Carbs 8g, Fat 0g, Protein 4g)
- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0.1g, Fat 14.9g, Protein 0g)

## Snack:

*Pear and Nut Butter -*

**197kcal, 30g Carbs, 9.1g Fat, 2.9g Protein**

- Pear (1 Whole) (102 Calories, Carbs 27g, Fat 0.1g, Protein 0.4g)
- Organic Almond Butter (1 Tbsp) (95 Calories, Carbs 3g, Fat 9g, Protein 2.5g)

# Thursday:

Kcal	Carbs	Fats	Protein
1981	203.4g	76.7g	131g

## Breakfast:

*Nut and Berry Proats (Just mix all ingredients in a container, and soak overnight) -*

**532kcal, 43.1g Carbs, 23.2g Fat, 37.4g 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)
- Whey Protein Isolate (1 Scoop) (91 Calories, Carbs 0.5g, Fat 0.5g, Protein 22g)
- Flaked Almonds (1/4 Cup) (161 Calories, Carbs 1.6g, Fat 14g, Protein 6.4g)
- Fresh Blueberries (1/2 Cup) (40 Calories, Carbs 10g, Fat 0.2g, Protein 0.5g)
- Milled Flaxseed (1 Tbsp) (30 Calories, Carbs 2g, Fat 2.5g, Protein 1.5g)

## Snack:

*Nuts and Berries -*

**149kcal, 18.3g Carbs, 7.8g Fat, 5.1g Protein**

- Pistachios (1/4 Cup) (85 Calories, Carbs 3.5g, Fat 7g, Protein 3.5g)
- Fresh Raspberries (1 Cup) (64 Calories, Carbs 14.8g, Fat 0.8g, Protein 1.6g)

## Lunch:

*Harissa Turkey Mince with Mixed Vegetables and Quinoa -*

**524kcal, 56.5g Carbs, 20.7g Fat, 30.4g Protein**

- Turkey Mince (100g) (144 Calories, Carbs 0g, Fat 8g, Protein 18g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Harissa Paste (2 Tsp) (66 Calories, Carbs 4g, Fat 4g, Protein 2g)
- 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)
- Boiled Quinoa (1 Cup) (222 Calories, Carbs 39g, Fat 4g, Protein 8g)

## Snack:

*Cashew Butter on Rye Toast with Raisins -*

**290kcal, 48g Carbs, 9g Fat, 5.5g Protein**

- Rye Bread (1 Slice) (70 Calories, Carbs 13g, Fat 1g, Protein 2g)
- Organic Cashew Butter (1 Tbsp) (90 Calories, Carbs 4g, Fat 8g, Protein 2.5g)
- Raisins (1/4 Cup) (130 Calories, Carbs 31g, Fat 0g, Protein 1g)

## Dinner:

*Chicken and Feta Salad -*

**295kcal, 27.9g Carbs, 9.6g Fat, 27.7g Protein**

- Chicken Fillet (100g) (116 Calories, Carbs 0g, Fat 3.2g, Protein 21.8g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, 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)
- Grated Carrot (1/2 Cup) (24 Calories, Carbs 5.3g, Fat 0.2g, Protein 0.5g)
- Iceberg Lettuce (1 Cup) (10 Calories, Carbs 2g, Fat 0g, Protein 0.5g)
- Cucumber (1/2 Cup) (8 Calories, Carbs 1.9g, Fat 0g, Protein 0.3g)
- Tomato (1/2 Cup) (25 Calories, Carbs 5g, Fat 0g, Protein 1g)
- Feta Cheese (1 Tbsp) (20 Calories, Carbs 0.2g, Fat 1.5g, Protein 1.2g)

## Snack:

*Protein Yoghurt with Strawberries -*

**191kcal, 9.6g Carbs, 6.4g Fat, 24.9g Protein**

- Natural Greek Yoghurt (3 Tbsp) (75 Calories, Carbs 3.3g, Fat 5.7g, Protein 2.4g)
- Whey Protein Isolate (1 Scoop) (91 Calories, Carbs 0.5g, Fat 0.5g, Protein 22g)
- Fresh Strawberries (1/2 Cup) (25 Calories, Carbs 5.8g, Fat 0.2g, Protein 0.5g)

# Friday:

Kcal	Carbs	Fats	Protein
2074	216.4g	78.4g	140.2g

## Breakfast:

### *Power Scramble -*

**413kcal, 34.3g Carbs, 21.3g Fat, 24.8g Protein**

- Free Range Eggs (3 Whole) (210 Calories, Carbs 3g, Fat 15g, Protein 18g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, 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)
- 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)
- Grated Sweet Potato (1/2 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)

## Snack:

### *Pear and Nut Butter -*

**197kcal, 30g Carbs, 9.1g Fat, 2.9g Protein**

- Pear (1 Whole) (102 Calories, Carbs 27g, Fat 0.1g, Protein 0.4g)
- Organic Almond Butter (1 Tbsp) (95 Calories, Carbs 3g, Fat 9g, Protein 2.5g)

## Lunch:

### *Pesto Quinoa and Grilled Chicken Stuffed Baked Potato -*

**463kcal, 57.5g Carbs, 12.4g Fat, 31.1g Protein**

- Baked Potato (1 Medium) (161 Calories, Carbs 37g, Fat 0.2g, Protein 4.3g)
- Chicken Fillet (100g) (116 Calories, Carbs 0g, Fat 3.2g, Protein 21.8g)
- Boiled Quinoa (1/2 Cup) (111 Calories, Carbs 19.5g, Fat 2g, Protein 4g)
- Pesto (1 Tbsp) (75 Calories, Carbs 1g, Fat 7g, Protein 1g)

## 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:

### *Pan Fried Venison with Roasted Baby Boil Potatoes and Asparagus -*

**526kcal, 68g Carbs, 15.1g Fat, 32.5g Protein**

- Venison Fillet (100g) (111 Calories, Carbs 0.9g, Fat 1.6g, Protein 23g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Extra Virgin Rapeseed Oil (2 Tsp) (82 Calories, Carbs 0.2g, Fat 8.8g, Protein 0g)
- Baby Boiled Potatoes (1 Cup) (252 Calories, Carbs 58.8g, Fat 0.3g, Protein 5.5g)
- Asparagus Spears (1 Cup) (40 Calories, Carbs 8g, Fat 0g, Protein 4g)

## Snack:

### *Protein Shake -*

**288kcal, 7.6g Carbs, 9g Fat, 45.4g Protein**

- Whey Protein Isolate (2 Scoops) (182 Calories, Carbs 1g, Fat 1g, Protein 44g)
- Water (1/2-1 Cup)
- 70% Dark Chocolate (2 Squares) (106 Calories, Carbs 6.6g, Fat 8g, Protein 1.4g)

# Saturday:

Kcal	Carbs	Fats	Protein
1935	207.3g	77.3g	128.2g

## Breakfast:

*Poached Eggs with Mashed Avocado on Rye Toast -*

**467kcal, 35g Carbs, 27.5g Fat, 23.5g Protein**

- Free Range Eggs (3 Whole) (210 Calories, Carbs 3g, Fat 15g, Protein 18g)
- Avocado (1 Half) (117 Calories, Carbs 6g, Fat 10.5g, Protein 1.5g)
- Rye Bread (2 Slices) (140 Calories, Carbs 26g, Fat 2g, Protein 4g)

## Snack:

*Banana -*

**121kcal, 31g Carbs, 0.4g Fat, 1.5g Protein**

- Banana (1 Whole) (121 Calories, Carbs 31g, Fat 0.4g, Protein 1.5g)

## Lunch:

*Grilled Chicken with Roasted Carrots and Parsnips -*

**396kcal, 42.1g Carbs, 18.4g Fat, 25g Protein**

- Chicken Fillet (100g) (116 Calories, Carbs 0g, Fat 3.2g, Protein 21.8g)
- Carrots (1 Cup) (70 Calories, Carbs 24g, Fat 0g, Protein 2g)
- Parsnips (1 Cup) (75 Calories, Carbs 18g, Fat 0.3g, Protein 1.2g)
- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0.1g, Fat 14.9g, Protein 0g)

## Snack:

*Protein Shake -*

- Whey Protein Isolate (2 Scoops) (182 Calories, Carbs 1g, Fat 1g, Protein 44g)
- Water (1/2-1 Cup)

## Dinner:

*Baked Spicy Cod with Oven Baked Homemade Chips and Roasted Asparagus -*

**572kcal, 68.2g Carbs, 20.9g Fat, 31.3g Protein**

- Cod Fillet (100g) (98 Calories, Carbs 0g, Fat 1g, Protein 21.5g)
- Paprika (1 Tsp) (6 Calories, Carbs 1.2g, Fat 0.3g, Protein 0.3g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Potatoes (1 Cup) (252 Calories, Carbs 58.8g, Fat 0.3g, Protein 5.5g)
- Asparagus Spears (1 Cup) (40 Calories, Carbs 8g, Fat 0g, Protein 4g)
- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0.1g, Fat 14.9g, Protein 0g)

## Snack:

*Pear and Nut Butter -*

**197kcal, 30g Carbs, 9.1g Fat, 2.9g Protein**

- Pear (1 Whole) (102 Calories, Carbs 27g, Fat 0.1g, Protein 0.4g)
- Organic Almond Butter (1 Tbsp) (95 Calories, Carbs 3g, Fat 9g, Protein 2.5g)

# Sunday:

Kcal	Carbs	Fats	Protein
2045	218.4g	86.8g	117.5g

## Breakfast:

### *Banana Nutter Shake -*

**593kcal, 63g Carbs, 17.4g Fat, 54g Protein**

- Banana (1 Whole) (121 Calories, Carbs 31g, Fat 0.4g, Protein 1.5g)
- Organic Almond Butter (1 Tbsp) (95 Calories, Carbs 3g, Fat 9g, Protein 2.5g)
- Coconut Milk (1 Cup) (45 Calories, Carbs 1g, Fat, 4.5g, Protein 0g)
- Gluten Free Oats (1/2 Cup) (150 Calories, Carbs 27g, Fat 2.5g, Protein 6g)
- Whey Protein Isolate (2 Scoops) (182 Calories, Carbs 1g, Fat 1g, Protein 44g)

## Snack:

### *Natural Yoghurt with Berries -*

**165kcal, 20.2g Carbs, 8g Fat, 4.2g Protein**

- Natural Greek Yoghurt (4 Tbsp) (100 Calories, Carbs 4.4g, Fat 7.6g, Protein 3.2g)
- 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:

### *Loaded Omelette -*

**393kcal, 34.1g Carbs, 19.8g Fat, 23.6g 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)
- Grated Sweet Potato (1/2 Cup) (57 Calories, Carbs 14g, Fat 0.1g, Protein 1.1g)

## Snack:

### *Apple and Nut Butter -*

**175kcal, 25g Carbs, 9g Fat, 2.5g Protein**

- Apple (1 Whole) (80 Calories, Carbs 22g, Fat 0g, Protein 0g)
- Organic Almond Butter (1 Tbsp) (95 Calories, Carbs 3g, Fat 9g, Protein 2.5g)

## Dinner:

### *Steak and Onions with Oven Baked Potato Chips -*

**528kcal, 66g Carbs, 17.6g Fat, 28.3g Protein**

- Fillet Steak (100g) (164 Calories, Carbs 0g, Fat 8.5g, Protein 21.8g)
- Red Onion (1/2 Cup) (30 Calories, Carbs 7g, Fat 0g, Protein 1g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Potatoes (1 Cup) (252 Calories, Carbs 58.8g, Fat 0.3g, Protein 5.5g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)

## Snack:

### *Pistachios and Dark Chocolate -*

**191kcal, 10.1g Carbs, 15g Fat, 4.9g Protein**

- Pistachios (1/4 Cup) (85 Calories, Carbs 3.5g, Fat 7g, Protein 3.5g)
- 70% Dark Chocolate (2 Squares) (106 Calories, Carbs 6.6g, Fat 8g, Protein 1.4g)