



The
RITEDIET

MEAL PLANS &
NUTRITION SYSTEM

2500 Kcal

RITE FITNESS
PERSONAL TRAINING

By Damien Rooney

Monday:

Kcal	Carbs	Fats	Protein
2557	232.5g	116.7g	168.6g

Breakfast:

Loaded Shake -

622kcal, 51.2g Carbs, 23.6g Fat, 58.3g Protein

- Fresh Blueberries (1/2 Cup) (40 Calories, Carbs 10g, Fat 0.2g, Protein 0.5g)
- Organic Cashew Butter (1 Tbsp) (90 Calories, Carbs 4g, Fat 8g, Protein 2.5g)
- Coconut Milk (1 Cup) (45 Calories, Carbs 1g, Fat, 4.5g, Protein 0g)
- Gluten Free Oats (1 Cup) (300 Calories, Carbs 54g, Fat 5g, Protein 12g)
- Chia Seeds (1 Tbsp) (60 Calories, Carbs 5g, Fat 3g, Protein 3g)
- Milled Flaxseed (1 Tbsp) (30 Calories, Carbs 2g, Fat 2.5g, Protein 1.5g)
- Whey Protein Isolate (2 Scoops) (182 Calories, Carbs 1g, Fat 1g, Protein 44g)
- Natural Greek Yoghurt (1 Tbsp) (25 Calories, Carbs 1.1g, Fat 1.9g, Protein 0.8g)
- Water (1/2 - 1 Cup)

Snack:

Mixed Nuts and Seeds -

321kcal, 6.6g Carbs, 28g Fat, 13.4g Protein

- Flaked Almonds (1/4 Cup) (161 Calories, Carbs 1.6g, Fat 14g, Protein 6.4g)
- Pumpkin Seeds (1/4 Cup) (160 Calories, Carbs 5g, Fat 14g, Protein 7g)

Lunch:

RTE Bolognese with Quinoa -

613kcal, 65.2g Carbs, 28.2g Fat, 31.4g Protein

- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0.1g, Fat 14.9g, Protein 0g)
- Turkey Mince (100g) (144 Calories, Carbs 0g, Fat 8g, 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)
- Peppers (1/2 Cup) (14 Calories, Carbs 5.3g, Fat 0.2g, Protein 0.5g)
- (Blend all sauce ingredients together before adding)
- Chopped Tomatoes (1 Cup) (32 Calories, Carbs 7g, Fat 0.4g, Protein 1.6g)

- Garlic Pepper (1 Tsp) (7 Calories, Carbs 1.3g, Fat 0.1g, Protein 0.3g)
- Dried Basil (1 Tbsp) (6 Calories, Carbs 0.9g, Fat 0g, Protein 0.6g)
- Oregano (1 Tbsp) (9 Calories, Carbs 1.8g, Fat 0.3g, Protein 0.3g)
- Thyme (1 Tbsp) (7 Calories, Carbs 1.7g, Fat 0.2g, Protein 0.2g)
- Boiled Quinoa (1 Cup) (222 Calories, Carbs 39g, Fat 4g, Protein 8g)

Snack:

Grilled Chicken Breast with Mixed Berries -

173kcal, 13.2g Carbs, 3.8g Fat, 23.1g Protein

- Chicken Fillet (100g) (116 Calories, Carbs 0g, Fat 3.2g, Protein 21.8g)
- Fresh Strawberries (1/2 Cup) (25 Calories, Carbs 5.8g, Fat 0.2g, Protein 0.5g)
- Fresh Raspberries (1/2 Cup) (32 Calories, Carbs 7.4g, Fat 0.4g, Protein 0.8g)

Dinner:

Steak with Sweet Potato, Spinach and Red Onion Hash -

446kcal, 36.3g Carbs, 20.1g Fat, 31.1g Protein

- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Sirloin Steak (100g) (213 Calories, Carbs 0g, Fat 11g, Protein 27g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Grated Sweet Potato (1 Cup) (114 Calories, Carbs 28g, Fat 0.2g, Protein 2.2g)
- 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)

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 (1/2 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)

Tuesday:

Kcal	Carbs	Fats	Protein
2455	228.1g	99g	185.8g

Breakfast:

Power Scramble with Rye Toast -

553kcal, 48.3g Carbs, 27.3g Fat, 32.8g Protein

- Free Range Eggs (4 Whole) (280 Calories, Carbs 4g, Fat 20g, Protein 24g)
- 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)
- Rye Bread (1 Slice) (70 Calories, Carbs 13g, Fat 1g, Protein 2g)

Snack:

Banana Nutter Protein Shake -

443kcal, 36g Carbs, 14.9g Fat, 48g Protein

- Whey Protein Isolate (2 Scoops) (182 Calories, Carbs 1g, Fat 1g, Protein 44g)
- Coconut Milk (1 Cup) (45 Calories, Carbs 1g, Fat, 4.5g, Protein 0g)
- 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)

Lunch:

Grilled Salmon with Roasted Parsnips and Quinoa Salad -

549kcal, 65.4g Carbs, 20.2g Fat, 28.8g Protein

- Salmon Fillet (100g) (196 Calories, Carbs 0g, Fat 13g, Protein 19.4g)
- 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)
- 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)
- Celery (1/2 Cup) (8 Calories, Carbs 0.5g, Fat 0g, Protein 0.5g)
- Tomato (1/2 Cup) (25 Calories, Carbs 5g, Fat 0g, Protein 1g)
- Boiled Quinoa (1/2 Cup) (111 Calories, Carbs 19.5g, Fat 2g, Protein 4g)

Snack:

Nuts and Melon -

117kcal, 11.5g Carbs, 7.1g Fat, 4g Protein

- Honeydew Melon (1/2 Cup) (32 Calories, Carbs 8g, Fat 0.1g, Protein 0.5g)
- Pistachios (1/4 Cup) (85 Calories, Carbs 3.5g, Fat 7g, Protein 3.5g)

Dinner:

Pan Fried Turkey with Mushrooms and Baked Potato with Mozzarella and Green Beans -

417kcal, 48.2g Carbs, 8.2g Fat, 41.5g Protein

- Turkey Breast (100g) (143 Calories, Carbs 0g, Fat 1.7g, Protein 31.9g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Mushrooms (1/2 Cup) (8 Calories, Carbs 1.1g, Fat 0.1g, Protein 1.1g)
- Baked Potato (1 Medium) (161 Calories, Carbs 37g, Fat 0.2g, Protein 4.3g)
- Mozzarella Cheese (1 Tbsp) (20 Calories, Carbs 0.2g, Fat 1.5g, Protein 1.8g)
- Steamed Green Beans (1 Cup) (44 Calories, Carbs 9.8g, Fat 0.3g, Protein 2.4g)

Snack:

Protein Yoghurt with Nuts & Berries -

376kcal, 18.7g Carbs, 21.3g Fat, 30.7g Protein

- Natural Greek Yoghurt (4 Tbsp) (100 Calories, Carbs 4.4g, Fat 7.6g, Protein 3.2g)
- Whey Protein Isolate (1 Scoop) (91 Calories, Carbs 0.5g, Fat 0.5g, Protein 22g)
- Cashews (1/4 Cup) (160 Calories, Carbs 8g, Fat 13g, Protein 5g)
- Fresh Strawberries (1/2 Cup) (25 Calories, Carbs 5.8g, Fat 0.2g, Protein 0.5g)

Wednesday:

Kcal	Carbs	Fats	Protein
2496	242.2g	105.7g	149g

Breakfast:

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

773kcal, 70.6g Carbs, 26.2g Fat, 55.4g Protein

- Organic Oats (1 Cup) (300 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)
- Whey Protein Isolate (2 Scoops) (182 Calories, Carbs 1g, Fat 1g, Protein 44g)
- 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:

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)

Lunch:

Chicken and Vegetable Stir Fry -

464kcal, 22.5g Carbs, 21.9g Fat, 47.7g Protein

- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0g, Fat 14.9g, Protein 0g)
- Chicken Fillet (200g) (232 Calories, Carbs 0g, Fat 6.4g, Protein 43.6g)
- 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:

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:

Baked Curried Cod with Roasted Baby Boiled Potatoes and Asparagus -

591kcal, 72g Carbs, 22.1g Fat, 32g 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)
- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0.1g, Fat 14.9g, 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:

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)

Thursday:

Kcal	Carbs	Fats	Protein
2557	232.5g	116.7g	168.6g

Breakfast:

Loaded Shake -

622kcal, 51.2g Carbs, 23.6g Fat, 58.3g Protein

- Fresh Blueberries (1/2 Cup) (40 Calories, Carbs 10g, Fat 0.2g, Protein 0.5g)
- Organic Cashew Butter (1 Tbsp) (90 Calories, Carbs 4g, Fat 8g, Protein 2.5g)
- Coconut Milk (1 Cup) (45 Calories, Carbs 1g, Fat 4.5g, Protein 0g)
- Gluten Free Oats (1 Cup) (300 Calories, Carbs 54g, Fat 5g, Protein 12g)
- Chia Seeds (1 Tbsp) (60 Calories, Carbs 5g, Fat 3g, Protein 3g)
- Milled Flaxseed (1 Tbsp) (30 Calories, Carbs 2g, Fat 2.5g, Protein 1.5g)
- Whey Protein Isolate (2 Scoops) (182 Calories, Carbs 1g, Fat 1g, Protein 44g)
- Natural Greek Yoghurt (1 Tbsp) (25 Calories, Carbs 1.1g, Fat 1.9g, Protein 0.8g)
- Water (1/2 - 1 Cup)

Snack:

Mixed Nuts and Seeds -

321kcal, 6.6g Carbs, 28g Fat, 13.4g Protein

- Flaked Almonds (1/4 Cup) (161 Calories, Carbs 1.6g, Fat 14g, Protein 6.4g)
- Pumpkin Seeds (1/4 Cup) (160 Calories, Carbs 5g, Fat 14g, Protein 7g)

Lunch:

RPT& Bolognese with Quinoa -

613kcal, 65.2g Carbs, 28.2g Fat, 31.4g Protein

- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0.1g, Fat 14.9g, Protein 0g)
- Turkey Mince (100g) (144 Calories, Carbs 0g, Fat 8g, 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)
- Peppers (1/2 Cup) (14 Calories, Carbs 5.3g, Fat 0.2g, Protein 0.5g)
- (Blend all sauce ingredients together before adding)
- Chopped Tomatoes (1 Cup) (32 Calories, Carbs 7g, Fat 0.4g, Protein 1.6g)
- Garlic Pepper (1 Tsp) (7 Calories, Carbs 1.3g, Fat 0.1g,

- Protein 0.3g)
- Dried Basil (1 Tbsp) (6 Calories, Carbs 0.9g, Fat 0g, Protein 0.6g)
- Oregano (1 Tbsp) (9 Calories, Carbs 1.8g, Fat 0.3g, Protein 0.3g)
- Thyme (1 Tbsp) (7 Calories, Carbs 1.7g, Fat 0.2g, Protein 0.2g)
- Boiled Quinoa (1 Cup) (222 Calories, Carbs 39g, Fat 4g, Protein 8g)

Snack:

Grilled Chicken Breast with Mixed Berries -

173kcal, 13.2g Carbs, 3.8g Fat, 23.1g Protein

- Chicken Fillet (100g) (116 Calories, Carbs 0g, Fat 3.2g, Protein 21.8g)
- Fresh Strawberries (1/2 Cup) (25 Calories, Carbs 5.8g, Fat 0.2g, Protein 0.5g)
- Fresh Raspberries (1/2 Cup) (32 Calories, Carbs 7.4g, Fat 0.4g, Protein 0.8g)

Dinner:

Steak with Sweet Potato, Spinach and Red Onion Hash -

446kcal, 36.3g Carbs, 20.1g Fat, 31.1g Protein

- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Sirloin Steak (100g) (213 Calories, Carbs 0g, Fat 11g, Protein 27g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Grated Sweet Potato (1 Cup) (114 Calories, Carbs 28g, Fat 0.2g, Protein 2.2g)
- 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)

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 (1/2 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)

Friday:

Kcal	Carbs	Fats	Protein
2455	228.1g	99g	185.8g

Breakfast:

Power Scramble with Rye Toast -

553kcal, 48.3g Carbs, 27.3g Fat, 32.8g Protein

- Free Range Eggs (4 Whole) (280 Calories, Carbs 4g, Fat 20g, Protein 24g)
- 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)
- Rye Bread (1 Slice) (70 Calories, Carbs 13g, Fat 1g, Protein 2g)

Snack:

Banana Nutter Protein Shake -

443kcal, 36g Carbs, 14.9g Fat, 48g Protein

- Whey Protein Isolate (2 Scoops) (182 Calories, Carbs 1g, Fat 1g, Protein 44g)
- Coconut Milk (1 Cup) (45 Calories, Carbs 1g, Fat, 4.5g, Protein 0g)
- 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)

Lunch:

Grilled Salmon with Roasted Parsnips and Quinoa Salad -

549kcal, 65.4g Carbs, 20.2g Fat, 28.8g Protein

- Salmon Fillet (100g) (196 Calories, Carbs 0g, Fat 13g, Protein 19.4g)
- 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)
- 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)
- Celery (1/2 Cup) (8 Calories, Carbs 0.5g, Fat 0g, Protein 0.5g)
- Tomato (1/2 Cup) (25 Calories, Carbs 5g, Fat 0g, Protein 1g)
- Boiled Quinoa (1/2 Cup) (111 Calories, Carbs 19.5g, Fat 2g, Protein 4g)

Snack:

Nuts and Melon -

117kcal, 11.5g Carbs, 7.1g Fat, 4g Protein

- Honeydew Melon (1/2 Cup) (32 Calories, Carbs 8g, Fat 0.1g, Protein 0.5g)
- Pistachios (1/4 Cup) (85 Calories, Carbs 3.5g, Fat 7g, Protein 3.5g)

Dinner:

Pan Fried Turkey with Mushrooms and Baked Potato with Mozzarella and Green Beans -

417kcal, 48.2g Carbs, 8.2g Fat, 41.5g Protein

- Turkey Breast (100g) (143 Calories, Carbs 0g, Fat 1.7g, Protein 31.9g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Mushrooms (1/2 Cup) (8 Calories, Carbs 1.1g, Fat 0.1g, Protein 1.1g)
- Baked Potato (1 Medium) (161 Calories, Carbs 37g, Fat 0.2g, Protein 4.3g)
- Mozzarella Cheese (1 Tbsp) (20 Calories, Carbs 0.2g, Fat 1.5g, Protein 1.8g)
- Steamed Green Beans (1 Cup) (44 Calories, Carbs 9.8g, Fat 0.3g, Protein 2.4g)

Snack:

Protein Yoghurt with Nuts and Berries -

376kcal, 18.7g Carbs, 21.3g Fat, 30.7g Protein

- Natural Greek Yoghurt (4 Tbsp) (100 Calories, Carbs 4.4g, Fat 7.6g, Protein 3.2g)
- Whey Protein Isolate (1 Scoop) (91 Calories, Carbs 0.5g, Fat 0.5g, Protein 22g)
- Cashews (1/4 Cup) (160 Calories, Carbs 8g, Fat 13g, Protein 5g)
- Fresh Strawberries (1/2 Cup) (25 Calories, Carbs 5.8g, Fat 0.2g, Protein 0.5g)

Saturday:

Kcal	Carbs	Fats	Protein
2496	242.2g	105.7g	149g

Breakfast:

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

773kcal, 70.6g Carbs, 26.2g Fat, 55.4g Protein

- Organic Oats (1 Cup) (300 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)
- Whey Protein Isolate (2 Scoops) (182 Calories, Carbs 1g, Fat 1g, Protein 44g)
- 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:

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)

Lunch:

Chicken and Vegetable Stir Fry -

464kcal, 22.5g Carbs, 21.9g Fat, 47.7g Protein

- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0g, Fat 14.9g, Protein 0g)
- Chicken Fillet (200g) (232 Calories, Carbs 0g, Fat 6.4g, Protein 43.6g)
- 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:

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:

Baked Curried Cod with Roasted Baby Boiled Potatoes and Asparagus -

591kcal, 72g Carbs, 22.1g Fat, 32g 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)
- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0.1g, Fat 14.9g, 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:

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)

Sunday:

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:

Nuts and Melon -

117kcal, 11.5g Carbs, 7.1g Fat, 4g Protein

- Honeydew Melon (1/2 Cup) (32 Calories, Carbs 8g, Fat 0.1g, Protein 0.5g)
- Pistachios (1/4 Cup) (85 Calories, Carbs 3.5g, Fat 7g, Protein 3.5g)

Lunch:

Chicken and Feta Salad with Roasted Sweet Potato-

450kcal, 56g Carbs, 14.2g Fat, 29.9g 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)
- Sweet Potato (1 Cup) (114 Calories, Carbs 28g, Fat 0.2g, Protein 2.2g)

- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)

Snack:

Protein Shake -

227kcal, 2g Carbs, 5.5g Fat, 44g Protein

- Whey Protein Isolate (2 Scoops) (182 Calories, Carbs 1g, Fat 1g, Protein 44g)
- Coconut Milk (1 Cup) (45 Calories, Carbs 1g, Fat, 4.5g, Protein 0g)

Dinner:

Free meal of 1200-1250kcal