



The
RITEDIET

MEAL PLANS &
NUTRITION SYSTEM

3000 Kcal

RITE FITNESS
PERSONAL TRAINING

By Damien Rooney

Monday:

Kcal	Carbs	Fats	Protein
2989	263g	155.2g	165.2g

Breakfast:

Poached Eggs with Roasted Sweet Potato and Rye Toast -

529kcal, 44g Carbs, 31.1g Fat, 22.2g Protein

- Free Range Eggs (3 Whole) (210 Calories, Carbs 3g, Fat 15g, Protein 18g)
- Rye Bread (1 Slice) (70 Calories, Carbs 13g, Fat 1g, Protein 2g)
- 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)

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)

Lunch:

Harissa Turkey Mince with Mixed Vegetables and Quinoa -

668kcal, 56.5kg Carbs, 28.7g Fat, 48.4g Protein

- Turkey Mince (200g) (288 Calories, Carbs 0g, Fat 16g, Protein 36g)
- 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:

Nutty Berry Protein Shake -

362kcal, 15g Carbs, 14.7g Fat, 47g 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)
- Fresh Blueberries (1/2 Cup) (40 Calories, Carbs 10g, Fat 0.2g, Protein 0.5g)
- Organic Almond Butter (1 Tbsp) (95 Calories, Carbs 3g, Fat 9g, Protein 2.5g)

Dinner:

Pan Fried Sirloin with Sauteed Vegetables and Roasted Baby Boiled Potatoes -

800kcal, 74.9g Carbs, 44.1g Fat, 35.5g 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)
- Baby Boiled Potatoes (1 Cup) (252 Calories, Carbs 58.8g, Fat 0.3g, Protein 5.5g)
- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0g, Fat 14.9g, Protein 0g)

Snack:

Pear with Almond Butter and Dark Chocolate -

398kcal, 39.6g Carbs, 26.1g Fat, 6.8g Protein

- Pear (1 Whole) (102 Calories, Carbs 27g, Fat 0.1g, Protein 0.4g)
- Organic Almond Butter (2 Tbsps) (190 Calories, Carbs 6g, Fat 18g, Protein 5g)
- 70% Dark Chocolate (2 Squares) (106 Calories, Carbs 6.6g, Fat 8g, Protein 1.4g)

Tuesday:

Kcal	Carbs	Fats	Protein
3038	262.8g	150.8g	182.5g

Breakfast:

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

773kcal, 70.6g Carbs, 26.2g Fat, 65.4g Protein

- Organic Oats (1 Cup) (300 Calories, Carbs 54g, Fat 5g, Protein 12g)
- 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:

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)

Lunch:

RPT& Bolognese with Quinoa -

757kcal, 65.2g Carbs, 36.2g Fat, 49.4g Protein

- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0.1g, Fat 14.9g, Protein 0g)
- Turkey Mince (200g) (288 Calories, Carbs 0g, Fat 16g, Protein 36g)
- 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:

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)

Dinner:

Grilled Salmon with Roasted Carrot, Parsnips and Asparagus -

651kcal, 50.2g Carbs, 43.1g Fat, 26.6g Protein

- Salmon Fillet (100g) (196 Calories, Carbs 0g, Fat 13g, Protein 19.4g)
- Extra Virgin Rapeseed Oil (2 Tbsp) (270 Calories, Carbs 0.2g, Fat 29.8g, Protein 0g)
- Asparagus Spears (1 Cup) (40 Calories, Carbs 8g, Fat 0g, Protein 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:

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)

Wednesday:

Kcal	Carbs	Fats	Protein
3017	275.4g	129.9g	198.9g

Breakfast:

Feta Omelette with Rye Toast -

577kcal, 56.2g Carbs, 27.3g Fat, 31.8g Protein

- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Free Range Eggs (4 Whole) (280 Calories, Carbs 4g, Fat 20g, Protein 24g)
- 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) (15 Calories, Carbs 2.8g, Fat 0.1g, Protein 0.5g)
- Grated Sweet Potato (1 Cup) (114 Calories, Carbs 28g, Fat 0.2g, Protein 2.2g)
- 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:

Mashed Avocado on Rye Toast -

374kcal, 38g Carbs, 23g Fat, 7g Protein

- Avocado (1 Whole) (234 Calories, Carbs 12g, Fat 21g, Protein 3g)
- Rye Bread (2 Slices) (140 Calories, Carbs 26g, Fat 2g, Protein 4g)

Lunch:

Spicy Chicken Salad Wraps -

671kcal, 62.8g Carbs, 20.9g Fat, 48.2g Protein

- Chicken Fillet (200g) (232 Calories, Carbs 0g, Fat 6.4g, Protein 43.6g)
- Chilli Powder (1 Tsp) (10 Calories, Carbs 0.8g, Fat 0.4g, Protein 0.4g)
- 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)
- 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)
- Goats Cheese (2 Tbsp) (40 Calories, Carbs 0.4g, Fat 3.6g, Protein 2.4g)

- Wholegrain Wrap (2 Wraps) (254 Calories, Carbs 39.2g, Fat 5.8g, Protein 7.6g)

Snack:

Greek Yoghurt with Nuts and Berries -

326kcal, 21.8g Carbs, 22g Fat, 10.6g 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)
- Flaked Almonds (1/4 Cup) (161 Calories, Carbs 1.6g, Fat 14g, Protein 6.4g)

Dinner:

Tuna Steak with Roasted Chilli Sweet Potato and Steamed Green Beans -

679kcal, 66.7g Carbs, 22.6g Fat, 54.6g Protein

- Tuna Steak (200g) (212 Calories, Carbs 0g, Fat 2.2g, Protein 47.4g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Sweet Potato (2 Cups) (228 Calories, Carbs 56g, Fat 0.4g, Protein 4.4g)
- Chilli Powder (1 Tsp) (10 Calories, Carbs 0.8g, Fat 0.4g, Protein 0.4g)
- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0g, Fat 14.9g, Protein 0g)
- Steamed Green Beans (1 Cup) (44 Calories, Carbs 9.8g, Fat 0.3g, Protein 2.4g)

Snack:

Protein Shake with Dark Chocolate and Berries -

284kcal, 15.2g Carbs, 6.1g Fat, 45.3g 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)
- Water (1/2-1 Cup)
- 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)
- 70% Dark Chocolate (2 Squares) (106 Calories, Carbs 6.6g, Fat 8g, Protein 1.4g)

Thursday:

Kcal	Carbs	Fats	Protein
2989	263g	155.2g	165.2g

Breakfast:

Poached Eggs with Roasted Sweet Potato and Rye Toast -

529kcal, 44g Carbs, 31.1g Fat, 22.2g Protein

- Free Range Eggs (3 Whole) (210 Calories, Carbs 3g, Fat 15g, Protein 18g)
- Rye Bread (1 Slice) (70 Calories, Carbs 13g, Fat 1g, Protein 2g)
- 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)

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)

Lunch:

Harissa Turkey Mince with Mixed Vegetables and Quinoa -

668kcal, 56.5kg Carbs, 28.7g Fat, 48.4g Protein

- Turkey Mince (200g) (288 Calories, Carbs 0g, Fat 16g, Protein 36g)
- 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:

Nutty Berry Protein Shake -

362kcal, 15g Carbs, 14.7g Fat, 47g 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)
- Fresh Blueberries (1/2 Cup) (40 Calories, Carbs 10g, Fat 0.2g, Protein 0.5g)
- Organic Almond Butter (1 Tbsp) (95 Calories, Carbs 3g, Fat 9g, Protein 2.5g)

Dinner:

Pan Fried Sirloin with Sauteed Vegetables and Roasted Baby Boiled Potatoes -

800kcal, 74.9g Carbs, 44.1g Fat, 35.5g 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)
- Baby Boiled Potatoes (1 Cup) (252 Calories, Carbs 58.8g, Fat 0.3g, Protein 5.5g)
- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0g, Fat 14.9g, Protein 0g)

Snack:

Pear with Almond Butter and Dark Chocolate -

398kcal, 39.6g Carbs, 26.1g Fat, 6.8g Protein

- Pear (1 Whole) (102 Calories, Carbs 27g, Fat 0.1g, Protein 0.4g)
- Organic Almond Butter (2 Tbsps) (190 Calories, Carbs 6g, Fat 18g, Protein 5g)
- 70% Dark Chocolate (2 Squares) (106 Calories, Carbs 6.6g, Fat 8g, Protein 1.4g)

Friday:

Kcal	Carbs	Fats	Protein
3038	262.8g	150.8g	182.5g

Breakfast:

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

773kcal, 70.6g Carbs, 26.2g Fat, 65.4g Protein

- Organic Oats (1 Cup) (300 Calories, Carbs 54g, Fat 5g, Protein 12g)
- 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:

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)

Lunch:

RPT& Bolognese with Quinoa -

757kcal, 65.2g Carbs, 36.2g Fat, 49.4g Protein

- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0.1g, Fat 14.9g, Protein 0g)
- Turkey Mince (200g) (288 Calories, Carbs 0g, Fat 16g, Protein 36g)
- 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:

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)

Dinner:

Grilled Salmon with Roasted Carrot, Parsnips and Asparagus -

651kcal, 50.2g Carbs, 43.1g Fat, 26.6g Protein

- Salmon Fillet (100g) (196 Calories, Carbs 0g, Fat 13g, Protein 19.4g)
- Extra Virgin Rapeseed Oil (2 Tbsp) (270 Calories, Carbs 0.2g, Fat 29.8g, Protein 0g)
- Asparagus Spears (1 Cup) (40 Calories, Carbs 8g, Fat 0g, Protein 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:

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)

Saturday:

Kcal	Carbs	Fats	Protein
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Feta Omelette with Rye Toast -

577kcal, 56.2g Carbs, 27.3g Fat, 31.8g Protein

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- Free Range Eggs (4 Whole) (280 Calories, Carbs 4g, Fat 20g, Protein 24g)
- Spinach (1 Cup) (7 Calories, Carbs 1.1g, Fat 0.1g, Protein 0.9g)
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- Peppers (1/2 Cup) (15 Calories, Carbs 2.8g, Fat 0.1g, Protein 0.5g)
- Grated Sweet Potato (1 Cup) (114 Calories, Carbs 28g, Fat 0.2g, Protein 2.2g)
- 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:

Mashed Avocado on Rye Toast -

374kcal, 38g Carbs, 23g Fat, 7g Protein

- Avocado (1 Whole) (234 Calories, Carbs 12g, Fat 21g, Protein 3g)
- Rye Bread (2 Slices) (140 Calories, Carbs 26g, Fat 2g, Protein 4g)

Lunch:

Spicy Chicken Salad Wraps -

671kcal, 62.8g Carbs, 20.9g Fat, 48.2g Protein

- Chicken Fillet (200g) (232 Calories, Carbs 0g, Fat 6.4g, Protein 43.6g)
- Chilli Powder (1 Tsp) (10 Calories, Carbs 0.8g, Fat 0.4g, Protein 0.4g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
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- Peppers (1/2 Cup) (14 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)
- Goats Cheese (2 Tbsp) (40 Calories, Carbs 0.4g, Fat 3.6g, Protein 2.4g)

- Wholegrain Wrap (2 Wraps) (254 Calories, Carbs 39.2g, Fat 5.8g, Protein 7.6g)

Snack:

Greek Yoghurt with Nuts and Berries -

326kcal, 21.8g Carbs, 22g Fat, 10.6g 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)
- Flaked Almonds (1/4 Cup) (161 Calories, Carbs 1.6g, Fat 14g, Protein 6.4g)

Dinner:

Tuna Steak with Roasted Chilli Sweet Potato and Steamed Green Beans -

679kcal, 66.7g Carbs, 22.6g Fat, 54.6g Protein

- Tuna Steak (200g) (212 Calories, Carbs 0g, Fat 2.2g, Protein 47.4g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Sweet Potato (2 Cups) (228 Calories, Carbs 56g, Fat 0.4g, Protein 4.4g)
- Chilli Powder (1 Tsp) (10 Calories, Carbs 0.8g, Fat 0.4g, Protein 0.4g)
- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0g, Fat 14.9g, Protein 0g)
- Steamed Green Beans (1 Cup) (44 Calories, Carbs 9.8g, Fat 0.3g, Protein 2.4g)

Snack:

Protein Shake with Dark Chocolate and Berries -

284kcal, 15.2g Carbs, 6.1g Fat, 45.3g 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)
- Water (1/2-1 Cup)
- 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)
- 70% Dark Chocolate (2 Squares) (106 Calories, Carbs 6.6g, Fat 8g, Protein 1.4g)

Sunday:

Breakfast:

Breakfast Burrito -

743kcal, 41.7g Carbs, 43.3g Fat, 45.1g Protein

- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0.1g, Fat 14.9g, Protein 0g)
- Lean Steak Mince (100g) (174 Calories, Carbs 0g, Fat 9.6g, Protein 21.9g)
- Free Range Eggs (2 Whole) (140 Calories, Carbs 2g, Fat 10g, Protein 12g)
- Mozzarella Cheese (2 Tbsp) (40 Calories, Carbs 0.4g, Fat 3g, Protein 3.6g)
- Wholegrain Wrap (2 Wraps) (254 Calories, Carbs 39.2g, Fat 5.8g, Protein 7.6g)

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)
- Water (1/2-1 Cup)

Lunch:

Loaded Omelette with Rye Toast -

561kcal, 48.3g Carbs, 28g Fat, 33.4g Protein

- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Free Range Eggs (4 Whole) (280 Calories, Carbs 4g, Fat 20g, Protein 24g)
- 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)
- Grated Sweet Potato (1/2 Cup) (57 Calories, Carbs 14g, Fat 0.1g, Protein 1.1g)
- 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)
- Cheddar Cheese (1 Tbsp) (28 Calories, Carbs 0.2g, Fat 2.2g, Protein 1.8g)
- Rye Bread (1 Slice) (70 Calories, Carbs 13g, Fat 1g, Protein 2g)

Dinner:

Free meal of 1500kcal