



The
RITEDIET
MEAL PLANS &
NUTRITION SYSTEM
VEGETARIAN EDITION

2500 Kcal

RITE FITNESS
PERSONAL TRAINING

By Damien Rooney

Monday:

Kcal	Carbs	Fats	Protein
2485	237.7g	106.6g	167.8g

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 Vegetarian Bolognese with Quinoa -

669kcal, 93.5g Carbs, 23.2g Fat, 23.4g Protein

- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0.1g, Fat 14.9g, Protein 0g)
- Chickpeas (1 Cup) (200 Calories, Carbs 34g, Fat 3g, Protein 10g)
- 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 Shake with Mixed Berries -

239kcal, 14.2g Carbs, 1.6g Fat, 45.3g Protein

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

Dinner:

Poached Eggs with Sweet Potato, Spinach and Red Onion Hash -

402kcal, 39.2g Carbs, 19.7g Fat, 22.1g 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)
- 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
2468	250.3g	102.7g	161.5g

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 Halloumi with Roasted Parsnips and Quinoa Salad -

590kcal, 67.6g Carbs, 25.2g Fat, 27.4g Protein

- Halloumi (75g) (237 Calories, Carbs 1.9g, Fat 18g, Protein 17g)
- 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 Lentils with Mushrooms and Baked Potato with Mozzarella and Green Beans -

389kcal, 68.2g Carbs, 6.9g Fat, 18.6g Protein

- Lentils (1/2 Cup) (115 Calories, Carbs 20g, Fat 0.4g, Protein 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)

Wednesday:

Kcal	Carbs	Fats	Protein
2500	288.1g	108.3g	99g

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:

Vegetable Stir Fry with Quinoa -

483kcal, 66.4g Carbs, 19.7g Fat, 14.2g Protein

- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0g, Fat 14.9g, Protein 0g)
- Spinach (2 Cups) (14 Calories, Carbs 2.2g, Fat 0.2g, Protein 1.8g)
- 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 Cup) (16 Calories, Carbs 2.2g, Fat 0.2g, Protein 2.2g)
- Balsamic Vinegar (2 Tbsp) (28 Calories, Carbs 5.4g, Fat 0g, Protein 0.2g)
- 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:

Baked Garlic Mushrooms with Roasted Baby Boiled Potatoes and Asparagus -

491kcal, 70.5g Carbs, 19.9g Fat, 12g Protein

- Mushrooms (1 Cup) (16 Calories, Carbs 2.2g, Fat 0.2g, Protein 2.2g)
- Garlic Pepper (1 Tsp) (7 Calories, Carbs 1.3g, Fat 0.1g, Protein 0.3g)
- 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:

Nuts and Dark Chocolate -

276kcal, 13.6g Carbs, 22g Fat, 8.4g Protein

- Pistachios (1/2 Cup) (170 Calories, Carbs 7g, Fat 14g, Protein 7g)
- 70% Dark Chocolate (2 Squares) (106 Calories, Carbs 6.6g, Fat 8g, Protein 1.4g)

Thursday:

Kcal	Carbs	Fats	Protein
2485	237.7g	106.6g	167.8g

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& Vegetarian Bolognese with Quinoa -

669kcal, 93.5g Carbs, 23.2g Fat, 23.4g Protein

- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0.1g, Fat 14.9g, Protein 0g)
- Chickpeas (1 Cup) (200 Calories, Carbs 34g, Fat 3g, Protein 10g)
- 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 Shake with Mixed Berries -

239kcal, 14.2g Carbs, 1.6g Fat, 45.3g Protein

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

Dinner:

Poached Eggs with Sweet Potato, Spinach and Red Onion Hash -

402kcal, 39.2g Carbs, 19.7g Fat, 22.1g 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)
- 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
2468	250.3g	102.7g	161.5g

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 Halloumi with Roasted Parsnips and Quinoa Salad -

590kcal, 67.6g Carbs, 25.2g Fat, 27.4g Protein

- Halloumi (75g) (237 Calories, Carbs 1.9g, Fat 18g, Protein 17g)
- 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 Lentils with Mushrooms and Baked Potato with Mozzarella and Green Beans -

389kcal, 68.2g Carbs, 6.9g Fat, 18.6g Protein

- Lentils (1/2 Cup) (115 Calories, Carbs 20g, Fat 0.4g, Protein 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
2500	288.1g	108.3g	99g

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:

Vegetable Stir Fry with Quinoa -

483kcal, 66.4g Carbs, 19.7g Fat, 14.2g Protein

- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0g, Fat 14.9g, Protein 0g)
- Spinach (2 Cups) (14 Calories, Carbs 2.2g, Fat 0.2g, Protein 1.8g)
- 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 Cup) (16 Calories, Carbs 2.2g, Fat 0.2g, Protein 2.2g)
- Balsamic Vinegar (2 Tbsp) (28 Calories, Carbs 5.4g, Fat 0g, Protein 0.2g)
- 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:

Baked Garlic Mushrooms with Roasted Baby Boiled Potatoes and Asparagus -

491kcal, 70.5g Carbs, 19.9g Fat, 12g Protein

- Mushrooms (1 Cup) (16 Calories, Carbs 2.2g, Fat 0.2g, Protein 2.2g)
- Garlic Pepper (1 Tsp) (7 Calories, Carbs 1.3g, Fat 0.1g, Protein 0.3g)
- 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:

Nuts and Dark Chocolate -

276kcal, 13.6g Carbs, 22g Fat, 8.4g Protein

- Pistachios (1/2 Cup) (170 Calories, Carbs 7g, Fat 14g, Protein 7g)
- 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:

Chickpea and Feta Salad with Roasted Sweet Potato-

534kcal, 90g Carbs, 14g Fat, 18.1g Protein

- Chickpeas (1 Cup) (200 Calories, Carbs 34g, Fat 3g, Protein 10g)
- 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