



*The*  
**RITEDIET**  
MEAL PLANS &  
NUTRITION SYSTEM  
VEGETARIAN EDITION

**3000 Kcal**

**RITE FITNESS**  
PERSONAL TRAINING

*By Damien Rooney*

# Monday:

Kcal	Carbs	Fats	Protein
3062	322.3g	151.8g	134.9g

## 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 -*

**464kcal, 66g Carbs, 21g Fat, 10.6g Protein**

- Rye Bread (2 Slices) (140 Calories, Carbs 26g, Fat 2g, Protein 4g)
- Banana (1 Cup) (134 Calories, Carbs 34g, Fat 1g, Protein 1.6g)
- Organic Almond Butter (2 Tbsp) (190 Calories, Carbs 6g, Fat 18g, Protein 5g)

## Lunch:

### *Harissa Mixed Vegetables, Quinoa and Poached Eggs -*

**605kcal, 61.7kg Carbs, 27.9g Fat, 32.4g Protein**

- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Spinach (2 Cups) (14 Calories, Carbs 2.2g, Fat 0.2g, Protein 1.8g)
- Mushrooms (1/2 Cup) (8 Calories, Carbs 1.1g, Fat 0.1g, Protein 1.1g)
- 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)
- Harissa Paste (2 Tsp) (66 Calories, Carbs 4g, Fat 4g, Protein 2g)
- Boiled Quinoa (1 Cup) (222 Calories, Carbs 39g, Fat 4g, Protein 8g)
- Free Range Eggs (3 Whole) (210 Calories, Carbs 3g, Fat 15g, Protein 18g)

## 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 Kidney Beans with Sautéed Vegetables and Roasted Baby Boiled Potatoes -*

**704kcal, 96g Carbs, 31g Fat, 15.9g Protein**

- Kidney Beans (1 Cup) (110 Calories, Carbs 20g, Fat 0.5g, Protein 7g)
- 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)
- 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
2997	332.4g	123.8g	152.4g

## 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:

*RPE Vegetarian Bolognese with Quinoa -*

**669kcal, 99.2g 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 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:

*Chilli Roasted Chickpeas with Baked Potato and Steamed Asparagus -*

**560kcal, 79g Carbs, 18.1g Fat, 18.3g Protein**

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

*Nuts and Dark Chocolate -*

**329kcal, 16.9g Carbs, 26g Fat, 9.1g Protein**

- Pistachios (1/2 Cup) (170 Calories, Carbs 7g, Fat 14g, Protein 7g)
- 70% Dark Chocolate (3 Squares) (159 Calories, Carbs 9.9g, Fat 12g, Protein 2.1g)

# Wednesday:

Kcal	Carbs	Fats	Protein
3002	315.6g	148.1g	130.1g

## 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:

### *Cranberry, Quinoa, Pistachio and Feta Salad with Roasted Sweet Potato -*

**662kcal, 96.8g Carbs, 30g Fat, 15.5g Protein**

- Iceberg Lettuce (1 Cup) (10 Calories, Carbs 2g, Fat 0g, Protein 0.5g)
- 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)
- Boiled Quinoa (1/2 Cup) (111 Calories, Carbs 19.5g, Fat 2g, Protein 4g)
- Feta Cheese (2 Tbsp) (40 Calories, Carbs 0.4g, Fat 3g, Protein 2.4g)
- Dried Cranberries (1/4 Cup) (92 Calories, Carbs 24.7g, Fat 0.4g, Protein 0g)
- Pistachios (1/4 Cup) (85 Calories, Carbs 3.5g, Fat 7g, Protein 3.5g)

- 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:

### *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:

### *Roasted Vegetable Wrap -*

**779kcal, 87.6g Carbs, 39.7g Fat, 19.9g Protein**

- Extra Virgin Rapeseed Oil (2 Tbsp) (270 Calories, Carbs 0g, Fat 29.8g, Protein 0g)
- Sweet Potato (1 Cup) (114 Calories, Carbs 28g, Fat 0.2g, Protein 2.2g)
- Red Onion (1/2 Cup) (30 Calories, Carbs 7g, Fat 0g, Protein 1g)
- Mushrooms (1 Cup) (16 Calories, Carbs 2.2g, Fat 0.2g, Protein 2.2g)
- Peppers (1/2 Cup) (15 Calories, Carbs 2.8g, Fat 0.1g, Protein 0.5g)
- Asparagus Spears (1 Cup) (40 Calories, Carbs 8g, Fat 0g, Protein 4g)
- 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:

### *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
3062	322.3g	151.8g	134.9g

## 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 -*

**464kcal, 66g Carbs, 21g Fat, 10.6g Protein**

- Rye Bread (2 Slices) (140 Calories, Carbs 26g, Fat 2g, Protein 4g)
- Banana (1 Cup) (134 Calories, Carbs 34g, Fat 1g, Protein 1.6g)
- Organic Almond Butter (2 Tbsp) (190 Calories, Carbs 6g, Fat 18g, Protein 5g)

## Lunch:

### *Harissa Mixed Vegetables, Quinoa and Poached Eggs -*

**605kcal, 61.7g Carbs, 27.9g Fat, 32.4g Protein**

- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Spinach (2 Cups) (14 Calories, Carbs 2.2g, Fat 0.2g, Protein 1.8g)
- Mushrooms (1/2 Cup) (8 Calories, Carbs 1.1g, Fat 0.1g, Protein 1.1g)
- 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)
- Harissa Paste (2 Tsp) (66 Calories, Carbs 4g, Fat 4g, Protein 2g)
- Boiled Quinoa (1 Cup) (222 Calories, Carbs 39g, Fat 4g, Protein 8g)
- Free Range Eggs (3 Whole) (210 Calories, Carbs 3g, Fat 15g, Protein 18g)

## 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 Kidney Beans with Sauteed Vegetables and Roasted Baby Boiled Potatoes -*

**704kcal, 96g Carbs, 31g Fat, 15.9g Protein**

- Kidney Beans (1 Cup) (110 Calories, Carbs 20g, Fat 0.5g, Protein 7g)
- 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)
- 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
2997	332.4g	123.8g	152.4g

## 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:

*RPE Vegetarian Bolognese with Quinoa -*

**669kcal, 99.2g 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 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:

*Chilli Roasted Chickpeas with Baked Potato and Steamed Asparagus -*

**560kcal, 79g Carbs, 18.1g Fat, 18.3g Protein**

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

*Nuts and Dark Chocolate -*

**329kcal, 16.9g Carbs, 26g Fat, 9.1g Protein**

- Pistachios (1/2 Cup) (170 Calories, Carbs 7g, Fat 14g, Protein 7g)
- 70% Dark Chocolate (3 Squares) (159 Calories, Carbs 9.9g, Fat 12g, Protein 2.1g)

# Saturday:

Kcal	Carbs	Fats	Protein
3002	315.6g	148.1g	130.1g

## 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:

### *Cranberry, Quinoa, Pistachio and Feta Salad with Roasted Sweet Potato -*

**662kcal, 96.8g Carbs, 30g Fat, 15.5g Protein**

- Iceberg Lettuce (1 Cup) (10 Calories, Carbs 2g, Fat 0g, Protein 0.5g)
- 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)
- Boiled Quinoa (1/2 Cup) (111 Calories, Carbs 19.5g, Fat 2g, Protein 4g)
- Feta Cheese (2 Tbsp) (40 Calories, Carbs 0.4g, Fat 3g, Protein 2.4g)
- Dried Cranberries (1/4 Cup) (92 Calories, Carbs 24.7g, Fat 0.4g, Protein 0g)
- Pistachios (1/4 Cup) (85 Calories, Carbs 3.5g, Fat 7g, Protein 3.5g)

- 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:

### *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:

### *Roasted Vegetable Wrap -*

**779kcal, 87.6g Carbs, 39.7g Fat, 19.9g Protein**

- Extra Virgin Rapeseed Oil (2 Tbsp) (270 Calories, Carbs 0g, Fat 29.8g, Protein 0g)
- Sweet Potato (1 Cup) (114 Calories, Carbs 28g, Fat 0.2g, Protein 2.2g)
- Red Onion (1/2 Cup) (30 Calories, Carbs 7g, Fat 0g, Protein 1g)
- Mushrooms (1 Cup) (16 Calories, Carbs 2.2g, Fat 0.2g, Protein 2.2g)
- Peppers (1/2 Cup) (15 Calories, Carbs 2.8g, Fat 0.1g, Protein 0.5g)
- Asparagus Spears (1 Cup) (40 Calories, Carbs 8g, Fat 0g, Protein 4g)
- 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:

### *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:

### *Vegetarian Breakfast Burrito -*

**684kcal, 51.9g Carbs, 38.9g Fat, 32.2g Protein**

- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0.1g, 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)
- Mushrooms (1/2 Cup) (8 Calories, Carbs 1.1g, Fat 0.1g, Protein 1.1g)
- Free Range Eggs (3 Whole) (210 Calories, Carbs 3g, Fat 15g, Protein 18g)
- 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*