



7 Day Plan 2100 Cal

Day 1

DAY TOTAL: 2,045Kcal 198.9g Protein 208.8g Carbs 46g Fat

OATS & EGGS		KCAL	PROTEIN	CARBS	FAT
Oats	75g	287kcal	9.8g	51g	4.9g
Oat milk	250ml	108kcal	1g	17g	4g
Banana	100g	80kcal	1g	19g	0g
Egg Large	2qty	140kcal	12.6g	0.8g	9.6g
egg whites	250ml	122kcal	27.5g	1.8g	0.5g
MEAL TOTAL		737 Kcal	51.9 Protein	89.6Carbs	19 Fat

Meal Notes

Swap eggs for protein powder

SNACK 1		KCAL	PROTEIN	CARBS	FAT
Protein Pudding (Aldi/lidl)	200g	155kcal	20g	12g	3g
Pineapple	200g	110kcal	1g	26g	0.2g
MEAL TOTAL		265 Kcal	21 Protein	38Carbs	3.2 Fat

LUNCH 1		KCAL	PROTEIN	CARBS	FAT
Slim Bagel (130 kcal) e.g. fitzgerlads	1Qty	134kcal	5g	24g	2g
Chicken Cooked	110g	156kcal	34.1g	0g	2.2g
MEAL TOTAL		473 Kcal	54.2 Protein	28.2Carbs	16 Fat

LUNCH 1		KCAL	PROTEIN	CARBS	FAT
Aldi light cheese slice	25g	46kcal	5g	2g	2g
Cooked Ham slices	2Qty	66kcal	10g	2g	2g
Low low butter	15g	71kcal	0.1g	0.2g	7.8g
MEAL TOTAL		473 Kcal	54.2 Protein	28.2Carbs	16 Fat

CHICKEN CURRY		KCAL	PROTEIN	CARBS	FAT
Chicken Cooked	150g	213kcal	46.5g	0g	3g
Mayflower Curry powder	100g	72kcal	1g	8g	4g
mixed peppers	100g	19kcal	1g	2.6g	0.5g
basmati rice (cooked)	100g	126kcal	2.7g	28g	0.3g
MEAL TOTAL		430 Kcal	51.2 Protein	38.6Carbs	7.8 Fat

SNACK 4		KCAL	PROTEIN	CARBS	FAT
Greek Yoghurt 0% Fat	200g	106kcal	20.6g	6g	0g
Honey	10g	34kcal	0g	8.4g	0g
MEAL TOTAL		140 Kcal	20.6 Protein	14.4Carbs	0 Fat

Day 2

DAY TOTAL: 2,148Kcal 209g Protein 214g Carbs 50.6g Fat

BREAKFAST		KCAL	PROTEIN	CARBS	FAT
Weetabix	2Qty	133kcal	5g	26g	1g
Oat milk	250MI	108kcal	1g	17g	4g
Strawberries	100g	36kcal	0.7g	7.7g	0.3g
Egg Large	2qty	140kcal	12.6g	0.8g	9.6g
egg whites	300ml	146kcal	33g	2.1g	0.6g
MEAL TOTAL		563 Kcal	52.3 Protein	53.6Carbs	15.5 Fat

MORNING SNACK		KCAL	PROTEIN	CARBS	FAT
Protein Pudding (Aldi/lidl)	200g	155kcal	20g	12g	3g
MEAL TOTAL		311 Kcal	21.3 Protein	49.8Carbs	3 Fat

MORNING SNACK		KCAL	PROTEIN	CARBS	FAT
Banana	125g	100kcal	1.3g	23.8g	0g
rice cakes	2qty	56kcal	0g	14g	0g
MEAL TOTAL		311 Kcal	21.3 Protein	49.8Carbs	3 Fat

LUNCH		KCAL	PROTEIN	CARBS	FAT
Slim Bagel (130 kcal) e.g. fitzgerlads	1Qty	134kcal	5g	24g	2g
Cooked Ham slices	2Qty	66kcal	10g	2g	2g
cooked chicken	130g	213kcal	40.2g	0g	5.8g
light mayonnaise	20g	52kcal	0g	1.2g	5.2g
Ardagh lighter white cheese slices	1qty	65kcal	5.7g	0.5g	4.5g
MEAL TOTAL		530 Kcal	60.9 Protein	27.7Carbs	19.5 Fat

MAIN MEAL		KCAL	PROTEIN	CARBS	FAT
5% fat lean beef steak mince	180g	232kcal	37.8g	0g	9g
Tomato Passata	200g	40kcal	2g	8g	0g
mixed peppers	150g	29kcal	1.5g	3.9g	0.8g
Wholemeal Pasta (cooked)	150g	236kcal	7.5g	48g	1.5g
MEAL TOTAL		537 Kcal	48.8 Protein	59.9Carbs	11.3 Fat

Meal Notes
Add taco seasoning / spices

SNACK		KCAL	PROTEIN	CARBS	FAT
0% fat greek yogurt	250g	145kcal	25g	9g	1g
Blueberries	100g	62kcal	0.7g	14g	0.3g
MEAL TOTAL		207 Kcal	25.7 Protein	23Carbs	1.3 Fat

Day 3

DAY TOTAL: 2,088Kcal 213g Protein 219.7g Carbs 39.6g Fat

BREAKFAST		KCAL	PROTEIN	CARBS	FAT
Egg Large	2qty	140kcal	12.6g	0.8g	9.6g
MEAL TOTAL		543 Kcal	52.1 Protein	54.8Carbs	12.8 Fat

BREAKFAST		KCAL	PROTEIN	CARBS	FAT
egg whites	300ml	146kcal	33g	2.1g	0.6g
Oats	40g	153kcal	5.2g	27.2g	2.6g
Banana	130g	104kcal	1.3g	24.7g	0g
MEAL TOTAL		543 Kcal	52.1 Protein	54.8Carbs	12.8 Fat

Meal Notes

blend together and fry in a non-stick frying pan with low cal oil spray.

MORNING SNACK		KCAL	PROTEIN	CARBS	FAT
Protein yogurt (Aldi- Brooklea) vanilla	200g	149kcal	25g	10g	1g
rice cakes	2qty	56kcal	0g	14g	0g
jam	30g	84kcal	0.1g	21g	0g
MEAL TOTAL		289 Kcal	25.1 Protein	45Carbs	1 Fat

LUNCH		KCAL	PROTEIN	CARBS	FAT
Sourdough Bread	50g	114kcal	4.8g	23g	0.3g
cooked chicken	130g	213kcal	40.2g	0g	5.8g
Cooked Ham slices	3Qty	99kcal	15g	3g	3g
light mayonnaise	20g	52kcal	0g	1.2g	5.2g
MEAL TOTAL		478 Kcal	60 Protein	27.2Carbs	14.3 Fat

MAIN MEAL		KCAL	PROTEIN	CARBS	FAT
cooked chicken	130g	213kcal	40.2g	0g	5.8g
Blue Dragon Black bean Stir fry sauce	100g	122kcal	2g	24g	2g
Mixed Veg	100g	44kcal	3.3g	6.6g	0.5g
Straight To Wok Medium Amoy Noodles	1Qty	221kcal	9.6g	40.9g	2.1g
MEAL TOTAL		600 Kcal	55.1 Protein	71.5Carbs	10.4 Fat

SNACK		KCAL	PROTEIN	CARBS	FAT
0% fat greek yogurt	200g	116kcal	20g	7.2g	0.8g
Blueberries	100g	62kcal	0.7g	14g	0.3g
MEAL TOTAL		178 Kcal	20.7 Protein	21.2Carbs	1.1 Fat

Day 4

DAY TOTAL: 2,192Kcal 205.4g Protein 233.6g Carbs 48.3g Fat

BREAKFAST		KCAL	PROTEIN	CARBS	FAT
Banana	150g	120kcal	1.5g	28.5g	0g
Strawberries	150g	55kcal	1.1g	11.6g	0.5g
Blueberries	150g	93kcal	1.1g	21g	0.5g
Aldi Protein Yogurt (1 pot)	300g	218kcal	37.5g	13.5g	1.5g
MEAL TOTAL		486 Kcal	41.2 Protein	74.6Carbs	2.5 Fat

Meal Notes

Blend together with ice and water. 1.5 pot of protein yogurt

MORNING SNACK		KCAL	PROTEIN	CARBS	FAT
Chocolate Aldi Mousse	200g	146kcal	20g	9.8g	3g
rice cakes	2qty	56kcal	0g	14g	0g
jam	20g	56kcal	0.1g	14g	0g
MEAL TOTAL		258 Kcal	20.1 Protein	37.8Carbs	3 Fat

LUNCH		KCAL	PROTEIN	CARBS	FAT
cooked chicken	150g	247kcal	46.4g	0g	6.8g
Aldi Wrap Wholemeal or White	1Qty	176kcal	5.4g	31.8g	3g
Cooked Ham slices	3Qty	99kcal	15g	3g	3g
light mayonnaise	20g	52kcal	0g	1.2g	5.2g
MEAL TOTAL		574 Kcal	66.8 Protein	36Carbs	18 Fat

MAIN MEAL		KCAL	PROTEIN	CARBS	FAT
Mixed Veg	150g	67kcal	5g	9.9g	0.8g
Sirloin Steak	150g	308kcal	33g	0g	19.5g
White Potato	250g	238kcal	6.3g	52.5g	0.3g
Knorr Pepper Sauce	150MI	87kcal	3g	12g	3g
MEAL TOTAL		700 Kcal	47.3 Protein	74.4Carbs	23.6 Fat

SNACK		KCAL	PROTEIN	CARBS	FAT
0% fat greek yogurt	300g	174kcal	30g	10.8g	1.2g
MEAL TOTAL		174 Kcal	30 Protein	10.8Carbs	1.2 Fat

Day 5

DAY TOTAL: 2,117Kcal 209.7g Protein 223.5g Carbs 42.7g Fat

BREAKFAST		KCAL	PROTEIN	CARBS	FAT
Egg Large	1qty	70kcal	6.3g	0.4g	4.8g
egg whites	200ml	97kcal	22g	1.4g	0.4g
Turkey Rashers	2Qty	60kcal	11.4g	1g	1.2g
Mushrooms	150g	52kcal	3.3g	8g	0.8g
mixed peppers	150g	29kcal	1.5g	3.9g	0.8g
MILD SALSA, MILD	50g	13kcal	0g	3.3g	0g
MEAL TOTAL		321 Kcal	44.5 Protein	18Carbs	8 Fat

Meal Notes

Blend together and fry on non-stick pan with low cal oil spray

MORNING SNACK		KCAL	PROTEIN	CARBS	FAT
Milbona High Protein Drink	340MI	221kcal	35g	18g	1g
Cinnamon And Raisin Bagel	1Qty	230kcal	9g	44g	2g
jam	30g	84kcal	0.1g	21g	0g
MEAL TOTAL		535 Kcal	44.1 Protein	83Carbs	3 Fat

LUNCH		KCAL	PROTEIN	CARBS	FAT
cooked chicken	100g	164kcal	30.9g	0g	4.5g
aldi low fat cheddar cheese	30g	91kcal	7.8g	0g	6.6g
Aldi Wrap Wholemeal or White	1Qty	176kcal	5.4g	31.8g	3g
Cooked Ham slices	2Qty	66kcal	10g	2g	2g
Reduced Fat Pesto	25g	51kcal	0.5g	1g	5g
MEAL TOTAL		548 Kcal	54.6 Protein	34.8Carbs	21.1 Fat

MAIN MEAL		KCAL	PROTEIN	CARBS	FAT
Mixed Veg	150g	67kcal	5g	9.9g	0.8g
5% fat lean beef steak mince	150g	194kcal	31.5g	0g	7.5g
Tomato Passata	250g	50kcal	2.5g	10g	0g
Wholemeal Pasta (cooked)	150g	236kcal	7.5g	48g	1.5g
MEAL TOTAL		547 Kcal	46.5 Protein	67.9Carbs	9.8 Fat
SNACK		KCAL	PROTEIN	CARBS	FAT
0% fat greek yogurt	200g	116kcal	20g	7.2g	0.8g
Honey	15g	50kcal	0g	12.6g	0g
MEAL TOTAL		166 Kcal	20 Protein	19.8Carbs	0.8 Fat

Day 6

DAY TOTAL: 2,167Kcal 218.7g Protein 213.4g Carbs 48.7g Fat

BREAKFAST		KCAL	PROTEIN	CARBS	FAT
Oats	60g	230kcal	7.8g	40.8g	3.9g
Oat milk	200ml	86kcal	0.8g	13.6g	3.2g
Banana	100g	80kcal	1g	19g	0g
Egg Large	3qty	210kcal	18.9g	1.2g	14.4g
egg whites	100ml	49kcal	11g	0.7g	0.2g
MEAL TOTAL		655 Kcal	39.5 Protein	75.3Carbs	21.7 Fat
MORNING SNACK		KCAL	PROTEIN	CARBS	FAT
Protein Pudding (Aldi/lidl)	200g	155kcal	20g	12g	3g
Aldi High Protein Mousse	200g	147kcal	20g	10g	3g
MEAL TOTAL		302 Kcal	40 Protein	22Carbs	6 Fat
LUNCH		KCAL	PROTEIN	CARBS	FAT
Slim Bagel (130 kcal) e.g. fitzgerlads	1Qty	134kcal	5g	24g	2g
Chicken Cooked	110g	156kcal	34.1g	0g	2.2g
MEAL TOTAL		448 Kcal	59.1 Protein	30Carbs	10.2 Fat

LUNCH		KCAL	PROTEIN	CARBS	FAT
Aldi light cheese slice	50g	92kcal	10g	4g	4g
Cooked Ham slices	2Qty	66kcal	10g	2g	2g
MEAL TOTAL		448 Kcal	59.1 Protein	30Carbs	10.2 Fat
MAIN MEAL		KCAL	PROTEIN	CARBS	FAT
Chicken Cooked	150g	213kcal	46.5g	0g	3g
Mayflower Curry powder	125g	90kcal	1.3g	10g	5g
mixed peppers	100g	19kcal	1g	2.6g	0.5g
White Potato	250g	238kcal	6.3g	52.5g	0.3g
MEAL TOTAL		560 Kcal	55.1 Protein	65.1Carbs	8.8 Fat
SNACK		KCAL	PROTEIN	CARBS	FAT
0% fat greek yogurt	250g	145kcal	25g	9g	1g
Blueberries (Frozen)	100g	57kcal	0g	12g	1g
MEAL TOTAL		202 Kcal	25 Protein	21Carbs	2 Fat

Day 7

DAY TOTAL: 2,142Kcal 216.8g Protein 220.6g Carbs 43.5g Fat

BREAKFAST		KCAL	PROTEIN	CARBS	FAT
Weetabix	2Qty	133kcal	5g	26g	1g
Oat milk	200MI	86kcal	0.8g	13.6g	3.2g
Strawberries	100g	36kcal	0.7g	7.7g	0.3g
Egg Large	1qty	70kcal	6.3g	0.4g	4.8g
egg whites	300ml	146kcal	33g	2.1g	0.6g
MEAL TOTAL		471 Kcal	45.8 Protein	49.8Carbs	9.9 Fat
MORNING SNACK		KCAL	PROTEIN	CARBS	FAT
Protein Pudding (Aldi/lidl)	200g	155kcal	20g	12g	3g
Banana	130g	104kcal	1.3g	24.7g	0g
MEAL TOTAL		462 Kcal	41.3 Protein	60.7Carbs	6 Fat

MORNING SNACK		KCAL	PROTEIN	CARBS	FAT
Aldi High Protein Mousse	200g	147kcal	20g	10g	3g
rice cakes	2qty	56kcal	0g	14g	0g
MEAL TOTAL		462 Kcal	41.3 Protein	60.7Carbs	6 Fat
LUNCH		KCAL	PROTEIN	CARBS	FAT
Slim Bagel (130 kcal) e.g. fitzgerlads	1Qty	134kcal	5g	24g	2g
Cooked Ham slices	2Qty	66kcal	10g	2g	2g
cooked chicken	130g	213kcal	40.2g	0g	5.8g
light mayonnaise	20g	52kcal	0g	1.2g	5.2g
MEAL TOTAL		465 Kcal	55.2 Protein	27.2Carbs	15 Fat
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MAIN MEAL		KCAL	PROTEIN	CARBS	FAT
5% fat lean beef steak mince	180g	232kcal	37.8g	0g	9g
Tomato Passata	200g	40kcal	2g	8g	0g
mixed peppers	150g	29kcal	1.5g	3.9g	0.8g
Wholemeal Pasta (cooked)	150g	236kcal	7.5g	48g	1.5g
MEAL TOTAL		537 Kcal	48.8 Protein	59.9Carbs	11.3 Fat
Meal Notes					
Add taco seasoning / spices					
SNACK		KCAL	PROTEIN	CARBS	FAT
0% fat greek yogurt	250g	145kcal	25g	9g	1g
Blueberries	100g	62kcal	0.7g	14g	0.3g
MEAL TOTAL		207 Kcal	25.7 Protein	23Carbs	1.3 Fat