



7 Day Plan 1750 Cal

Day 1

DAY TOTAL: 1,770Kcal 173.5g Protein 173.2g Carbs 43.1g Fat

OATS & EGGS		KCAL	PROTEIN	CARBS	FAT
Oats	50g	191kcal	6.5g	34g	3.3g
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	200ml	97kcal	22g	1.4g	0.4g
MEAL TOTAL		616 Kcal	43.1 Protein	72.2Carbs	17.3 Fat

Meal Notes

Swap eggs for protein powder

SNACK 1		KCAL	PROTEIN	CARBS	FAT
Protein Pudding (Aldi/lidl)	200g	155kcal	20g	12g	3g
Pineapple	150g	82kcal	0.8g	20g	0.1g
MEAL TOTAL		237 Kcal	20.8 Protein	32Carbs	3.1 Fat

LUNCH 1		KCAL	PROTEIN	CARBS	FAT
Slim Bagel (130 kcal) e.g. fitzgerlads	1Qty	134kcal	5g	24g	2g
Chicken Cooked	90g	128kcal	28g	0g	1.8g
MEAL TOTAL		445 Kcal	48.1 Protein	28.2Carbs	15.6 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		445 Kcal	48.1 Protein	28.2Carbs	15.6 Fat
CHICKEN CURRY		KCAL	PROTEIN	CARBS	FAT
Chicken Cooked	120g	170kcal	37g	0g	2.4g
Mayflower Curry powder	100g	72kcal	1g	8g	4g
mixed peppers	100g	19kcal	1g	2.6g	0.5g
basmati rice (cooked)	70g	88kcal	1.9g	20g	0.2g
MEAL TOTAL		349 Kcal	40.9 Protein	30.6Carbs	7.1 Fat
SNACK 4		KCAL	PROTEIN	CARBS	FAT
Greek Yoghurt 0% Fat	200g	106kcal	20.6g	6g	0g
Honey	5g	17kcal	0g	4.2g	0g
MEAL TOTAL		123 Kcal	20.6 Protein	10.2Carbs	0 Fat

Day 2

DAY TOTAL: 1,771Kcal 163.2g Protein 179.2g Carbs 44.9g 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	150ml	73kcal	17g	1.1g	0.3g
MEAL TOTAL		490 Kcal	36.3 Protein	52.6Carbs	15.2 Fat
MORNING SNACK		KCAL	PROTEIN	CARBS	FAT
Protein Pudding (Aldi/lidl)	200g	155kcal	20g	12g	3g
MEAL TOTAL		263 Kcal	21 Protein	38Carbs	3 Fat

MORNING SNACK		KCAL	PROTEIN	CARBS	FAT
Banana	100g	80kcal	1g	19g	0g
rice cakes	1qty	28kcal	0g	7g	0g
MEAL TOTAL		263 Kcal	21 Protein	38Carbs	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	80g	131kcal	25g	0g	3.6g
light mayonnaise	20g	52kcal	0g	1.2g	5.2g
Ardagh lighter white cheese slices	1qty	65kcal	5.7g	0.5g	4.5g
MEAL TOTAL		448 Kcal	45.7 Protein	27.7Carbs	17.3 Fat

MAIN MEAL		KCAL	PROTEIN	CARBS	FAT
5% fat lean beef steak mince	130g	168kcal	27g	0g	6.5g
Tomato Passata	200g	40kcal	2g	8g	0g
mixed peppers	150g	29kcal	1.5g	3.9g	0.8g
Wholemeal Pasta (cooked)	80g	126kcal	4g	26g	0.8g
MEAL TOTAL		363 Kcal	34.5 Protein	37.9Carbs	8.1 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: 1,774Kcal 176.1g Protein 186.8g Carbs 36.1g Fat

BREAKFAST		KCAL	PROTEIN	CARBS	FAT
Egg Large	2qty	140kcal	12.6g	0.8g	9.6g
MEAL TOTAL		446 Kcal	35.8 Protein	48.1Carbs	12.5 Fat

BREAKFAST		KCAL	PROTEIN	CARBS	FAT
egg whites	150ml	73kcal	17g	1.1g	0.3g
Oats	40g	153kcal	5.2g	27.2g	2.6g
Banana	100g	80kcal	1g	19g	0g
MEAL TOTAL		446 Kcal	35.8 Protein	48.1Carbs	12.5 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	1qty	28kcal	0g	7g	0g
jam	10g	28kcal	0.1g	7g	0g
MEAL TOTAL		205 Kcal	25.1 Protein	24Carbs	1 Fat

LUNCH		KCAL	PROTEIN	CARBS	FAT
Sourdough Bread	50g	114kcal	4.8g	23g	0.3g
cooked chicken	100g	164kcal	31g	0g	4.5g
Cooked Ham slices	2Qty	66kcal	10g	2g	2g
light mayonnaise	20g	52kcal	0g	1.2g	5.2g
MEAL TOTAL		396 Kcal	45.8 Protein	26.2Carbs	12 Fat

MAIN MEAL		KCAL	PROTEIN	CARBS	FAT
cooked chicken	110g	181kcal	34g	0g	5g
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		568 Kcal	48.9 Protein	71.5Carbs	9.6 Fat

SNACK		KCAL	PROTEIN	CARBS	FAT
0% fat greek yogurt	200g	116kcal	20g	7.2g	0.8g
Blueberries	70g	43kcal	0.5g	9.8g	0.2g
MEAL TOTAL		159 Kcal	20.5 Protein	17Carbs	1 Fat

Day 4

DAY TOTAL: 1,745Kcal 161.5g Protein 170.7g Carbs 46.3g Fat

BREAKFAST		KCAL	PROTEIN	CARBS	FAT
Banana	100g	80kcal	1g	19g	0g
Strawberries	120g	44kcal	0.8g	9.2g	0.4g
Blueberries	120g	74kcal	0.8g	17g	0.4g
Aldi Protein Yogurt (1 pot)	200g	145kcal	25g	9g	1g
MEAL TOTAL		343 Kcal	27.6 Protein	54.2Carbs	1.8 Fat

Meal Notes

Blend together with ice and water.

MORNING SNACK		KCAL	PROTEIN	CARBS	FAT
Chocolate Aldi Mousse	200g	146kcal	20g	9.8g	3g
MEAL TOTAL		146 Kcal	20 Protein	9.8Carbs	3 Fat

LUNCH		KCAL	PROTEIN	CARBS	FAT
cooked chicken	110g	181kcal	34g	0g	5g
Aldi Wrap Wholemeal or White	1Qty	176kcal	5.4g	31.8g	3g
Cooked Ham slices	2Qty	66kcal	10g	2g	2g
light mayonnaise	20g	52kcal	0g	1.2g	5.2g
Mozzarella	25g	75kcal	5.5g	0.6g	5.5g
MEAL TOTAL		550 Kcal	54.9 Protein	35.6Carbs	20.7 Fat

MAIN MEAL		KCAL	PROTEIN	CARBS	FAT
Mixed Veg	150g	67kcal	5g	9.9g	0.8g
Sirloin Steak	120g	246kcal	26g	0g	16g
White Potato	200g	190kcal	5g	42g	0.2g
Knorr Pepper Sauce	150MI	87kcal	3g	12g	3g
MEAL TOTAL		590 Kcal	39 Protein	63.9Carbs	20 Fat

SNACK		KCAL	PROTEIN	CARBS	FAT
0% fat greek yogurt	200g	116kcal	20g	7.2g	0.8g
MEAL TOTAL		116 Kcal	20 Protein	7.2Carbs	0.8 Fat

Day 5

DAY TOTAL: 1,789Kcal 189.5g Protein 173.4g Carbs 37.5g 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	5g	14kcal	0g	3.5g	0g
MEAL TOTAL		465 Kcal	44 Protein	65.5Carbs	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
Reduced Fat Pesto	20g	41kcal	0.4g	0.8g	4g
MEAL TOTAL		472 Kcal	44.5 Protein	32.6Carbs	18.1 Fat

MAIN MEAL		KCAL	PROTEIN	CARBS	FAT
Mixed Veg	150g	67kcal	5g	9.9g	0.8g
5% fat lean beef steak mince	120g	155kcal	25g	0g	6g
Tomato Passata	250g	50kcal	2.5g	10g	0g
Wholemeal Pasta (cooked)	80g	126kcal	4g	26g	0.8g
MEAL TOTAL		398 Kcal	36.5 Protein	45.9Carbs	7.6 Fat
SNACK		KCAL	PROTEIN	CARBS	FAT
0% fat greek yogurt	200g	116kcal	20g	7.2g	0.8g
Honey	5g	17kcal	0g	4.2g	0g
MEAL TOTAL		133 Kcal	20 Protein	11.4Carbs	0.8 Fat

Day 6

DAY TOTAL: 1,788Kcal 178g Protein 180.7g Carbs 39.2g Fat

BREAKFAST		KCAL	PROTEIN	CARBS	FAT
Oats	30g	115kcal	3.9g	20g	1.9g
Oat milk	200ml	86kcal	0.8g	13.6g	3.2g
Banana	100g	80kcal	1g	19g	0g
Egg Large	2qty	140kcal	13g	0.8g	9.6g
egg whites	100ml	49kcal	11g	0.7g	0.2g
MEAL TOTAL		470 Kcal	29.7 Protein	54.1Carbs	14.9 Fat
Meal Notes					
Blend and fry					
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
MEAL TOTAL		373 Kcal	45 Protein	29Carbs	8.6 Fat

LUNCH		KCAL	PROTEIN	CARBS	FAT
Chicken Cooked	80g	114kcal	25g	0g	1.6g
Aldi light cheese slice	50g	92kcal	10g	4g	4g
Cooked Ham slices	1Qty	33kcal	5g	1g	1g
MEAL TOTAL		373 Kcal	45 Protein	29Carbs	8.6 Fat
MAIN MEAL		KCAL	PROTEIN	CARBS	FAT
Chicken Cooked	100g	142kcal	31g	0g	2g
Mayflower Curry powder	125g	90kcal	1.3g	10g	5g
mixed peppers	100g	19kcal	1g	2.6g	0.5g
White Potato	200g	190kcal	5g	42g	0.2g
MEAL TOTAL		441 Kcal	38.3 Protein	54.6Carbs	7.7 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: 1,807Kcal 169.7g Protein 198.9g Carbs 37.4g 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	150ml	73kcal	17g	1.1g	0.3g
MEAL TOTAL		398 Kcal	29.8 Protein	48.8Carbs	9.6 Fat
MORNING SNACK		KCAL	PROTEIN	CARBS	FAT
Protein Pudding (Aldi/lidl)	200g	155kcal	20g	12g	3g
MEAL TOTAL		454 Kcal	41.2 Protein	59Carbs	6 Fat

MORNING SNACK		KCAL	PROTEIN	CARBS	FAT
Banana	120g	96kcal	1.2g	23g	0g
Aldi High Protein Mousse	200g	147kcal	20g	10g	3g
rice cakes	2qty	56kcal	0g	14g	0g
MEAL TOTAL		454 Kcal	41.2 Protein	59Carbs	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	80g	131kcal	25g	0g	3.6g
light mayonnaise	20g	52kcal	0g	1.2g	5.2g
MEAL TOTAL		383 Kcal	40 Protein	27.2Carbs	12.8 Fat

MAIN MEAL		KCAL	PROTEIN	CARBS	FAT
5% fat lean beef steak mince	120g	155kcal	25g	0g	6g
Tomato Passata	200g	40kcal	2g	8g	0g
mixed peppers	150g	29kcal	1.5g	3.9g	0.8g
Wholemeal Pasta (cooked)	90g	141kcal	4.5g	29g	0.9g
MEAL TOTAL		365 Kcal	33 Protein	40.9Carbs	7.7 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