

*The 2300 Calorie*

# **SIMPLE 3-DAY MEAL GUIDE**



# The 2300 Calorie DAY ONE:

**408**  
CALORIES

## BREAKFAST

60G PORRIDGE OATS  
30G WHEY PROTEIN  
100G FROZEN BERRIES



**321**  
CALORIES

## MID-MORNING SNACK

3 X CARAMEL RICE CAKE  
20G NUT BUTTER



**697**  
CALORIES

## LUNCH

200G TORCHON HAM  
20G CHEDDAR CHEESE  
2 X PITTAS  
30G LIGHT MAYO, SALAD



**520**  
CALORIES

## DINNER

200G CHICKEN BREAST, 20G CHORIZO  
75G BASMATI RICE, 1/2 JAR SPANISH CHICKEN SAUCE  
100G FROZEN MIXED VEG



**356**  
CALORIES

## BONUS

250G 5% FAT GREEK YOGURT  
30G WHEY PROTEIN



*The 2300 Calorie*  
**DAY TWO:**

**483**  
CALORIES

**BREAKFAST**

60G OATS,  
100G FROZEN BLUEBERRIES  
30G WHEY PROTEIN  
150ML SEMI SKIMMED MILK



**554**  
CALORIES

**MID-MORNING SNACK**

2 DARK CHOCOLATE CORN THINS  
5 CARAMEL RICE CAKES  
30G NUT BUTTER



**339**  
CALORIES

**LUNCH**

1 TIN OF TUNA  
1TBSP LOW FAT MAYO  
200G POTATOES  
MIXED SALAD/VEG



**547**  
CALORIES

**DINNER**

200G TURKEY MINCE  
75G WHOLEWHEAT PASTA  
VEG



**373**  
CALORIES

**BONUS**

MUG CAKE- 30G WHEY PROTEIN  
1 EGG WHITE  
25G NUTELLA  
15G CASHEW BUTTER



*The 2300 Calorie*  
**DAY THREE:**

**614**  
CALORIES

**BREAKFAST**

5X WEETABIX, 30G WHEY PROTEIN  
200ML SEMI SKIMMED MILK  
1 MINI BANANA



**229**  
CALORIES

**MID-MORNING SNACK**

2 X BABYBEL  
3X CRACKERS



**496**  
CALORIES

**LUNCH**

200G CHICKEN BREAST  
1 PACK DRIED COUS COUS WITH  
20G BUTTER  
VEG/ SALAD



**454**  
CALORIES

**DINNER**

200G 5% FAT MINCE BEEF  
150G BASMATI RICE  
100G FROZEN MIXED VEG



**491**  
CALORIES

**BONUS**

2 X THIN CINNAMON & RAISIN BAGELS  
35G NUT BUTTER



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