

The 2500 Calorie

SIMPLE 3-DAY MEAL GUIDE



The 2500 Calorie DAY ONE:

681
CALORIES

BREAKFAST

6X WEETABIX, 30G WHEY PROTEIN
200ML SEMI SKIMMED MILK
1 MINI BANANA



242
CALORIES

MID-MORNING SNACK

GRENADE PROTEIN BAR



511
CALORIES

LUNCH

250G CHICKEN BREAST
1 PACK DRIED COUS COUS WITH
15G 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
18G 70% DARK CHOCOLATE



The 2500 Calorie DAY TWO:

595
CALORIES

BREAKFAST

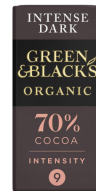
2 X WHOLE EGGS, 2 X EGG WHITES, 25G FETA
OMELETTE
SPINACH, MUSHROOMS, ONION, CHERRY TOMATO
1 X BAGEL WITH 15G BUTTER



299
CALORIES

MID-MORNING SNACK

ARLA/GRAHAMS PROTEIN YOGHURT
18G DARK CHOCOLATE
1 X MINI BANANA



526
CALORIES

LUNCH

150G PRAWNS OR 150G CHICKEN
STIR FRY VEGGIES, SOY SAUCE, SPICES
150G MEDIUM NOODLES



701
CALORIES

DINNER

2X FOLDED FLATBREAD PIZZA: TOM PUREE,
WATER AND SPICES TO MAKE BASE,
150G CHICKEN, 35G CHEDDAR CHEESE, VEG
TOPPINGS OF CHOICE & 250G POTATO WEDGES



491
CALORIES

BONUS

PROTEIN HOT CHOCOLATE: 30G CHOC
WHEY, 11G LIGHT HOT CHOCOLATE
1 X APPLE WITH 15G NUT BUTTER



The 2500 Calorie
DAY THREE:

458
CALORIES

BREAKFAST

4X BACON MEDALLIONS
2X EGGS / 3X EGG WHITES SCRAMBLED
2X SLICES WHOLEMEAL BREAD



333
CALORIES

MID-MORNING SNACK

225G 5% FAT GREEK YOGURT
30G WHEY PROTEIN



468
CALORIES

LUNCH

2X 200G TURKEY STEAKS (FLAVOURED)
300G POTATO
VEG/SALAD



777
CALORIES

DINNER

200G CHICKEN BREAST
2X WHOLEMEAL WRAPS
PEPPERS/ ONION 20G CHEESE
200G HOMEMADE CHIPS



454
CALORIES

BONUS

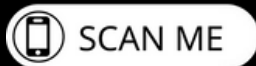
50G PORRIDGE OATS
1X SMALL BANANA
30G NUT BUTTER



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