

*The 1300 Calorie*

# SIMPLE 3-DAY MEAL GUIDE



*The 1300 Calorie*  
**DAY ONE:**

**318**  
CALORIES

**BREAKFAST**  
40G OATS,  
50G FROZEN CHERRIES  
30G WHEY PROTEIN



**229**  
CALORIES

**MID-MORNING SNACK**  
CINNAMON & RAISIN BAGEL (THIN)  
15G NUT BUTTER



**247**  
CALORIES

**LUNCH**  
NANDO'S: 75G CHICKEN (SEASONED)  
WHOLEMEAL PITTA OR WRAP  
30G HALLOUMI  
15ML NANDO SAUCE, MIXED SALAD



**265**  
CALORIES

**DINNER**  
100G SALMON OR  
150G LEAN STEAK  
VEGGIES/SALAD



**246**  
CALORIES

**BONUS**  
BLENDED FROZEN SMOOTHIE BOWL (30G WHEY, 100G FROZEN BERRIES, 150ML UNSWEETENED ALMOND MILK, 3G XANTHUM GUM, 10 LARGE ICE CUBES - BLEND CONTINUOUSLY AS MIX EXPANDS ADDING DASHES OF WATER AS NEEDED.



*The 1300 Calorie*  
**DAY TWO:**

**259**  
CALORIES

**BREAKFAST**

2 X WHOLE EGGS, 2 X EGG WHITES,  
25G FETA OMELETTE  
SPINACH, MUSHROOMS, ONION,  
CHERRY TOMATO



**83**  
CALORIES

**MID-MORNING SNACK**

FIBRE ONE BAR



**170**  
CALORIES

**LUNCH**

TIN TUNA OR 100G CHICKEN  
SALAD & 15G LIGHT MAYO



**460**  
CALORIES

**DINNER**

FOLDED FLATBREAD PIZZA: TOM PUREE, WATER  
AND SPICES TO MAKE BASE,  
100G CHICKEN, 30G LIGHT CHEESE, VEG  
TOPPINGS OF CHOICE & 200G POTATO WEDGES



**200**  
CALORIES

**BONUS**

200G TOTAL 0% YOGHURT, 10G  
CHOC SHOT, 100G STRAWBERRIES,  
50G BLUEBERRIES



*The 1300 Calorie*  
**DAY THREE:**

**377**  
CALORIES

**BREAKFAST**

2 X EGGS, 2 X BACON MEDALLIONS  
CINNAMON & RAISIN THIN OR PLAIN BAGEL THIN  
OR 1 SLICE BREAD, SPINACH, MUSHROOMS,  
ONION, CHERRY TOMATO



**164**  
CALORIES

**MID-MORNING SNACK**

PROTEIN HOT CHOCOLATE:  
30G CHOC WHEY, 11G LIGHT HOT  
CHOCOLATE



**170**  
CALORIES

**LUNCH**

150G PRAWNS OR 100G CHICKEN  
STIR FRY VEGGIES, SOY SAUCE,  
SPICES



**397**  
CALORIES

**DINNER**

100G EXTRA LEAN BEEF MINCE BURGERS  
FOLDED FLATBREAD OR WARBURTONS THIN  
150G SWEET POTATO WEDGES,  
SALAD/VEGGIES



**225**  
CALORIES

**BONUS**

ARLA/GRAHAMS PROTEIN  
YOGHURT  
15G DARK CHOCOLATE



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