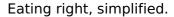


1800 - Example Meal Plan V1

	DAY 1		
Breakfast	egg (scrambled)	3 large egg(s)	234 cal
7:00 AM	medium tasty wholemeal toast by kingsmill	1 slice	95 cal
7.00 AM			
MEAL TOTAL: Calorie	s 329 cal / Carbs 21 g (26%) / Protein 22 g (28%) / Fat 16	g (46%) / Fluid 0 g	
NOTES:			
Snack 10:00 AM	egg (hard boiled)	1 large	78 cal
MEAL TOTAL: Calorie	s 78 cal / Carbs 1 g (3%) / Protein 6 g (33%) / Fat 5 g (64	%) / Fluid 37 g	
NOTES:			
Lunch	baked jacket potatoes by sainsbury's	1 jacket	193 cal
	food cupboard fish all tinned fish tuna in spring	1 serving	114 cal
12:00 PM	light mayonnaise by hellmann's	2 Tbsp	70 cal
MEAL TOTAL: Calorie	s 377 cal / Carbs 46 g (48%) / Protein 31 g (32%) / Fat 9	g (20%) / Fluid 0 g	
NOTES:			
Snack	whey protein powder	1 1/2 Scoop	169 cal
3:00 PM	cashews	10 gm	55 cal
3.00 PM			
MEAL TOTAL: Calorie	s 224 cal / Carbs 5 g (8%) / Protein 41 g (72%) / Fat 5 g (20%) / Fluid 2 g	
NOTES:			
Dinner	battered cod fillets by sainsbury's	1 fillet	288 cal
6:00 PM	pure steamed basmati rice by tilda	1/2 pack	203 cal
MEAL TOTAL: Calorie	s 491 cal / Carbs 63 g (52%) / Protein 18 g (15%) / Fat 18	g (33%) / Fluid 0 g	





whey protein powder

1 1/2 Scoop

169 cal

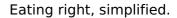
MEAL TOTAL: Calories $169\ cal$ / Carbs $2\ g\ (4\%)$ / Protein $39\ g\ (92\%)$ / Fat $1\ g\ (4\%)$ / Fluid $2\ g$

NOTES:

DAY 1 TOTAL: Calories~1,668~cal~/~Carbs~136~g~(33%)~/~Protein~158~g~(38%)~/~Fat~54~g~(29%)~/~Fluid~41~g~(33%)~/~Fat~54~g~(33%)



	DAY 2		
Breakfast	porridge oats	75 grams	272 ca
	original almond milk(unsweetened)	250 mL	32 cal
7:00 AM	raisins	30 gm	90 cal
	honey	1 Tbsp	64 cal
MEAL TOTAL: Calories	s 458 cal / Carbs 87 g (76%) / Protein 10 g (8%) / Fa	at 8 g (16%) / Fluid 8 g	
NOTES:			
Snack	egg (hard boiled)	2 large	155 ca
	almonds	20 almond	139 ca
10:00 AM			
MEAL TOTAL: Calories	s 294 cal / Carbs 6 g (8%) / Protein 18 g (24%) / Fat	t 23 g (68%) / Fluid 76 g	
Lunch	mushrooms	100 gm	22 cal
	chicken breast (cooked)	2 breast	189 ca
12:00 PM	asparagus	5 spear, medium	16 cal
	egg (hard boiled)	1 large	78 cal
	s 305 cal / Carbs 7 g (9%) / Protein 47 g (62%) / Fat	t 10 g (29%) / Fluid 279 g	
MEAL TOTAL: Calories			
MEAL TOTAL: Calories NOTES:			
NOTES:	apple	1 large	110 ca
NOTES:	apple whey protein powder	1 large 2 Scoop	
NOTES:	• •		225 ca
Snack 3:00 PM	whey protein powder	2 Scoop 250 mL	225 ca
Snack 3:00 PM	whey protein powder original almond milk(unsweetened)	2 Scoop 250 mL	225 ca
NOTES: Snack 3:00 PM MEAL TOTAL: Calories NOTES:	whey protein powder original almond milk(unsweetened)	2 Scoop 250 mL	225 ca 32 cal
NOTES: Snack 3:00 PM MEAL TOTAL: Calories NOTES: Dinner	whey protein powder original almond milk(unsweetened) s 368 cal / Carbs 32 g (34%) / Protein 54 g (57%) / I	2 Scoop 250 mL Fat 4 g (9%) / Fluid 184 g	225 ca 32 cal 87 cal
NOTES: Snack 3:00 PM MEAL TOTAL: Calories NOTES:	whey protein powder original almond milk(unsweetened) s 368 cal / Carbs 32 g (34%) / Protein 54 g (57%) / I potato (boiled)	2 Scoop 250 mL Fat 4 g (9%) / Fluid 184 g	110 ca 225 ca 32 cal 87 cal 35 cal 44 cal
NOTES: Snack 3:00 PM MEAL TOTAL: Calories NOTES: Dinner	whey protein powder original almond milk(unsweetened) s 368 cal / Carbs 32 g (34%) / Protein 54 g (57%) / I potato (boiled) green beans	2 Scoop 250 mL Fat 4 g (9%) / Fluid 184 g	225 ca 32 cal 87 cal 35 cal
NOTES: Snack 3:00 PM MEAL TOTAL: Calories NOTES: Dinner 6:00 PM	whey protein powder original almond milk(unsweetened) s 368 cal / Carbs 32 g (34%) / Protein 54 g (57%) / I potato (boiled) green beans onion	2 Scoop 250 mL Fat 4 g (9%) / Fluid 184 g 100 gm 1 Cup(s) (240 ml) 1 medium 1 steak	225 ca 32 cal 87 cal 35 cal 44 cal





whey protein powder

1 Scoop

113 cal

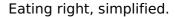
MEAL TOTAL: Calories 113 cal / Carbs 1 g (4%) / Protein 26 g (92%) / Fat 0 g (4%) / Fluid 1 g

NOTES:

DAY 2 TOTAL: Calories~1,856~cal~/~Carbs~171~g~(37%)~/~Protein~194~g~(41%)~/~Fat~46~g~(22%)~/~Fluid~723~g~(37%)~/~Protein~194~g~(41%)~/~Fat~46~g~(22%)~/~Fluid~723~g~(37%)~/~Protein~194~g~(41%)~/~Fat~46~g~(22%)~/~Fluid~723~g~(37%)~/~Protein~194~g~(41%)~/~Fat~46~g~(22%)~/~Fluid~723~g~(37%)~/~Protein~194~g~(41%)~/~Fat~46~g~(22%)~/~Fluid~723~g~(37%)~/~Protein~194~g~(41%)~/~Fat~46~g~(22%)~/~Fluid~723~g~(37%)~/~Protein~194~g~(41%)~/~Fat~46~g~(22%)~/~Fluid~723~g~(37%)~/~Protein~194~g~(41%)~/~Fat~46~g~(22%)~/~Fluid~723~g~(37%)~/~Fluid~723~g



Duanten	egg (poached)	3 large	215 ca
Breakfast	medium wholemeal sliced bread by hovis	2 slice	179 ca
7:00 AM		_ 5.1.55	
MEAL TOTAL: Calori	es 393 cal / Carbs 36 g (37%) / Protein 27 g (27%) / Fat 16 g	(36%) / Fluid 114 g	
NOTES:			
Snack	rice cake, unsalted	2 cake	70 cal
10:00 AM	hummus	2 Tbsp	55 cal
10:00 AM			
MEAL TOTAL: Calori	es 125 cal / Carbs 20 g (68%) / Protein 4 g (12%) / Fat 3 g (2	0%) / Fluid 20 g	
NOTES:			
Lunch	whitefish (cooked)	150 gm	258 ca
	cashews	30 gm	166 ca
12:00 PM	fresh food tesco organic raw bunched beetroot by t	100 gram	37 cal
	green, red or yellow bell peppers	1 medium	25 cal
MEAL TOTAL: Calori	es 486 cal / Carbs 25 g (20%) / Protein 43 g (35%) / Fat 25 g	(45%) / Fluid 99 g	
NOTES:			
Snack	whey protein powder	1 Scoop	113 ca
	almonds	20 almond	139 ca
3:00 PM			
MEAL TOTAL: Calori	es 252 cal / Carbs 6 g (9%) / Protein 31 g (48%) / Fat 12 g (4	3%) / Fluid 2 g	
NOTES:			
Dinner	sweet potato	150 gm	129 ca
	green beans	1 Cup(s) (240 ml)	35 cal
6:00 PM	sweet corn kernels	100 gm	88 cal
	salmon (cooked)	2 fillet	253 ca
	es 505 cal / Carbs 58 g (45%) / Protein 48 g (38%) / Fat 10 g	(17%) / Fluid 308 a	
MEAL TOTAL: Calori	es 303 car / Carbs 30 g (+370) / 1 Totelli +0 g (3070) / 1 at 10 g	(=,,0,,,	





whey protein powder

1 Scoop

113 cal

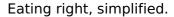
MEAL TOTAL: Calories 113 cal / Carbs 1 g (4%) / Protein 26 g (92%) / Fat 0 g (4%) / Fluid 1 g

NOTES:

 $\textbf{DAY 3 TOTAL: Calories}~1,873~cal~/~\textbf{Carbs}~147~g~(31\%)~/~\textbf{Protein}~178~g~(38\%)~/~\textbf{Fat}~65~g~(31\%)~/~\textbf{Fluid}~544~g~(31\%)~/~\textbf{Fluid$



	DAY 4			
Breakfas	porridge oats	50 grams	182 cal	
	original almond milk(unsweetened)	250 mL	32 cal	
7:00 AM	honey	1 Tbsp	64 cal	
MEAL TOTAL: Calories 278 cal / Carbs 49 g (71%) / Protein 6 g (9%) / Fat 6 g (20%) / Fluid 4 g				
NOTES:				
Snack	almond butter	2 Tbsp	200 ca	
10:00 AM				
MEAL TOTAL: Calor	ies 200 cal / Carbs 6 g (13%) / Protein 6 g (13%) /	Fat 16 g (74%) / Fluid 0 g		
NOTES:				
Lunch	cauliflower	150 gm	38 cal	
	baby spinach	50 gm	12 cal	
12:00 PM	chicken breast (cooked)	2 breast	189 ca	
	avocado	1/2 avocado	161 ca	
MEAL TOTAL: Calor	ies 399 cal / Carbs 18 g (17%) / Protein 42 g (41%)) / Fat 19 g (42%) / Fluid 287 g		
NOTES:				
Snack	whey protein powder	1 1/2 Scoop	169 ca	
3:00 PM	cashews	20 gm	111 ca	
MEAL TOTAL: Calor	ies 280 cal / Carbs 8 g (11%) / Protein 43 g (59%)	/ Fat 10 g (30%) / Fluid 3 g		
NOTES:				
Dinner	green beans	1 Cup(s) (240 ml)	35 cal	
	tomatoes	2 large	66 cal	
6:00 PM	potato (with skin, baked)	1 small	128 ca	
	chicken breast (cooked)	2 breast	189 ca	
MEAL TOTAL: Calor	ies 418 cal / Carbs 50 g (47%) / Protein 44 g (42%))		
NOTES:				





whey protein powder

1 1/2 Scoop

169 cal

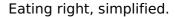
MEAL TOTAL: Calories 169 cal / Carbs 2 g (4%) / Protein 39 g (92%) / Fat 1 g (4%) / Fluid 2 g

NOTES:

DAY 4 TOTAL: Calories~1,744~cal~/~Carbs~132~g~(30%)~/~Protein~180~g~(41%)~/~Fat~57~g~(29%)~/~Fluid~817~g



	DAY 5		
Breakfast 7:00 AM	veggie omelette	1 serving	529 cal
MEAL TOTAL: Calori	ies 529 cal / Carbs 13 g (10%) / Protein 21 g (16%) /	Fat 44 g (74%) / Fluid 148 g	
NOTES:			
Snack 10:00 AM	hard boiled eggs	2 serving	142 cal
MEAL TOTAL: Calori	ies 142 cal / Carbs 1 g (3%) / Protein 12 g (34%) / Fa	at 10 g (63%) / Fluid 0 g	
NOTES:			
Lunch	tomatoes	2 large	66 cal
	baby spinach	50 gm	12 cal
12:00 PM	avocado	1/2 avocado	161 ca
	british minced turkey breast	150 gm	152 ca
MEAL TOTAL: Calori	ies 390 cal / Carbs 24 g (24%) / Protein 39 g (38%) /	/ Fat 17 g (38%) / Fluid 418 g	
NOTES:			
Snack	whey protein powder	1 Scoop	113 ca
	original almond milk(unsweetened)	250 mL	32 cal
3:00 PM	almonds	20 almond	139 ca
MEAL TOTAL: Calori	ies 284 cal / Carbs 7 g (10%) / Protein 32 g (44%) / I	Fat 15 g (46%) / Fluid 2 g	
NOTES:			
Dinner	green beans	1 Cup(s) (240 ml)	35 cal
	chicken breast (cooked)	2 breast	189 ca
6:00 PM	onions sweet raw	1 serving	47 cal
	black beans (boiled)	75 gm	99 cal
MEAL TOTAL: Calor	ies 371 cal / Carbs 36 g (39%) / Protein 45 g (50%) /	/ Fat 5 g (11%) / Fluid 259 g	
NOTES:			





whey protein powder

1 Scoop

113 cal

MEAL TOTAL: Calories 113 cal / Carbs 1 g (4%) / Protein 26 g (92%) / Fat 0 g (4%) / Fluid 1 g

NOTES:

DAY 5 TOTAL: Calories~1,829~cal~/~Carbs~83~g~(18%)~/~Protein~176~g~(38%)~/~Fat~91~g~(44%)~/~Fluid~828~g~(18%)~/~Fat~91~g~(44%)~/~Fluid~828~g~(18%)~/~Fluid~82



	DAY 6		
Breakfas 7:00 AM	st berry protein smoothie	1 serving	435 cal
MEAL TOTAL: Cal	ories 435 cal / Carbs 29 g (25%) / Protein 42 g (3	7%)	
NOTES:			
Snack 10:00 AM	almond butter	1 Tbsp	100 ca
MEAL TOTAL: Cal	ories 100 cal / Carbs 3 g (13%) / Protein 3 g (13%	5) / Fat 8 g (74%) / Fluid 0 g	
NOTES:			
Lunch	avocado	1/2 avocado	161 ca
12:00 PM	chicken caesar salad	1 serving	333 ca
MEAL TOTAL: Cal	ories 493 cal / Carbs 16 g (13%) / Protein 37 g (30	0%)	
NOTES:			
Snack 3:00 PM	whey protein powder	1 1/2 Scoop	169 ca
MEAL TOTAL: Cal	ories 169 cal / Carbs 2 g (4%) / Protein 39 g (92%	o) / Fat 1 g (4%) / Fluid 2 g	
NOTES:			
Dinner	green beans	1 Cup(s) (240 ml)	35 cal
	sweet corn kernels	100 gm	88 cal
6:00 PM	potato (with skin, baked)	1 small	128 ca
	italian chicken	1 serving	263 ca
		6%)	
MEAL TOTAL: Cal	ories 515 cal / Carbs 59 g (44%) / Protein 34 g (20		
MEAL TOTAL: Cal	ories 515 cal / Carbs 59 g (44%) / Protein 34 g (20		
	whey protein powder	1 Scoop	113 ca
NOTES: Snack 8:00 PM		·	113 ca

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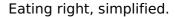
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 $\textbf{DAY 6 TOTAL: Calories} \ 1,825 \ cal \ \textbf{/ Carbs} \ 110 \ g \ (24\%) \ \textbf{/ Protein} \ 182 \ g \ (39\%) \ \textbf{/ Fat} \ 77 \ g \ (37\%) \ \textbf{/ Fluid} \ 662 \ g$



	DAY 7		
Breakfast 7:00 AM	porridge oats	50 grams	182 cal
	original almond milk(unsweetened)	250 mL	32 cal
	honey	1 Tbsp	64 cal
MEAL TOTAL: Caloric	es 278 cal / Carbs 49 g (71%) / Protein 6 g (9%) / Fa	at 6 g (20%) / Fluid 4 g	
NOTES:			
Snack	cashews	30 gm	166 cal
10:00 AM			
MEAL TOTAL: Calorid	es 166 cal / Carbs 9 g (21%) / Protein 5 g (12%) / Fa	at 13 g (67%) / Fluid 2 g	
NOTES:			
Lunch	tomatoes	1 large	33 cal
	chicken breast (cooked)	2 breast	189 ca
12:00 PM	baby spinach	50 gm	12 cal
	hard boiled eggs	1 serving	71 cal
MEAL TOTAL: Calorio	es 305 cal / Carbs 9 g (13%) / Protein 44 g (59%) / I	Fat 9 g (28%) / Fluid 247 g	
NOTES:			
Snack	whey protein powder	1 Scoop	113 ca
3:00 PM	almonds	20 almond	139 ca
MEAL TOTAL: Calori	es 252 cal / Carbs 6 g (9%) / Protein 31 g (48%) / Fa	at 12 g (43%) / Fluid 2 g	
NOTES:			
Dinner	sweet potato	150 gm	129 ca
6:00 PM	sweet corn kernels	100 gm	88 cal
6:00 PM		1 serving	204 ca
	asparagus	5 spear, medium	16 cal
MEAL TOTAL: Calorid	es 437 cal / Carbs 61 g (53%) / Protein 32 g (28%) /	Fat 10 g (19%) / Fluid 455 g	
NOTES:			





whey protein powder

1 Scoop

113 cal

MEAL TOTAL: Calories 113 cal / Carbs 1 g (4%) / Protein 26 g (92%) / Fat 0 g (4%) / Fluid 1 g

NOTES:

 $\textbf{DAY 7 TOTAL: Calories}~1,\!550~cal~/~\textbf{Carbs}~135~g~(34\%)~/~\textbf{Protein}~145~g~(37\%)~/~\textbf{Fat}~51~g~(29\%)~/~\textbf{Fluid}~710~g$





veggie omelette

Ingredients

organic cage-free omega-3 large brown grade a eggs by 365	3 egg
onion	2 tbsp
red pepper	2 oz (56 grams)
onion	1 oz (28 grams)
mushrooms	2 oz (56 grams)
ghee, clarified butter	2 Tbsp

Nutrition Totals

Calories 529 / Carbs 13 g / Protein 21 g / Fat 44 g / Fluid 148 g

Instructions



Veggie Omelette		
Amount Per Serving Calories	529	
% Da	ily Value*	
Total Fat 43.9g	68%	
Saturated Fat 22.5g	113%	
Trans Fat 0g		
Cholesterol 705mg	235%	
Sodium 202mg	8%	
Total Carbohydrates 12.7g	4%	
Dietary Fiber 2.5g	10%	
Total Sugar 5.5g		
Protein 20.8g		
Vitamin D 3.9IU	1%	
Calcium 76.7mg	8%	
Iron 2.7mg	15%	
Potassium 550.5mg		
* The % Daily Value (DV) tells you much a nutrient in a serving of fo contributes to a daily diet. 2,000 day is used for general nutrition a	od calories a	





berry protein smoothie

Ingredients

strawberries	1/2 Cup(s) (120 ml)
blueberries	1/2 Cup(s) (120 ml)
spinach	1 Cup(s) (240 ml)
whey protein powder	1 Scoop
original almond milk, unsweetened	236 mL
smooth peanut butter, no added salt	2 Tbsp
greek yogurt plain non-fat by chobani	1/4 serving

Nutrition Totals

Calories 435 / Carbs 29 g / Protein 42 g / Fat 20 g / Fluid 159 g

Instructions

Add all ingredients together in blender with Ice. Blend and Enjoy!



Berry Protein Smoothie Amount Per Serving **Calories** 435 % Daily Value* Total Fat 19.6g 30% Saturated Fat 3.5g **18**% Trans Fat 0g <u>3%</u> Cholesterol 7.6mg Sodium 283.7mg **12% Total Carbohydrates** 29.4g 10% Dietary Fiber 7.8g **31%** Total Sugar 15.5g Protein 42.4g Vitamin D 98.3IU 16% **72**% Calcium 715mg

17%

Iron 2.9mg

Potassium 874.3mg

^{*} The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





chicken caesar salad

Ingredients

chicken breast (cooked)	3 oz (84 grams)
romaine lettuce	2 Cup(s) (480 ml)
grated parmesan cheese	4 Tbsp
dressing low fat caesar by compliments	2 Tbsp

Nutrition Totals

Calories 333 / Carbs 8 g / Protein 35 g / Fat 16 g / Fluid 149 g

Instructions



Chicken Caesar Salad		
Amount Per Serving Calories	333	
% Da	ily Value*	
Total Fat 16g	25%	
Saturated Fat 5.3g	27%	
Trans Fat Og		
Cholesterol 99.8mg	33%	
Sodium 776.2mg	32%	
Total Carbohydrates 7.9g	3%	
Dietary Fiber 1.9g	8%	
Total Sugar 3.2g		
Protein 35.4g		
Vitamin D 8.4IU	1%	
Calcium 265.5mg	27%	
Iron 1.9mg	11%	
Potassium 474.9mg		
* The % Daily Value (DV) tells you much a nutrient in a serving of fo contributes to a daily diet. 2,000 day is used for general nutrition a	od calories a	





italian chicken

Ingredients

garlic	1 clove
lemon juice	1 Tbsp
olive oil	1 Tbsp
skinless chicken breast (uncooked)	4 oz (112 grams)

Nutrition Totals

Calories 263 / Carbs 2 g / Protein 26 g / Fat 17 g / Fluid 100 g

Instructions

- 1. Crush garlic clove.
- 2. Combine crushed garlic and remaining ingredients in a small bowl. Make sure chicken is well coated with marinade. Marinate in the refrigerator for at least 30 minutes.
- 3. One hour before serving, preheat oven to 450 degrees F.
- 4. Line a baking sheet with foil or parchment paper, and place chicken on pan.
- 5. Bake for 18-25 minutes (depending on size/thickness of chicken breast), or until chicken is cooked through and the juices run clear (internal temp of 165 degrees F).



Italian Chicken Amount Per Serving **Calories** 263 % Daily Value* Total Fat 16.5g **25**% Saturated Fat 2.5g 13% Trans Fat 0g Cholesterol 82.7mg 28% Sodium 51.9mg 2% **Total Carbohydrates** 2g 1% Dietary Fiber 0.1g 0% Total Sugar 0.4g Protein 25.7g Vitamin D 1.1IU 0% Calcium 12.1mg 1% Iron 0.5mg 3% Potassium 406.7mg * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





salmon baked in foil

Ingredients

tomatoes	2 Cup(s) (480 ml)
shallots	2 oz (56 grams)
extra virgin olive oil	1 Tbsp
lemon juice	2 Tbsp
oregano, dried	1 tsp
thyme, dried	1 tsp
black pepper	1/8 tsp
fish salmon pink raw	16 oz (448 grams)

Nutrition Totals

Calories 817 / Carbs 28 g / Protein 98 g / Fat 35 g / Fluid 757 g

Instructions

- 1. Preheat oven to 400 degrees F.
- 2. Dice tomatoes, mince shallots and place in a small bowl.
- 3. Stir in $\frac{1}{2}$ tablespoon of olive oil, lemon juice, oregano, thyme, and a dash of black pepper. Set aside.
- $4.\ Brush \ salmon \ with \ remaining olive oil and season with pepper.$
- 5. Cut 4 sheets of aluminum foil (large enough to wrap each fillet).
- 6. Place each fillet, oil side down, on each cut piece of foil.
- 7. Evenly divide tomato mixture over the salmon fillets.
- 8. Fold and seal the foil to make packets around the salmon. Place packets on baking sheet.
- 9. Bake for 20-25 minutes, or until cooked through.



Salmon Baked In Foil Amount Per Serving **Calories** 204 % Daily Value* Total Fat 8.7g 13% Saturated Fat 1.4g <u>7%</u> Trans Fat 0g Cholesterol 52.1mg **17**% Sodium 91.5mg 4% **Total Carbohydrates** 6.9g 2% Dietary Fiber 1.8g **7**% Total Sugar 3.6g Protein 24.4g Vitamin D 493.2IU 82% 3% Calcium 34.8mg Iron 1.3mg **7**% Potassium 692.1mg * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Shopping List

Accompaniments

honey 3 Tbsp

Cereal & Grain Products

porridge oats 175 grams

Dairy & Egg

egg	3 large egg(s)
	7 large
ghee, clarified butter	2 Tbsp
grated parmesan cheese	4 Tbsp

Fats & Oils

extra virgin olive oil	0.25 Tbsp
olive oil	1 Tbsp

Finfish & Shellfish

salmon	2 fillet
whitefish	150 gm

Fruits & Juices

apple	1 large
avocado	1.5 avocado
blueberries	0.5 Cup(s) (120 ml)
lemon juice	1.5 Tbsp
raisins	30 gm
strawberries	0.5 Cup(s) (120 ml)

Legumes & Beans

black beans	75 gm
hummus	2 Tbsp

2 Tbsp



Snacks

smooth peanut butter, no added salt

Nuts & Seeds

almond butter 3 Tbsp
almonds 80 almond
cashews 90 gm

Poultry		
 british minced turkey breast	150 gm	
chicken breast	10 breast	
	3 oz (84 grams)	
skinless chicken breast	4 oz (112 grams)	

rice cake, unsalted	2 cake

Spices & Herbs	
black pepper	0.03 tsp
oregano, dried	0.25 tsp
thyme, dried	0.25 tsp

Sports & Diet Nutritionals whey protein powder 18.5 Scoop

Jncategorized	
baked jacket potatoes by sainsbury's	1 jacket
battered cod fillets by sainsbury's	1 fillet
dressing low fat caesar by compliments	2 Tbsp
fish salmon pink raw	4 oz (112 grams)
food cupboard fish all tinned fish tuna in spring water by sainsbury's	1 serving
fresh food tesco organic raw bunched beetroot by tesco	100 gram
fresh food tuna steaks by tesco	1 steak
greek yogurt plain non-fat by chobani	0.25 serving
green beans	5 Cup(s) (1200 ml)
hard boiled eggs	3 serving
light mayonnaise by hellmann's	2 Tbsp
medium tasty wholemeal toast by kingsmill	1 slice
medium wholemeal sliced bread by hovis	2 slice



onions sweet raw	1 serving
organic cage-free omega-3 large brown grade a eggs by 365	3 egg
original almond milk(unsweetened)	1250 mL
original almond milk, unsweetened	236 mL
pure steamed basmati rice by tilda	0.5 pack

Vegetables	
asparagus	10 spear, medium
baby spinach	150 gm
cauliflower	150 gm
garlic	1 clove
green, red or yellow bell peppers	1 medium
mushrooms	100 gm
	2 oz (56 grams)
onion	1 medium
	2 tbsp
	1 oz (28 grams)
potato	100 gm
	2 small
red pepper	2 oz (56 grams)
romaine lettuce	2 Cup(s) (480 ml)
shallots	0.5 oz (14 grams)
spinach	1 Cup(s) (240 ml)
sweet corn kernels	300 gm
sweet potato	300 gm
tomatoes	5 large
	0.5 Cup(s) (120 ml)



Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

Basic Guidelines











1/4 cup / 1 oz / 2 tbsp

Tennis Ball 1 cup

Computer Mouse 1/2 cup

Baseball 1 cup

Rounded Handful 1/2 cup 1 oz dried goods









Hockey Puck

Matchbox

Deck of Cards 3 oz muffin or biscuit 1 oz serving of meat 3 oz of chicken, meat, or fish

This Paperback **Book** 8 oz serving of meat

Thumb 1 tsp





Shot Glass 1 oz / 2 tbsp



1 slice of bread 1 oz lunch meat



3 Dice 1 1/2 oz cheese



Kids' Milk Carton 8 oz drink

Useful Examples



Bread & Grains

1 cup of cereal = 1 baseball1/2 cup cooked rice = computer mouse 1/2 cup cooked pasta = computer mouse

1 slice of bread = CD 3 cups of popcorn = 3 baseballs

Dairy & Cheese

1 1/2 oz cheese = stacked dice

1 cup yogurt = baseball



Fruits & Vegetables

1/2 cup grapes = about 16 grapes 1 cup of strawberries = about 12 berries

1 cup of salad greens = 1 baseball 1 cup cooked vegetables = 1 baseball

1 baked potato = computer mouse



Meats, Fish & Nuts

3 oz lean meat or poultry = deck of cards 3 oz tofu = deck of cards2 tbsp peanut butter = golf ball 1/4 cup almonds = about 23 almonds 1/4 cup pistachios = about 24

pistachios



Fats & Oils

1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1/2 cup ice cream = computer mouse 1 tbsp oil or mayonnaise = poker



Sweets & Treats

1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox