

The 3000 Calorie

SIMPLE 3-DAY MEAL GUIDE



The 3000 Calorie
DAY ONE:

482
CALORIES

MEAL ONE

4X RASHERS OF TURKEY BACON
2X EGGS / 2X EGG WHITES SCRAMBLED
50G (1/2 MEDIUM) AVOCADO
2X SLICES WHOLEMEAL BREAD, VEG. IE SPINACH



878
CALORIES

MEAL TWO

300G CHICKEN BREAST (SEASONED)
3X TORTILLA WRAPS
30ML NANDOS SAUCE
SALAD/ VEG



775
CALORIES

MEAL THREE

200G 5% MINCE BEEF, 100G PASSATA/ CHOPPED TOMATOES
1/2 CAN OF MIXED BEANS,
60G UNCOOKED BASMATI RICE
20G CHEESE, VEG/ SALAD



408
CALORIES

MEAL FOUR

60G PORRIDGE
30G WHEY PROTEIN
100G BLUEBERRIES



479
CALORIES

BONUS

250G 5% FAT GREEK YOGURT
30G WHEY PROTEIN
20G NUTS



The 3000 Calorie
DAY TWO:

553
CALORIES

MEAL ONE

2 X EGGS
100G SMOKED SALMON
1X PLAIN BAGEL
VEG I.E. SPINACH ETC



662
CALORIES

MEAL TWO

2X TINS OF TUNA IN SPRINGWATER
300G POTATOES
30G MAYO
SALAD/ VEG



732
CALORIES

MEAL THREE

250G EXTRA TRIMMED PORK FILLET
1 PACKET OF READY TO WOK NOODLES
20G CASHEW NUTS
PEPPERS



662
CALORIES

MEAL FOUR

75G PORRIDGE
30G WHEY PROTEIN
20G NUT BUTTER
20G DARK CHOCOLATE



331
CALORIES

BONUS

1 X PROTEIN BAR (PHD SMART BAR / GRENADE)
1 X BANANA



The 3000 Calorie
DAY THREE:

688
CALORIES

MEAL ONE

250G 5% FAT FAGE YOGHURT
30G WHEY PROTEIN
30G CASHEW NUTS, 100G BERRIES
3 X RICE CAKES



428
CALORIES

MEAL TWO

240G SALMON FILLET
50G AVOCADO
30G FETA CHEESE
SALAD



534
CALORIES

MEAL THREE

225G SIRLOIN STEAK
350G SWEET POTATO/ WHITE POTATO HOMEMADE CHIPS
VEG



736
CALORIES

MEAL FOUR

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



609
CALORIES

BONUS

2 X CINNAMON AND RAISIN BAGELS
25G BUTTER



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