

The 2000 Calorie

SIMPLE 3-DAY MEAL GUIDE



The 2000 Calorie
DAY ONE:

377
CALORIES

BREAKFAST

60G PORRIDGE OATS
25G WHEY PROTEIN
100G FROZEN BERRIES



173
CALORIES

MID-MORNING SNACK

1 X CARAMEL RICE CAKE
20G NUT BUTTER



467
CALORIES

LUNCH

120G TORCHON HAM
2 X PITTAS
15G LIGHT MAYO, SALAD



663
CALORIES

DINNER

150G CHICKEN BREAST, 20G CHORIZO
75G BASMATI RICE, 1/3 JAR SPANISH CHICKEN SAUCE
100G FROZEN MIXED VEG



318
CALORIES

BONUS

250G 5% FAT GREEK YOGURT
20G WHEY PROTEIN



The 2000 Calorie
DAY TWO:

316
CALORIES

BREAKFAST
PROTEIN SHAKE:
30G WHEY PROTEIN
250ML SKIMMED MILK
1 X BANANA



318
CALORIES

MID-MORNING SNACK
20G NUT BUTTER
25G DARK CHOCOLATE



457
CALORIES

LUNCH
150G CHICKEN BREAST
75G BASMATI RICE
15G SWEET CHILLI SAUCE
100G FROZEN MIXED VEG



562
CALORIES

DINNER
150G SALMON FILLET
300G NEW BABY POTATOES
1 BELL PEPPER, MIXED VEG/ SALAD



318
CALORIES

BONUS
25G 5% FAT GREEK YOGHURT
20G WHEY PROTEIN



The 2000 Calorie
DAY THREE:

611
CALORIES

BREAKFAST

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



124
CALORIES

MID-MORNING SNACK

2 X BABYBEL



401
CALORIES

LUNCH

150G CHICKEN BREAST
1 PACK DRIED COUS COUS WITH
10G BUTTER
VEG/ SALAD



447
CALORIES

DINNER

170G 5% FAT MINCE BEEF
150G BASMATI RICE
100G FROZEN MIXED VEG



410
CALORIES

BONUS

1 X CINNAMON AND RAISIN BAGEL
30G NUT BUTTER



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