

The 1500 Calorie

SIMPLE 3-DAY MEAL GUIDE



The 1500 Calorie
DAY ONE:

339
CALORIES

BREAKFAST

2 EGGS,
2 BACON MEDALLIONS
1 THIN BAGEL
10G BUTTER

215
CALORIES

MID-MORNING SNACK

ARLA PROTEIN YOGHURT
1 X APPLE



362
CALORIES

LUNCH

150G COOKED, PEELED PRAWNS
25G COOKED FETA CHEESE
1/2 PACKET OF COUS COUS
SALAD



406
CALORIES

DINNER

100G LEAN DICED BEEF
250G POTATOES
100G CARROTS
GREEN VEG



178
CALORIES

BONUS

25G DARK CHOCOLATE



The 1500 Calorie **DAY TWO:**

339
CALORIES

BREAKFAST

40G OATS
250ML UNSWEETENED ALMOND MILK
25G WHEY PROTEIN
100G BERRIES



215
CALORIES

MID-MORNING SNACK

PROTEIN BAR
(I.E. GRENADE/PHD SMART BAR)



362
CALORIES

LUNCH

100G CHICKEN BREAST
2 X BACON MEDALLIONS
1X WRAP
SALAD



406
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



178
CALORIES

BONUS

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



The 1500 Calorie
DAY THREE:

439
CALORIES

BREAKFAST

4 X WEETABIX
25G WHEY PROTEIN
300ML UNSWEETENED ALMOND MILK



202
CALORIES

MID-MORNING SNACK

1 X BABYBEL
PROTEIN YOGHURT



316
CALORIES

LUNCH

100G CHICKEN BREAST
1 LARGE WRAP
15G SWEET CHILLI SAUCE, SALAD LEAVES



398
CALORIES

DINNER

125G 5% LEAN MINCE BEEF
125G PASSATA
60G (UNCOOKED WEIGHT) PASTA
GREEN VEG/ SALAD LEAVES



96
CALORIES

BONUS

SNACK SIZED CHOCOLATE BAR



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