

The 1700 Calorie

SIMPLE 3-DAY MEAL GUIDE



The 1700 Calorie
DAY ONE:

280
CALORIES

BREAKFAST

40G OATS,
100G FROZEN BERRIES
25G WHEY PROTEIN



108
CALORIES

MID-MORNING SNACK

1 X MINI BANANA
1 X SMALL APPLE



412
CALORIES

LUNCH

100G CHICKEN BREAST
50G BASMATI RICE
20G SWEET CHILLI SAUCE
150G VEG



652
CALORIES

DINNER

2 X EXTRA LEAN BEEF MINCE BURGERS
1 X FOLDED FLATBREAD OR WARBURTONS THIN
1 X BABYBEL CHEESE
300G HOMEMADE CHIPS, SALAD/ VEGGIES



248
CALORIES

BONUS

250G 0% FAT FREE GREEK YOGHURT WITH
2.5G WHEY PROTEIN

1X NESTLE FAB LOLLY



The 1700 Calorie
DAY TWO:

285
CALORIES

BREAKFAST
40G PORRIDGE OATS
50G BLUEBERRIES
25G WHEY PROTEIN



234
CALORIES

MID-MORNING SNACK
150G FLAVOURED SKYR YOGURT
20G NUTS



449
CALORIES

LUNCH
100G CHICKEN BREAST
80G WHOLEWHEAT PASTA AND VEG
20G PESTO



440
CALORIES

DINNER
125G LEAN MINCE BEEF
80G BASMATI RICE AND VEG



321
CALORIES

BONUS
3X RICE CAKES
30G NUT BUTTER



The 1700 Calorie
DAY THREE:

275
CALORIES

BREAKFAST

2X BACON MEDALLIONS
2X EGGS
1X SLICE WHOLEMEAL BREAD



280
CALORIES

MID-MORNING SNACK

150G FLAVOURED SKYR YOGURT
3X RICE CAKE
1X APPLE



345
CALORIES

LUNCH

100G TURKEY STEAKS (FLAVOURED)
300G JACKET POTATO, VEG/SALAD



358
CALORIES

DINNER

100G CHICKEN BREAST
1X WHOLEMEAL WRAP
PEPPERS/ ONION
20G CHEESE



388
CALORIES

BONUS

50G PORRIDGE OATS
1X SMALL BANANA
20G NUT BUTTER



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