



CompressionZ



**2000-2500
CALORIE RANGE**

MEAL PLAN BACK TO BASIC

2000-2500 **CALORIE RANGE**

4-5 MEALS

TOTAL MACROS PER DAY

CARBOHYDRATES ▶ 215 - 360 G

PROTEIN ▶ 100 - 185 G

FAT ▶ 30 - 75 G

People over 180lbs can use these caloric ranges

2000-2500
CALORIE RANGE

WEEK 1

DAY 1

▶ MEAL 1

Green Smoothie

500 calories

Put all of the following ingredients into a blender

- ➔ 1 cup of low fat milk
(or almond milk)
- ➔ 1 banana (frozen)
- ➔ 60g of rolled oats.
- ➔ 1 tablespoon of flaxseed.
- ➔ 1 cup of spinach.

▶ MEAL 2

Egg Sandwich

600 calories

- ➔ 4 whole eggs.
- ➔ 2 gluten-free English muffin.
- ➔ Choice of salad/veg – tomatoes, lettuce etc.

▶ MEAL 3

Salmon Sushi

500 calories

- ➔ 45g of brown rice.
- ➔ 6 seaweed sheets.
- ➔ 1 tablespoon of avocado.
- ➔ 30g of salmon (shredded).
- ➔ 60g of noodles.

DAY 1

▶ MEAL 4

Yoghurt Snack

400 calories

- ➔ 200g of Greek yoghurt
(or 200g of soy yoghurt).
- ➔ 25g of almonds.
- ➔ 1 teaspoon of honey.

**TOTAL
CALORIES**

1200

TOTAL MACROS

PROTEIN ▶ 114 G

CARBS ▶ 306 G

FAT ▶ 61 G

DAY 2

▶ MEAL 1

Smoked salmon on gluten-free rye bread

300 calories

- ➔ 2 slices of gluten-free rye bread.
- ➔ 60g of salmon.
- ➔ 2 tablespoons of fat free cheese.
- ➔ Fresh chives.

▶ MEAL 2

Chicken salad

500 calories

- ➔ 1 chicken breast
(cut up in small pieces).
- ➔ 2 cups of spinach.
- ➔ 1 cup of low fat cottage cheese.
- ➔ ½ cup of pineapple.
- ➔ Some slices of avocado.

▶ MEAL 3

Beef Tortillas

800 calories

- ➔ 4 gluten-free tortillas.
- ➔ 150g of sweet potato.
- ➔ 4 Oz of beef.
- ➔ 1 cup of black beans.

DAY 2

▶ MEAL 4

Cod and Chips

400 calories

- ➔ 100g of cod.
- ➔ 250 of white potato
(sliced like chips).

**TOTAL
CALORIES**

2000

TOTAL MACROS

PROTEIN ▶ 166 G

CARBS ▶ 231 G

FAT ▶ 33 G

DAY 3

▶ MEAL 1

Peanut Butter Sandwich

400 calories

- ➔ 2 tablespoons of peanut butter.
- ➔ 1 banana (*sliced*).
- ➔ 2 slices of gluten-free bread.

▶ MEAL 2

Tuna Fish Wrap

400 calories

- ➔ 1 can of tuna.
- ➔ 2 gluten-free tortilla wraps.
- ➔ 1 tablespoon of mayonnaise.
- ➔ Mixed salad.

▶ MEAL 3

Smoothie

400 calories

- ➔ 130g of frozen berries.
- ➔ 1 cup of almond.
- ➔ 40g of oats.
- ➔ 1 tablespoon of honey.
- ➔ 200g of Greek yoghurt.

DAY 3

▶ MEAL 4

Baked Tilapia

500 calories

- ➔ 2 fillets of tilapia.
- ➔ 200g of quinoa.
- ➔ 150g of sweet potato.
- ➔ Choice of vegetables on the side – broccoli, spinach etc.

▶ MEAL 5

Chilli Turkey with Rice

500 calories

- ➔ 200g of Turkey mince.
- ➔ 200g of brown rice.

**TOTAL
CALORIES**

2200

TOTAL MACROS

PROTEIN ▶ 178 G

CARBS ▶ 277 G

FAT ▶ 54 G

DAY 4

▶ MEAL 1

Omelette and Smoothie

400 calories

- ➔ 3 eggs.
- ➔ Onions, spinach, pepper.

The following ingredients to be put into a blender

- ➔ 1 cup of almond milk.
- ➔ 130g of frozen berries.
- ➔ 1 sliced banana.

▶ MEAL 2

Chicken and Rice

400 calories

- ➔ 1 chicken breast (*sliced*).
- ➔ 150g of brown rice.
- ➔ ½ cup of mushrooms.
- ➔ ½ cup of peppers.

▶ MEAL 3

Shrimp Stir Fry

900 calories

- ➔ 120g of cooked shrimp.
- ➔ 1 bag of mixed stir-fry veg.
- ➔ 170g of noodles.

DAY 4

▶ MEAL 4

Salmon with gluten-free rye bread

400 calories

- ➔ 140g of salmon.
- ➔ 4 slices of gluten-free rye bread.
- ➔ Tomatoes, lettuce and cucumber.

**TOTAL
CALORIES**

2100

TOTAL MACROS

PROTEIN ▶ 137 G

CARBS ▶ 267 G

FAT ▶ 44 G

DAY 5

▶ MEAL 1

Fruity Oatmeal

400 calories

- ➔ 1 ½ cups of low fat milk
(or almond milk)
- ➔ 50g of oatmeal.
- ➔ 100g of mixed berries.
- ➔ 1 tablespoon of flaxseed.
- ➔ 1 teaspoon of honey.

▶ MEAL 2

Quesadillas and Salad

700 calories

- ➔ 1 chicken breast
(shredded).
- ➔ 4 gluten-free tortillas.
- ➔ Tomatoes, peppers,
onions, lettuce.
- ➔ 1 tablespoon of
guacamole.

▶ MEAL 3

Garlic Chicken

500 calories

- ➔ 1 cup of couscous.
- ➔ 1 chicken breast.
- ➔ 200g of shredded potato.
- ➔ ¼ clove of garlic.
- ➔ Lemon juice.

DAY 5

▶ MEAL 4

Parfait

500 calories

- ➔ 200g of Greek yoghurt
(or 200g of soy yoghurt).
- ➔ 50g of a high-fibre cereal
(E.g. Bran Flakes).
- ➔ 100g of berries.
- ➔ Sliced Banana.

**TOTAL
CALORIES**

2100

TOTAL MACROS

PROTEIN ▶ 107 G

CARBS ▶ 290 G

FAT ▶ 57 G

DAY 6

▶ MEAL 1

Oatmeal Pancakes

400 calories

- ➔ 50g of oats.
- ➔ 2 eggs.
- ➔ 1 cup of almond milk.
- ➔ 130g of frozen berries.

▶ MEAL 2

Greek Lamb

800 calories

- ➔ 4 gluten-free pitta breads.
- ➔ 60g of lamb.
- ➔ Diced peppers, cherry tomatoes, fresh garlic.

▶ MEAL 3

Chicken and Mash

400 calories

- ➔ 1 chicken breast.
- ➔ 250g of white potato (mashed).
- ➔ Side of veg – spinach and broccoli.

DAY 6

▶ MEAL 4

Egg Sandwich

600 calories

- ➔ 3 whole eggs.
- ➔ 2 gluten-free English muffins.
- ➔ Choice of salad/veg – tomatoes, lettuce etc.

**TOTAL
CALORIES**

2200

TOTAL MACROS

PROTEIN ▶ 104 G

CARBS ▶ 304 G

FAT ▶ 58 G

DAY 7

▶ MEAL 1

Fruity Parfait

500 calories

- ➔ 300g of Greek yoghurt
(or 300g of soy yoghurt).
- ➔ 50g of a high-fibre cereal
(E.g. Bran Flakes).
- ➔ 100g of berries.
- ➔ Sliced Banana.

▶ MEAL 2

Chilli Turkey

400 calories

- ➔ 120g of lean ground turkey breast.
- ➔ 150g of brown rice.
- ➔ 100g of red kidney beans.
- ➔ ½ cup of chopped onion.
- ➔ ½ cup of chopped peppers.
- ➔ 1 tablespoon of chilli powder.

▶ MEAL 3

Salmon and Quinoa

500 calories

- ➔ 2 fillets of salmon
(shredded).
- ➔ 250g of quinoa.
- ➔ 1 cup of mixed veg.

DAY 7

▶ MEAL 4

Roast Beef Sandwich with Chips

600 calories

- ➔ 120g of beef steak.
- ➔ 1 tablespoon of mustard sauce.
- ➔ 2 slices of gluten-free bread.
- ➔ 150g of sweet potato (sliced like chips)
- ➔ Lettuce, tomatoes and onions.

**TOTAL
CALORIES**

2000

TOTAL MACROS

PROTEIN ▶ 143 G

CARBS ▶ 272 G

FAT ▶ 55 G

2000-2500
CALORIE RANGE

WEEK 2

DAY 1

▶ MEAL 1

Oatmeal and yoghurt medley

400 calories

- ➔ 50g of oats.
- ➔ 200g of plain Greek yoghurt
(or 200g of soy yoghurt).
- ➔ 1 banana (sliced).
- ➔ 1 tablespoon of honey.

▶ MEAL 2

Chicken and Pasta bake

900 calories

- ➔ 1 chicken breast.
- ➔ 250g of gluten-free pasta.
- ➔ Chopped peppers and onions.
- ➔ 1 cup of spinach.

▶ MEAL 3

Tuna Sandwich with a Bean Salad

600 calories

- ➔ 1 can of tuna.
- ➔ 2 tablespoons of mayonnaise.
- ➔ 2 slices of gluten-free bread.
- ➔ 1 bag of mixed salad.
- ➔ ½ cup of mixed beans.

DAY 1

▶ MEAL 4

Beef Chow Mein

600 calories

- ➔ 150g of beef steak.
- ➔ 120g of noodles.

**TOTAL
CALORIES**

2500

TOTAL MACROS

PROTEIN ▶ 166 G

CARBS ▶ 358 G

FAT ▶ 54 G

DAY 2

▶ MEAL 1

Eggs and Hash brown's

600 calories

- ➔ 3 eggs.
- ➔ 150g of white potato
(shredded).
- ➔ 2 slices of gluten-free bread.

▶ MEAL 2

Salmon Sushi with chips

400 calories

- ➔ 45g of brown rice.
- ➔ 6 seaweed sheets.
- ➔ 1 tablespoon of avocado.
- ➔ 80g of salmon (shredded).
- ➔ 150g of sweet potato
(sliced like chips).

▶ MEAL 3

Chicken Tacos

600 calories

- ➔ 1 chicken breast.
- ➔ 2 gluten-free tortillas.
- ➔ 125g of black beans.
- ➔ 200g of new potatoes.
- ➔ Mixed salad.

DAY 2

▶ MEAL 4

Smoothie

500 calories

- ➔ 1 cup of almond milk.
- ➔ 50g of oats.
- ➔ 1 sliced banana.
- ➔ 130g of mixed frozen berries.
- ➔ 200g of Greek yoghurt
(or 200g of soy yoghurt).

**TOTAL
CALORIES**

2100

TOTAL MACROS

PROTEIN ▶ 132 G

CARBS ▶ 295 G

FAT ▶ 51 G

DAY 3

▶ MEAL 1

Berry Smoothie

500 calories

Put all of the following ingredients into a blender

- ➔ 1 cup of low fat milk
(or almond milk)
- ➔ 130g of frozen mixed berries.
- ➔ 60g of rolled oats.
- ➔ 1 tablespoon of flaxseed.
- ➔ 1 teaspoon of honey.

▶ MEAL 2

Chicken Wrap with a Bean Salad

600 calories

- ➔ 1 chicken breast.
- ➔ 2 gluten-free tortilla wraps.
- ➔ 1 tablespoon of mayonnaise.
- ➔ 125g of black beans.
- ➔ Mixed salad.

▶ MEAL 3

Baked Tilapia

500 calories

- ➔ 200g of brown rice.
- ➔ 200g of new potatoes.
- ➔ 4 Oz of tilapia.

DAY 3

▶ MEAL 4

Turkey Curry

500 calories

- ➔ 200g of turkey mince.
- ➔ 200g of brown rice.
- ➔ Spicy seasonings.
- ➔ ½ bag of mixed veg.

**TOTAL
CALORIES**

2100

TOTAL MACROS

PROTEIN ▶ 134 G

CARBS ▶ 257 G

FAT ▶ 37 G

DAY 4

▶ MEAL 1

Egg and vegetable scramble

500 calories

- ➔ 3 scrambled eggs.
- ➔ 2 gluten-free English muffins.
- ➔ Chopped onion, spinach and peppers.

▶ MEAL 2

Tuna and Pasta bake

800 calories

- ➔ 1 can of tuna.
- ➔ 250g of gluten free pasta.
- ➔ Mixed veg.

▶ MEAL 3

Chicken salad

400 calories

- ➔ 1 chicken breast
(cut up in small pieces).
- ➔ 2 cups of spinach.
- ➔ 100g of new potatoes.
- ➔ ½ cup of pineapple.
- ➔ ½ cup of mango.

DAY 4

▶ MEAL 4

Lamb Kebabs with Quinoa

400 calories

- ➔ 100g leg of lamb (*diced*).
- ➔ 150g of quinoa.
- ➔ ½ of a diced red onion.
- ➔ ½ diced red pepper.

**TOTAL
CALORIES**

2100

TOTAL MACROS

PROTEIN ▶ 143 G

CARBS ▶ 262 G

FAT ▶ 46 G

DAY 5

▶ MEAL 1

Smoked salmon on gluten-free rye bread

400 calories

- ➔ 4 slices of gluten-free rye bread.
- ➔ 60g of salmon.
- ➔ 2 tablespoons of fat free cheese.
- ➔ Topped with sliced tomatoes and fresh chives.

▶ MEAL 2

Burger and Bean Salad

600 calories

- ➔ 120g of beef.
- ➔ 2 tablespoons of low fat mayonnaise.
- ➔ 1 tablespoon chopped onion.
- ➔ 200g of diced white potato.
- ➔ Tomato, lettuce
- ➔ 1 cup of bean salad.

▶ MEAL 3

Chicken Skewers

500 calories

- ➔ 1 diced chicken breast.
- ➔ 100g of diced sweet potato.
- ➔ 100g of diced white potato.
- ➔ 100g of quinoa.
- ➔ Diced veg.
- ➔ Sliced peppers, onions and mushrooms.

DAY 5

▶ MEAL 4

Berry smoothie

300 calories

- ➔ 1 cup almond milk.
- ➔ 30g of oats.
- ➔ 130g of frozen berries.
- ➔ 200g of Greek yoghurt
(or 200g of soy yoghurt).

▶ MEAL 5

Tuna sandwich

400 calories

- ➔ 1 can of tuna.
- ➔ 2 slices of gluten-free bread.
- ➔ 1 tablespoon of mayonnaise.

**TOTAL
CALORIES**

2200

TOTAL MACROS

PROTEIN ▶ 170 G

CARBS ▶ 298 G

FAT ▶ 53 G

DAY 6

▶ MEAL 1

Peanut Butter Jelly Sandwich with a smoothie

700 calories

- ➔ 3 tablespoons of peanut butter.
- ➔ 1 tablespoon of jam.
- ➔ 2 slices of gluten-free bread.

Smoothie ingredients

- ➔ 1 cup of almond milk.
- ➔ 30g of oats.
- ➔ 130g of frozen berries.

▶ MEAL 2

Steak and Chips

400 calories

- ➔ 4 Oz of beef steak.
- ➔ 150g of sweet potato (sliced like chips).
- ➔ Tomatoes and lettuce.

▶ MEAL 3

Chicken Fajitas

600 calories

- ➔ 1 chicken breast.
- ➔ 200g of white potato.
- ➔ 4 gluten-free wraps.
- ➔ Fajita seasoning.
- ➔ Sliced peppers and onions.

DAY 6

▶ MEAL 4

Turkey Mince and Pasta

400 calories

- ➔ 150g of lean turkey mince.
- ➔ 250 of gluten-free pasta.

**TOTAL
CALORIES**

2100

TOTAL MACROS

PROTEIN ▶ 123 G

CARBS ▶ 332 G

FAT ▶ 74 G

DAY 7

▶ MEAL 1

Green Smoothie

500 calories

Put all of the following ingredients into a blender

- ➔ 1 cup of low fat milk
(or almond milk)
- ➔ 1 banana (frozen)
- ➔ 60g of rolled oats.
- ➔ 1 tablespoon of flaxseed.
- ➔ 1 cup of spinach.
- ➔ 1 teaspoon of honey.

▶ MEAL 2

Egg BLT

1100 calories

- ➔ 2 strips of turkey bacon.
- ➔ 4 fried eggs.
- ➔ 4 gluten -free English muffin.
- ➔ Lettuce and tomato.

▶ MEAL 3

Chicken and Pasta Bake

700 calories

- ➔ 1 chicken breast.
- ➔ 250g of gluten-free pasta.
- ➔ Mixed veg.

**TOTAL
CALORIES**

2300

TOTAL MACROS

PROTEIN ▶ 94 G

CARBS ▶ 264 G

FAT ▶ 53 G

2000-2500
CALORIE RANGE

WEEK 3

DAY 1

▶ MEAL 1

Oatmeal Pancakes

400 calories

- ➔ 50g of oats.
- ➔ 2 eggs.
- ➔ 1 cup of almond milk.
- ➔ 1 frozen banana (*sliced*).

▶ MEAL 2

Greek Lamb

500 calories

- ➔ 2 gluten-free pitta breads.
- ➔ 60g of lamb.
- ➔ Diced peppers, cherry tomatoes, fresh garlic.

▶ MEAL 3

Quesadillas and Salad

500 calories

- ➔ 1 chicken breast (*shredded*).
- ➔ 2 gluten-free tortillas.
- ➔ Tomatoes, peppers, onions, lettuce.
- ➔ 1 tablespoon of guacamole.

DAY 1

▶ MEAL 4

Burger and Chips

400 calories

- ➔ 140g of beef.
- ➔ 200g of white potato
(sliced like chips).
- ➔ ½ of mixed veg.

▶ MEAL 5

Chicken Stir Fry

500 calories

- ➔ 1 chicken breast (diced).
- ➔ 1 cup of bean sprouts.
- ➔ 80g of noodles.

**TOTAL
CALORIES**

2300

TOTAL MACROS

PROTEIN ▶ 158 G

CARBS ▶ 249 G

FAT ▶ 68 G

DAY 2

▶ MEAL 1

Oatmeal with Fruit

500 calories

- ➔ 1 ½ cups of low fat milk
(or almond milk)
- ➔ 50g of oatmeal.
- ➔ 100g of mixed berries.
- ➔ 1 tablespoon of flaxseed.
- ➔ 1 teaspoon of honey.

▶ MEAL 2

Chicken and Mash

300 calories

- ➔ 1 chicken breast.
- ➔ 150g of white potato
(mashed).
- ➔ Side of veg – spinach
and broccoli

▶ MEAL 3

Chicken and Couscous

500 calories

- ➔ 1 cup of couscous.
- ➔ 1 chicken breast.
- ➔ 150g of sweet potato.
- ➔ ¼ clove of garlic.
- ➔ Lemon juice.

DAY 2

▶ MEAL 4

Lamb and Bean Tacos

800 calories

- ➔ 4 gluten-free tortillas.
- ➔ 150g of mixed beans.
- ➔ 150g of lamb mince.
- ➔ ½ bag of mixed salad.
- ➔ ½ bag of mixed veg.

**TOTAL
CALORIES**

2100

TOTAL MACROS

PROTEIN ▶ 136 G

CARBS ▶ 270 G

FAT ▶ 51 G

DAY 3

▶ MEAL 1

Omelette and Oats

400 calories

- ➔ 3 eggs.
- ➔ Onions, spinach, pepper.
- ➔ 30g of oats.
- ➔ 100g of frozen berries.

▶ MEAL 2

Tuna and salad Wrap

500 calories

- ➔ 1 can of tuna.
- ➔ 2 gluten-free tortilla wraps.
- ➔ 1 tablespoon of fat-free mayonnaise.
- ➔ 125g of black beans
- ➔ Mixed salad.

▶ MEAL 3

Chicken Stir Fry

800 calories

- ➔ 1 chicken breast.
- ➔ 1 bag of mixed stir-fry veg.
- ➔ 170g of noodles.

**TOTAL
CALORIES**

1700

TOTAL MACROS

PROTEIN ▶ 118 G

CARBS ▶ 179 G

FAT ▶ 47 G

DAY 3

▶ MEAL 4

Banana Smoothie

300 calories

- ➔ 2 sliced bananas.
- ➔ 1 cup of almond milk.
- ➔ 200g of Greek yoghurt
(or 200g of soy yoghurt).

**TOTAL
CALORIES**

2000

TOTAL MACROS

PROTEIN ▶ 141 G

CARBS ▶ 241 G

FAT ▶ 51 G

DAY 4

▶ MEAL 1

Yoghurt Parfait

400 calories

- ➔ 300g of Greek yoghurt
(or 300g of soy yoghurt).
- ➔ 50g of a high-fibre cereal
(E.g. Bran Flakes).
- ➔ 100g of berries.
- ➔ 1 sliced Banana.

▶ MEAL 2

Chicken salad

500 calories

- ➔ 1 chicken breast
(cut up in small pieces).
- ➔ 2 cups of spinach.
- ➔ 1 cup of low fat cottage
cheese (optional).
- ➔ ½ cup of pineapple.
- ➔ A few slices of avocado.

▶ MEAL 3

Salmon and Quinoa

400 calories

- ➔ 2 fillets of salmon
(shredded).
- ➔ 150g of quinoa.
- ➔ 1 cup of mixed veg.

DAY 4

▶ MEAL 4

Egg Sandwich

800 calories

- ➔ 3 eggs.
- ➔ 4 gluten-free muffins.
- ➔ 2 tablespoons of mustard.
- ➔ Choice of salad/veg – tomatoes, lettuce etc.

**TOTAL
CALORIES**

2100

TOTAL MACROS

PROTEIN ▶ 183 G

CARBS ▶ 342 G

FAT ▶ 75 G

DAY 5

▶ MEAL 1

Smoked salmon on a toasted bagel

600 calories

- ➔ 2 gluten-free bagels.
- ➔ 80g of salmon.
- ➔ 2 tablespoons of fat free cheese (*optional*).
- ➔ Fresh chives and chopped tomatoes on top.

▶ MEAL 2

Garlic Chicken with Hash Brown's

500 calories

- ➔ 1 cup of couscous.
- ➔ 1 chicken breast.
- ➔ 1 cup of shredded potato.
- ➔ ¼ clove of garlic.
- ➔ Lemon juice.

▶ MEAL 3

Tuna Salad

500 calories

- ➔ 1 can of tuna.
- ➔ 2 tablespoons of mayonnaise.
- ➔ 1 bag of mixed salad.
- ➔ 200g of new potatoes.

DAY 5

▶ MEAL 4

Potato and Bean Salad

400 calories

- ➔ 150g of new potatoes.
- ➔ 150g of sweet potato.
- ➔ 150g of mixed beans.
- ➔ 1 bag of mixed veg.

**TOTAL
CALORIES**

2000

TOTAL MACROS

PROTEIN ▶ 132 G

CARBS ▶ 307 G

FAT ▶ 40 G

DAY 6

▶ MEAL 1

Oatmeal with yoghurt

400 calories

- ➔ 50g of oats.
- ➔ 200g of plain Greek yoghurt
(or 200g of soy yoghurt).
- ➔ 1 banana (sliced).
- ➔ 1 tablespoon of honey.

▶ MEAL 2

Tuna Sushi

600 calories

- ➔ 45g of brown rice.
- ➔ 6 seaweed sheets.
- ➔ 1 tablespoon of avocado.
- ➔ 1 can of tuna.
- ➔ 80g of noodles.

▶ MEAL 3

Chicken Tacos

600 calories

- ➔ 1 chicken breast.
- ➔ 2 gluten-free tortillas.
- ➔ 125g of black beans.
- ➔ 150g of sweet potato.

DAY 6

▶ MEAL 4

Burrito

500 calories

- ➔ 3 gluten-free wraps.
- ➔ 150g of mixed beans.
- ➔ 100g of beef steak slices.

**TOTAL
CALORIES**

2100

TOTAL MACROS

PROTEIN ▶ 151 G

CARBS ▶ 334 G

FAT ▶ 47 G

DAY 7

▶ MEAL 1

Scrambled egg muffin

700 calories

- ➔ 3 eggs.
- ➔ 3 gluten-free English muffins.

▶ MEAL 2

Chicken Caesar Wrap

600 calories

- ➔ 1 chicken breast.
- ➔ 2 gluten-free tortilla wraps.
- ➔ 1 tablespoon of mayonnaise.
- ➔ 1 pack of Caesar salad.
- ➔ 150g of gluten-free pasta.

▶ MEAL 3

Turkey Burger

400 calories

- ➔ 150g of turkey mince.
- ➔ 150g of sweet potato chips.
- ➔ 1 bag of mixed salad.
- ➔ 125 of mixed beans.

DAY 7

▶ MEAL 4

Smoothie

400 calories

- ➔ 40g of oats.
- ➔ 1 cup of almond milk.
- ➔ 1 sliced banana.
- ➔ Handful of mixed frozen berries.
- ➔ 200g of Greek yoghurt
(or 200g of soy yoghurt).

**TOTAL
CALORIES**

2100

TOTAL MACROS

PROTEIN ▶ 135 G

CARBS ▶ 315 G

FAT ▶ 52 G

2000-2500
CALORIE RANGE

WEEK 4

DAY 1

▶ MEAL 1

Nutty Yoghurt with Fruit

400 calories

- ➔ 50g of almonds.
- ➔ 200g of Greek yoghurt.
- ➔ 100g of frozen mixed berries.

▶ MEAL 2

Smoked salmon on sweet chilli gluten-free rye bread

300 calories

- ➔ 2 slices of gluten-free rye bread.
- ➔ 60g of salmon.
- ➔ 2 tablespoons of fat free cheese.
- ➔ Fresh chives.

▶ MEAL 3

Steak and salad

400 calories

- ➔ 120g of beef steak.
- ➔ 200g of new potatoes.
- ➔ 2 cups of spinach.
- ➔ 1 mixed bag of veg.

DAY 1

▶ MEAL 4

Chicken Tortillas

700 calories

- ➔ 4 gluten-free tortillas.
- ➔ 150g of sweet potato.
- ➔ 1 chicken breast
- ➔ ½ cup of black beans

▶ MEAL 5

Egg BLT

600 calories

- ➔ 2 slices of turkey bacon.
- ➔ 2 eggs.
- ➔ 2 gluten-free English muffins.

**TOTAL
CALORIES**

2400

TOTAL MACROS

PROTEIN ▶ 128 G

CARBS ▶ 302 G

FAT ▶ 65 G

DAY 2

▶ MEAL 1

Smoothie

500 calories

- ➔ 1 cup of low fat milk
(or almond milk)
- ➔ 1 banana *(frozen)*
- ➔ 60g of rolled oats.
- ➔ 200g of Greek yoghurt
(or 200g of soy yoghurt).
- ➔ 1 tablespoon of flaxseed.
- ➔ 1 cup of spinach.
- ➔ 1 teaspoon of honey.

▶ MEAL 2

Salmon fillet with rice

400 calories

- ➔ 2 fillets of salmon.
- ➔ 200g of brown rice.
- ➔ 2 cups of spinach.
- ➔ Tomatoes and lettuce.

▶ MEAL 3

Chicken Chow Mein

700 calories

- ➔ 1 diced chicken breast.
- ➔ 120g of noodles.
- ➔ 1 cup of bean sprouts.
- ➔ ½ bag of mixed veg.

DAY 2

▶ MEAL 4

Egg Salad

600 calories

- ➔ 3 eggs.
- ➔ 150g of new potatoes.
- ➔ 150g of sweet potato.
- ➔ 150g of mixed beans.
- ➔ 1 bag of mixed veg.

**TOTAL
CALORIES**

2200

TOTAL MACROS

PROTEIN ▶ 138 G

CARBS ▶ 286 G

FAT ▶ 53 G

DAY 3

▶ MEAL 1

Berry Smoothie

400 calories

Put all of the following ingredients into a blender

- ➔ 1 cup of low fat milk
(or almond milk)
- ➔ 130g of frozen mixed berries.
- ➔ 30g of rolled oats.
- ➔ 200g of Greek yoghurt
(or 200g of soy yoghurt).
- ➔ 1 tablespoon of flaxseed.
- ➔ 1 teaspoon of honey.

▶ MEAL 2

Tuna Sandwich

400 calories

- ➔ 1 can of tuna.
- ➔ 4 slices of gluten free bread.
- ➔ 1 tablespoon of mayo.
- ➔ Tomatoes and lettuce.

▶ MEAL 3

Chicken Curry

400 calories

- ➔ 1 diced chicken breast.
- ➔ 200g of brown rice.
- ➔ Spicy seasonings.
- ➔ Spinach and broccoli.

DAY 3

▶ MEAL 4

Egg and Salmon Salad

800 calories

- ➔ 2 whole eggs
(cut in half).
- ➔ 1 Salmon Fillet.
- ➔ 200g of white potato.
- ➔ 150g of mixed beans.
- ➔ ½ bag of mixed salad.

**TOTAL
CALORIES**

2000

TOTAL MACROS

PROTEIN ▶ 153 G

CARBS ▶ 217 G

FAT ▶ 65 G

DAY 4

▶ MEAL 1

Omelette and Muffins

700 calories

- ➔ 3 eggs omelette.
- ➔ 2 English muffins
(gluten free).
- ➔ Chopped onion, spinach and peppers.

▶ MEAL 2

Quesadillas and Mixed Bean Salad

600 calories

- ➔ 1 chicken breast
(shredded).
- ➔ 2 gluten-free tortillas.
- ➔ 150g of mixed beans.
- ➔ Tomatoes, peppers, onions, lettuce.
- ➔ 1 tablespoon of guacamole.

▶ MEAL 3

Baked Tilapia

400 calories

- ➔ 120g of tilapia.
- ➔ 150g of gluten-free pasta.
- ➔ 150g of sweet potato.
- ➔ Broccoli and spinach.

DAY 4

▶ MEAL 4

Smoothie

400 calories

- ➔ 40g of oats.
- ➔ 1 cup of almond milk.
- ➔ 2 bananas.

**TOTAL
CALORIES**

2100

TOTAL MACROS

PROTEIN ▶ 106 G

CARBS ▶ 322 G

FAT ▶ 48 G

DAY 5

▶ MEAL 1

Omelette with a Smoothie

600 calories

- ➔ 3 eggs.
- ➔ Onions, spinach, pepper.

The following ingredients to be put into a blender

- ➔ 1 cup of soy milk.
- ➔ 130g of frozen berries.
- ➔ 1 sliced banana.
- ➔ 30g of oats.
- ➔ 100g of Greek yoghurt.

▶ MEAL 2

Chicken Wrap

600 calories

- ➔ 1 chicken breast (*sliced*).
- ➔ 2 gluten free wraps
- ➔ 100g of white diced potato.
- ➔ ½ bag of salad.

▶ MEAL 3

Chicken and Sweet Potato Mash

500 calories

- ➔ 1 chicken breast.
- ➔ 150g of sweet potato (*mashed*).
- ➔ 200g of quinoa.
- ➔ Side of veg – spinach and broccoli.

DAY 5

▶ MEAL 4

Potato and Bean Salad

400 calories

- ➔ 200g of white potato.
- ➔ 1 bag of salad.
- ➔ 100g of sweet potato.
- ➔ 150g of mixed beans.

**TOTAL
CALORIES**

2100

TOTAL MACROS

PROTEIN ▶ 153 G

CARBS ▶ 297 G

FAT ▶ 54 G

DAY 6

▶ MEAL 1

Oatmeal Pancakes

400 calories

- ➔ 50g of oats.
- ➔ 2 eggs.
- ➔ 1 cup of almond milk.
- ➔ 130g of frozen berries.

▶ MEAL 2

Chicken and Chips

400 calories

- ➔ 1 chicken breast.
- ➔ 200g of white potato
(sliced like chips).
- ➔ Side of ½ bag of mixed
veg.

▶ MEAL 3

Beef Tacos

800 calories

- ➔ 120g of beef sliced beef
steak.
- ➔ 4 gluten free tortillas.
- ➔ 150g of sweet potato.
- ➔ 125g of black beans.
- ➔ ½ bag of mixed veg.

DAY 6

▶ MEAL 4

Yoghu

400 calories

- ➔ 200g of Greek yoghurt
(or 200g of soy yoghurt).
- ➔ 50g of a high fibrous
cereal (e.g. Bran Flakes).
- ➔ 1 sliced banana.

**TOTAL
CALORIES**

2000

TOTAL MACROS

PROTEIN ▶ 125 G

CARBS ▶ 277 G

FAT ▶ 49 G

DAY 7

▶ MEAL 1

Parfait

500 calories

- ➔ 300g of Greek yoghurt
(or 300g of soy yoghurt).
- ➔ 50g of a high-fibre cereal
(E.g. Bran Flakes).
- ➔ 100g of mixed berries.
- ➔ 1 sliced Banana.

▶ MEAL 2

Spicy Chicken and Rice

400 calories

- ➔ 1 chicken breast.
- ➔ 200g of brown rice.
- ➔ Spicy seasonings.
- ➔ Side of ½ bag of mixed veg.

▶ MEAL 3

Quesadillas and Salad

800 calories

- ➔ 200g of lamb mince.
- ➔ 4 gluten free tortillas.
- ➔ Tomatoes, peppers, onions, lettuce.
- ➔ 1 tablespoon of guacamole.

DAY 7

▶ MEAL 4

Tuna and Pasta Bake

500 calories

- ➔ 250g of gluten-free pasta.
- ➔ 1 can of tuna.
- ➔ ½ of mixed veg.

**TOTAL
CALORIES**

2200

TOTAL MACROS

PROTEIN ▶ 143 G

CARBS ▶ 292 G

FAT ▶ 59 G