

Example meal plans

900-1200kcal

These are examples only, to show how you can create meals that fit within the calorie allowance that supports your goals. It is not intended that you follow them as a plan.

| Sample Day 1 | | | | |
|------------------|-----------------------------|-------|-------------|------------|
| | Food | Size | Calories | Protein |
| Breakfast | Eggs | 2 | 144 | 13 |
| | Egg Whites | 100g | 55 | 12 |
| | Bacon Medallions | 2 | 62 | 16 |
| | Blueberries | 30g | 16 | 0 |
| Lunch | Chicken Breast | 100g | 165 | 31 |
| | Large Salad | 200g | 50 | 3 |
| | Olive Oil | 1tbsp | 110 | 0 |
| | Pepper | 50g | 16 | 1 |
| | Quinoa | 95g | 112 | 4 |
| Dinner | Sirloin Steak | 115g | 280 | 33 |
| | Mushrooms | 100g | 22 | 3 |
| | Chips (McCain French Fries) | 60g | 183 | 3 |
| Snacks | | | | |
| Totals | | | 1215 | 119 |

| Sample Day 2 | | | | |
|------------------|----------------------|---------|-------------|------------|
| | Food | Size | Calories | Protein |
| Breakfast | Skyr Yogurt | 100g | 60 | 11 |
| | Banana | Med | 105 | 1 |
| Lunch | Tinned Tuna, Drained | 150g | 182 | 43 |
| | Red Pepper | 50g | 16 | 1 |
| | Cucumber | half | 30 | 1 |
| | Lettuce | 100g | 15 | 1 |
| | Olive Oil | 1tbsp | 110 | 0 |
| Dinner | Chicken Breast | 150g | 227 | 46 |
| | Mushrooms | 100g | 22 | 3 |
| | Courgette | 100g | 18 | 1 |
| Snacks | Mars Bar | 53g bar | 244 | 2 |
| | Melon | 200g | 70 | 2 |
| Totals | | | 1099 | 112 |

| Sample Day 3 | | | | |
|------------------|------------------------------|-----------|-------------|-----------|
| | Food | Size | Calories | Protein |
| Breakfast | Oats | 50g | 190 | 7 |
| | Semi Skimmed Milk | 1 cup | 122 | 8 |
| Lunch | Tesco Chicken Salad Sandwich | | 361 | 31 |
| | Popcorn | Small bag | 136 | 4 |
| Dinner | Cod | 100g | 105 | 23 |
| | Potatoes | 100g | 87 | 2 |
| | Large Salad | 200g | 50 | 3 |
| Snacks | Tesco Carrots & Hummus | 110g | 140 | 4 |
| Totals | | | 1191 | 82 |

Notes: If this is helpful for you and you choose to use it as a guide, consider the following:

- You can switch any food or meal for another with the same calorie count.
- You can adjust serving sizes as required to hit specific calorie goals or skip meals to free up calories for other times.
- Make sure you are aware of sauces or oils other than those mentioned used for cooking or added at any stage as they add calories and impact progress
- Similarly any drinks containing calories would need to be accounted for in addition to the food choices

