

Date: Thursday 2nd March

Meal 1	Amount	Calories	Protein	Carbohydrate	Fat
Oats	60g	229	6	45	3
Whey protein	25g	93	20	1	1
Banana	101g	90	1	31	0
Walnuts	15g	103	2	0	10
Total		515	29	77	14
Meal 2	Amount	Calories	Protein	Carbohydrate	Fat
Peanuts	28g	164	7	6	14
Apple	138g	72	0	19	0
Yoghurt	200g	102	8	16	0
Whey	25g	93	20	1	1
Total		431	35	42	15
Meal 3	Amount	Calories	Protein	Carbohydrate	Fat
Salmon (pre-cooked)	120g	230	24	1	14
Salad + Onions	80g	25	2	5	0
Avocado	60g	115	1	1	12
Sundried tomatoes	38g	81	2	9	5
Toasted pine nuts	6g	40	1	1	4
Total		491	30	17	35
Meal 4	Amount	Calories	Protein	Carbohydrate	Fat
Meal Replacement	1 pack	249	38	22	2
Frozen berries	185g	81	1	18	0
Total		330	39	40	2
Meal 5	Amount	Calories	Protein	Carbohydrate	Fat
Spaghetti Bolognese		684	27	102	18
Total		684	27	102	18
Meal 6	Amount	Calories	Protein	Carbohydrate	Fat
Total					
DAILY TOTAL		Calories	Protein	Carbohydrate	Fat
		2,451	160g	278g	84g