

The 1300 Calorie

SIMPLE MEAL GUIDE



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318
CALORIES

BREAKFAST
40G OATS,
50G FROZEN CHERRIES
30G WHEY PROTEIN



229
CALORIES

MID-MORNING SNACK
CINNAMON & RAISIN BAGEL (THIN)
15G NUT BUTTER



247
CALORIES

LUNCH
NANDO'S: 75G CHICKEN (SEASONED)
WHOLEMEAL PITTA OR WRAP
30G HALLOUMI
15ML NANDO SAUCE, MIXED SALAD



265
CALORIES

DINNER
100G SALMON OR
150G LEAN STEAK
VEGGIES/SALAD



246
CALORIES

BONUS
BLENDED FROZEN SMOOTHIE BOWL (30G WHEY, 100G FROZEN BERRIES, 150ML UNSWEETENED ALMOND MILK, 3G XANTHUM GUM, 10 LARGE ICE CUBES - BLEND CONTINUOUSLY AS MIX EXPANDS ADDING DASHES OF WATER AS NEEDED.



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259
CALORIES

BREAKFAST
2 X WHOLE EGGS, 2 X EGG WHITES,
25G FETA OMELETTE
SPINACH, MUSHROOMS, ONION,
CHERRY TOMATO



83
CALORIES

MID-MORNING SNACK
FIBRE ONE BAR



170
CALORIES

LUNCH
TIN TUNA OR 100G CHICKEN
SALAD & 15G LIGHT MAYO



460
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



200
CALORIES

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



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CALORIES

BREAKFAST

2 X EGGS, 2 X BACON MEDALLIONS
CINNAMON & RAISIN THIN OR PLAIN BAGEL THIN
OR 1 SLICE BREAD, SPINACH, MUSHROOMS,
ONION, CHERRY TOMATO



164
CALORIES

MID-MORNING SNACK

PROTEIN HOT CHOCOLATE:
30G CHOC WHEY, 11G LIGHT HOT
CHOCOLATE



170
CALORIES

LUNCH

150G PRAWNS OR 100G CHICKEN
STIR FRY VEGGIES, SOY SAUCE,
SPICES



397
CALORIES

DINNER

100G EXTRA LEAN BEEF MINCE BURGERS
FOLDED FLATBREAD OR WARBURTONS THIN
150G SWEET POTATO WEDGES,
SALAD/VEGGIES



225
CALORIES

BONUS

ARLA/GRAHAMS PROTEIN
YOGHURT
15G DARK CHOCOLATE

