

*The 1500 Calorie*

# **SIMPLE MEAL GUIDE**



*The 1500 Calorie*  
**SIMPLE MEAL GUIDE**

**339**  
CALORIES

**BREAKFAST**

2 EGGS,  
2 BACON MEDALLIONS  
1 THIN BAGEL  
10G BUTTER



**215**  
CALORIES

**MID-MORNING SNACK**

ARLA PROTEIN YOGHURT  
1 X APPLE



**362**  
CALORIES

**LUNCH**

150G COOKED, PEELED PRAWNS  
25G COOKED FETA CHEESE  
1/2 PACKET OF COUS COUS  
SALAD



**406**  
CALORIES

**DINNER**

100G LEAN DICED BEEF  
250G POTATOES  
100G CARROTS  
GREEN VEG



**178**  
CALORIES

**BONUS**

25G DARK CHOCOLATE



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**339**  
CALORIES

**BREAKFAST**

40G OATS  
250ML UNSWEETENED ALMOND MILK  
25G WHEY PROTEIN  
100G BERRIES



**215**  
CALORIES

**MID-MORNING SNACK**

PROTEIN BAR  
(I.E. GRENADE/PHD SMART BAR)



**362**  
CALORIES

**LUNCH**

100G CHICKEN BREAST  
2 X BACON MEDALLIONS  
1X WRAP  
SALAD



**406**  
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



**178**  
CALORIES

**BONUS**

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



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**439**  
CALORIES

**BREAKFAST**

4 X WEETABIX  
25G WHEY PROTEIN  
300ML UNSWEETENED ALMOND MILK



**202**  
CALORIES

**MID-MORNING SNACK**

1 X BABYBEL  
PROTEIN YOGHURT



**316**  
CALORIES

**LUNCH**

100G CHICKEN BREAST  
1 LARGE WRAP  
15G SWEET CHILLI SAUCE, SALAD LEAVES



**398**  
CALORIES

**DINNER**

125G 5% LEAN MINCE BEEF  
125G PASSATA  
60G (UNCOOKED WEIGHT) PASTA  
GREEN VEG/ SALAD LEAVES



**96**  
CALORIES

**BONUS**

SNACK SIZED CHOCOLATE BAR

