

DOMIN8 ATHLETE NUTRITION PLAN



















MALE NUTRITION INDEX

MACRO GUIDANCE

View Macros >

MEAL EXAMPLES

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Breakfasts >

Lunch / Dinner 🔷 🕻

Snacks >

DETAILED CALORIE PLANS

1250 Cal. >

2000 Cal. >

1500 Cal.

2250 Cal. 🔪

1750 Cal. >











BREAKFAST

OPTION 1

3 whole eggs with mixed peppers & 1 slice seeded bread.

OPTION 2

3 whole eggs & ½ avocado, spinach & ¼ cup of berries.

OPTION 3

3 whole eggs with bell peppers, onions, spinach (any veggies you'd like!) cook omelet in 2 tbsp. olive oil with your choice 1 apple/banana or 3 rice cakes (may be plain or flavored).

OPTION 4

1 ½ scoops protein powder (30g), 30g oats, with ½ chopped apple, 100-150ml coconut milk and 1 tbsp. of natural nut butter. Mix all ingredients together and chill overnight.

OPTION 5

Super smoothie - 1 scoop of protein powder, spinach (as much as you like), 2 handfuls berries of your choice, 2 tbsp. flaxseed with almond milk or water (to your preference).

OPTION 6

1 ½ scoop of protein (30g) 1 cup non-fat plain greek yogurt, 1 tbsp. natural nut butter, and ½ cup

of berries. mix all ingredients together or eat separately.

OPTION 7

1 cup non fat greek yoghurt, 40g low fat granola with handful berries of your choice.

OPTION 8 [FOR EASE]

1 Grenade protein bar & 1 banana.

OPTION 9 [FOR EASE]

2 scoops protein powder (40g), handful almonds













LUNCH/DINNER

OPTION 1

Spinach salad topped with 170g of grilled/baked chicken or grilled/baked fish, with cucumbers, onions, bell peppers (any type of veggie you'd like!) Use 1-2 tbsp. of an oil based dressing! If you want avocado be sure to only use 1 tbsp. dressing and add ½ avocado!

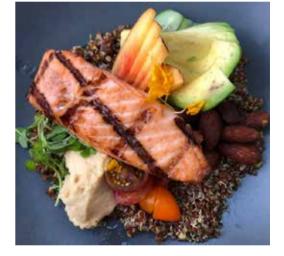
FOR LUNCH: add 250g of quinoa OR 1 cup berries on top of the salad OR 1 large sweet potato on the side.



OPTION 2

Take 170g of either ground turkey, ground chicken, or lean ground beef (seasoned with your own "taco style" seasoning and various veggies (onions, garlic, peppers, etc) and mix it with 250g of cooked rice or quinoa. Top with fresh homemade salsa.

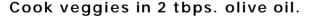
FOR DINNER: replace the rice or quinoa with courgette "noodles" OR just make a salad on the side and top the salad with the meat mixture.



OPTION 3

Cook boneless chicken breast in crockpot. Take 170g of the chicken and top it over 250g of cooked rice or quinoa OR over 1 jacket potato.

FOR DINNER: replace the rice, quinoa, or potato with some roasted green veggies or roasted cauliflower.





OPTION 4

200g of roasted sweet potatoes (season with garlic powder, rosemary and a drizzle of olive oil) add 170g of grilled/ground chicken, turkey, or lean ground beef. Add green beans if you'd like OR enjoy a salad on the side!

FOR DINNER: substitute roasted courgette or squash in place of the potatoes.





OPTION 5

Take 170g of ground chicken, turkey OR lean ground beef OR 170g of fish if you'd prefe) (season with garlic, onions, and Italian seasonings) mix it together with tinned tomatoes (season to your taste) OR top over squash, orbell peppers.

FOR LUNCH: add 250g of cooked rice or quinoa.

OPTION 6

170g turkey burger (no bun). Top with grilled onions, bell peppers (maybe some salsa),

tomato, ½ avocado. Eat with 1 large sweet potato (top with cinnamon) and 1 cup of green beans or some type of green veggie.

FOR DINNER: take out sweet potato and add more green veggies or a salad.

OPTION 7 [FOR EASE]

170g chicken/turkey/fish/lean ground beef with 250g of cooked rice or lentils OR 1 large

potato with a salad on the side OR 1-2 cups of roasted green veggies. (Season meat different ways to mix up the variety).

FOR DINNER: take out the lentils, rice, or potato and have yourself a bigger salad OR more

green veggies.





SNACKS

OPTION 1

Grenade Bar and 10-16 almonds.

OPTION 2

1 packet Biltong with 150g blueberries.

OPTION 3

1 ½ scoops protein powder (add 1 piece of fruit for post-workout).

OPTION 4

1 scoop protein powder with 12-16 almonds.

OPTION 5

1 scoop protein powder with 2 tbsp. nut butter.

OPTION 6

1 cup non-fat plain greek yogurt and 1 tbsp. nut butter.

OPTION 7

1 cup non-fat plain greek yogurt and handful berries.

OPTION 8

"Super Shakes" (more for post-workout or a full meal replacement).

OPTION 9

1 pack of lean cold meat.

OPTION 10

Celery or carrot sticks with 2 tbsp. nut butter.







MACRO GUIDANCE

MALE 2000 CALORIES

BREAKFAST 400-500 CALORIES

40g carbs, 1-2 cups of veggies, 32g protein, 14g fats

POST-WORKOUT
[ANY TIME OF DAY]
200-300 CALORIES

18g carbs, 32g protein

LUNCH 400-500 CALORIES

40g carbs, 1-2 cups of veggies or salad, 32g protein, 14g fats

SNACK 200-250 CALORIES

32g protein, 14g fats

DINNER 400-500 CALORIES

18g carbs 32 protein 1-2 cups of veggies or salad 14g fats

SNACK 200-250 CALORIES

14g fats OR 18g carbs

40g OF CARBS

[uncooked, old fashioned or rolled]

- 30g of oats w/ 100g of berries
- 4plain rice cakes

[pair with 2 tbsp. almond butter]

- 200g of sweet potatoes
- 125g rice or quinoa [cooked]
- 2 Slices granary wholemeal bread
- 1 wholemeal wrap



- 30g of oats
- 1 Slice granary wholemeal bread
- 100g berries
- 200g natural fat free greek yoghurt
- 1 banana
- 1 apple
- 2 rice cakes
- 90g of rice or quinoa
- 100g of sweet potatoes
- -1tub Arla Protein Quark

[also 20g protein]





30-32g OF PROTEIN

- -8egg whites OR 4 whole eggs [also 14-18g fats]
- 170g chicken breast 170g ground turkey -

170g lean ground meat – 170g grilled white

fish – 170g Salmon Fillet [no more than x2 per week]

[also 18-22g Fats]

200g plain Greek yogurt - 30g scoop of

whey protein - 1 tub Arla Protein

Quark [20g protein] - Grenade

ANYTHING GREEN is pretty much fair game and unlimited. Check the W10 Shopping List for ideas. Just be aware of starchy veggies like beans, potatoes & squash.

YEGGIES Spinach / Kale /

Broccoli / Courgette / Asparagus

/ Veggie powders*

10/12/14g OF FATS

-2 eggs [also 13g protein] - 1-2 tbsp. organic nut butter OR almond,

macadamia, walnut, olive oil [10-14g]

- ½ avocado [10-12g]
- 15-20 almonds, plain [10-12g] 35g 70%

Green & Blacks Dark chocolate,

[3 lines or mini bar [15q]

-30g Milled Flaxseed [12g] - 170g Salmon

Fillet [also 30-32g Protein]



FEMALE NUTRITION INDEX

MACRO GUIDANCE

View Macros

MEAL EXAMPLES

DETAILED CALORIE PLANS

Breakfasts

1250 Cal. 🕽

2000 Cal.>

Lunch / Dinner

1500 Cal >

2250 Cal. >

Snacks

>

1750 Cal.









BREAK-FAST

OPTION 1

2 whole eggs with mixed peppers & 1 slice seeded bread.

OPTION 2

2 whole eggs & ½ avocado, spinach & ¼ cup of berries.

OPTION 3

2 whole eggs with bell peppers, onions, spinach (any veggies you'd like!) cook omelet in 2 tbsp. olive oil with your choice 1 apple/banana or 3 rice cakes (may be plain or flavored).

OPTION 4

1 scoops protein powder (20g), 30g oats, with ½ chopped apple, 100-150ml coconut milk and 1 tbsp. of natural nut butter. Mix all ingredients together and chill overnight.

OPTION 5

Super smoothie - 1 scoop of protein powder, spinach (as much as you like), 2 handfuls berries of your choice, 1 tbsp. flaxseed with almond milk or water (to your preference).

OPTION 6

1 scoop of protein (20g) 1 cup non-fat plain greek yogurt, 1 tbsp. natural nut butter, and $\frac{1}{2}$ cup of berries. mix all ingredients together or eat separately.

OPTION 7

1 cup non fat greek yoghurt, 30g low fat granola with handful berries of your choice.

OPTION 8 [FOR EASE]

1 Grenade protein bar & 1 banana.

OPTION 9 [FOR EASE]

1 scoops protein powder (20g), handful almonds













LUNCH/DINNER

OPTION 1

Spinach salad topped with 140g of grilled/baked chicken or grilled/baked fish, with cucumbers, onions, bell peppers (any type of veggie you'd like!) Use 1-2 tbsp. of an oil based dressing! If you want avocado be sure to only use 1 tbsp. dressing and add ½ avocado!

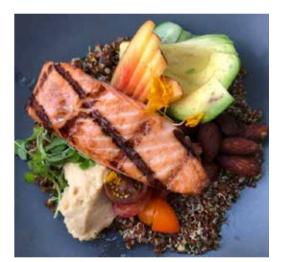
FOR LUNCH: add 125g of quinoa OR 1 cup berries on top of the salad OR 1 large sweet potato on the side.



OPTION 2

Take 140g of either ground turkey, ground chicken, or lean ground beef (seasoned with your own "taco style" seasoning and various veggies (onions, garlic, peppers, etc) and mix it with 125g of cooked rice or quinoa. Top with fresh homemade salsa.

FOR DINNER: replace the rice or quinoa with courgette "noodles" OR just make a salad on the side and top the salad with the meat mixture.



OPTION 3

Cook boneless chicken breast in crockpot. Take 140g of the chicken and top it over 125g of cooked rice or quinoa OR over 1 jacket potato.

FOR DINNER: replace the rice, quinoa, or potato with some roasted green veggies or roasted cauliflower.

Cook veggies in 2 tbps. olive oil.



OPTION 4

140g of roasted sweet potatoes (season with garlic powder, rosemary and a drizzle of olive oil) add 150g of grilled/ground chicken, turkey, or lean ground beef. Add green beans if you'd like OR enjoy a salad on the side!

FOR DINNER: substitute roasted courgette or squash in place of the potatoes.





OPTION 5

Take 140g of ground chicken, turkey OR lean ground beef OR 140g of fish if you'd prefe) (season with garlic, onions, and Italian seasonings) mix it together with tinned tomatoes (season to your taste) OR top over squash, orbell peppers.

FOR LUNCH: add 125g of cooked rice or quinoa.

OPTION 6

140g turkey burger (no bun). Top with grilled onions, bell peppers (maybe some salsa).

tomato, ½ avocado. Eat with 1 large sweet potato (top with cinnamon) and 1 cup of green beans or some type of green veggie.

FOR DINNER: take out sweet potato and add more green veggies or a salad.

OPTION 7 [FOR EASE]

140g chicken/turkey/fish/lean ground beef with 125g of cooked rice or lentils OR 1 large

potato with a salad on the side OR 1-2 cups of roasted green veggies. (Season meat different ways to mix up the variety).

FOR DINNER: take out the lentils, rice, or potato and have yourself a bigger salad OR more green veggies.





SNACKS

OPTION 1

Grenade Bar and 10-16 almonds.

OPTION 2

1 packet Biltong with 150g blueberries.

OPTION 3

1 ½ scoops protein powder (add 1 piece of fruit for post-workout).

OPTION 4

1 scoop protein powder with 12-16 almonds.

OPTION 5

1 scoop protein powder with 2 tbsp. nut butter.

OPTION 6

1 cup non-fat plain greek yogurt and 1 tbsp. nut butter.

OPTION 7

1 cup non-fat plain greek yogurt and handful berries.

OPTION 8

"Super Shakes" (more for postworkout or a full meal replacement).

OPTION 9

1 pack of lean cold meat.

OPTION 10

Celery or carrot sticks with 2 tbsp. nut butter.







MACRO GUIDANCE MALE 2000 CALORIES

BREAKFAST 300-350 CALORIES

32g carbs, 25g protein, 10g fats

[ANY TIME OF DAY] 200 CALORIES

16g carbs, 25g protein

LUNCH 300-350 CALORIES

32g carbs, 25g protein, 10g fats

SNACK 150-250 CALORIES

25g protein, 10g fats

DINNER 300-350 CALORIES

25 protein 1-2 cups of veggies or salad 10g fats

SNACK 200-250 CALORIES

25g protein, 10g fats

32g OF CARBS

-50g of oats

[uncooked, old fashioned or rolled]

- -30g of oats w/ 50g of berries
- -2plain rice cakes

[pair with 2 tbsp. almond butter]

- -150g of sweet potatoes
- -100g rice or quinoa [cooked]
- -1 Slice granary wholemeal bread
- -1 wholemeal wrap

16g OF CARBS

- -30g oats
- -1 banana [small]
- -1 apple
- -75g berries
- -2 rice cakes
- -60g of rice or quinoa
- -75g of sweet potatoes
- -1 tub arla protein quark [also 20g protein]
- -175g natural fat free greek yoghurt



25g OF PROTEIN

- -8egg whites OR 4 whole eggs
 [also 14-18g fats]
- -120g chicken breast -120g ground turkey -120g

lean ground meat -120g grilled white fish -120g

Salmon Fillet [no more than x2 per week]

[also 10-12g Fats]

-170g plain Greek yogurt -30g scoop of whey protein -1 tub Arla Protein Quark[20g protein] -Grenade Protein Bar

10g OF FATS

- -2 eggs [also 13g protein]
- -1tbsp. organic nut butter OR almond, macadamia, walnut, olive oil [10g]
- ½ avocado [10-12g]
- -10-15 almonds, plain [10-12g]
- -35g 70% Green & Blacks Dark chocolate, [
- 3 lines or mini bar [15 g]
- -30g Milled Flaxseed [12g]
- -120g Salmon Fillet [also 25g Protein]

VEGGIES

ANYTHING GREEN is pretty much fair game and unlimited. Check the W10 Shopping List for ideas. Just be aware of starchy veggies like beans, potatoes & squash.

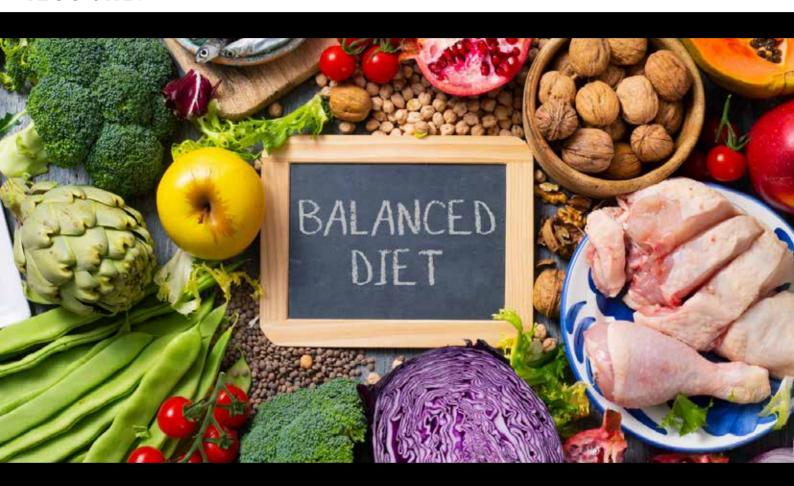
FAVORITES: Spinach / Kale / Broccoli / Courgette / Asparagus / Veggie powders*

*get real food before resorting to these!



DETAILED CALORIE PLANS

1250 CAL.









	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
	Eggs	2		147	12.5	0.8	9.9	0
	Mixed Peppers							
	Multi Seeded Bread	1	Slice	104	2.1	13.7	4.5	3.8
7								
E/								
MEAL								
		MEAL 1 SUB	TOTALS:	251	14.6	14.5	14.4	3.8
	Grenade Carb Killa Protein Bar	1		214	23.2	13.5	7.9	6.7
	Unsalted Almonds	10		56	2	1.5	5	1
MEAL								
AE								
		MEAL 2 SUB	TOTALS:	270	25.2	15	13.9	7.7
				-				
	Chicken Fillet	1	120g	169	37	0	2.5	0
	Mixed Salad w/peppers, onions etc							
	Olive Oil	1	Tsp	40	0	0	4.5	0
A								
MEAL								
2		MEAL 3 SUB	TOTALS				_	
		WILAL 3 30D	TOTALS.	209	37	0	7	0
	Whey Protein Powder (with water)	1	Scoop	90	20	2	0	0
	Apple	1	Medium	77	0	17	0	2.5
7								
MEAL								
\geq								
		MEAL 4 SUB	TOTALS:	167	20	19	0	2.5
	Turkey Charle Course Bakets	1	105	100	20	0	2.5	0
	Turkey Steak Sweet Potato Green Veg (as much as you like)	1	125g Large	190 162	39 4	37	3.5	6
	Green veg (as much as you like)		Larye	102	4	31	U	O
ب								
MEAL								
\equiv								
		MEAL 5 SUB	TOTALS:	352	43	37	3.5	0
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MEAL								
ΛE								
2	0	MEAL 6 SU	JBTQTALS:	0	0	0	0	0
				0	3	3	9	J



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Part									
Matural nut butler									
MADE 1 1559 47 1 1 1 1 1 1 1 1 1									
Major Majo	A					2.2		3.5	
MEAL 1 SUBTOTALS: 320 27.2 31 7.8 6	Щ	Natural nut butter	1	1tsp	47		1		1
Bittong 1	Σ	-	MEAL 4 CHE	TOTALC					
NEAL 2 SUBTOTALS: 166 16 23 1 4 4 5 SUBTOTALS: 200 29 6 5 1 1 1 1 1 1 1 1 1			MEAL I SUB	TOTALS:	320	27.2	31	7.8	6
NEAL 2 SUBTOTALS: 166 16 23 1 4 4 5 SUBTOTALS: 200 29 6 5 1 1 1 1 1 1 1 1 1		Piltona	1	Dacket	90	15	2	1	0
MEAL 3 SUBTOTALS: 166		-							
MEAL 2 SUBTOTALS: 166 16 23 1 4		Bideberries		1309	00	•	21	U	7
MEAL 2 SUBTOTALS: 166 16 23 1 4	_								
MEAL 2 SUBTOTALS: 166	4								
MEAL 2 SUBTOTALS: 166	ΛE								
Baked cod fillet			MEAL 2 SUB	TOTALS:	166	16	23	1	4
The state of the late of the					.00	.0	_0		
Cooked rice 1		Baked cod fillet	1	140g	115	25	0	1	0
MEAL 3 SUBTOTALS: 315 29 38 4 1		Cooked rice	1	125g	200	4	38	3	1
MEAL 3 SUBTOTALS: 315 29 38 4 1		Mixed salad (leaves, tomatoes etc.)							
MEAL 3 SUBTOTALS: 315 29 38 4 1	7								
MEAL 3 SUBTOTALS: 315 29 38 4 1	E/								
MEAL 3 SUBTOTALS: 315 29 38 4 1	⋝								
Pumkin seeds	_		MEAL 3 SUB	TOTALS:	315	29	38	4	1
Pumkin seeds									
MEAL 4 SUBTOTALS: 209 23 9 10 1									
Lean mince beef (5%)		Pumkin seeds	1	2 tbsp	112	6	2	10	1
Lean mince beef (5%)									
Lean mince beef (5%)	A								
Lean mince beef (5%)	Щ								
Lean mince beef (5%) Canned tomatoes 1 1/2 can 37 2 6 0 1 Veg (mushrooms, onions etc.) MEAL 5 SUBTOTALS: 200 29 6 5 1 MEAL 6 SUBTOTALS: 0 0 0 0 0 0 0	\geq		A45A1 4 611B	TO TALO					
Canned tomatoes 1			MEAL 4 SUB	TOTALS:	209	23	9	10	1
Canned tomatoes 1		Loop minos hoof (FO/)	1	105	1/2	27	0	г	0
Veg (mushrooms, onions etc.) MEAL 5 SUBTOTALS: 200 29 6 5 1 MEAL 6 SUBTOTALS: 0 0 0 0 0 0									
MEAL 5 SUBTOTALS: 200 29 6 5 1 MEAL 6 SUBTOTALS: 0 0 0 0 0			1	1/2 Call	31	2	U	U	1
MEAL 5 SUBTOTALS: 200 29 6 5 1 MEAL 6 SUBTOTALS: 0 0 0 0 0		veg (musili ooms, omons etc.)							
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MEAL 5 SUBTOTALS: 200 29 6 5 1 MEAL 6 SUBTOTALS: 0 0 0 0 0	AE								
MEAL 6 SUBTOTALS: 0 0 0 0			MEAL 5 SUB	TOTALS:	200	20	6	5	1
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MEAL 6 SUBIOTALS: 0 0 0 0									
MEAL 6 SUBTOTALS: 0 0 0 0									
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MEAL 6 SUBIOTALS: 0 0 0 0	E/								
MEAL 6 SUBTOTALS: 0 0 0 0	\equiv	9							
	_		MEAL 6 SU	JBTOTALS:	0	0	0	0	0
1210 128 138 33 12				1.0					
			DATLY TOTA	F2:	1210	128	138	33	12



	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
	0% fat greek yoghurt	1	170g	97	17	7	0	0
	Low fat granola	1	30g	110	4	23	2	3
	Bluberries	1	50g	29	0	7	0	1
7								
MEAL								
M								
	•	MEAL 1 SUB	TOTALS:	236	21	37	2	4
	Chargrilled breast fillets (cooked)	1	120g	176	38	2	2	0
	Wholemeal Tortilla Wrap	1	1	172	6	28	3	5
	Mixed Leaf Salad (peppers, onions etc)							
7								
E/								
MEAL								
		MEAL 2 SUB	TOTALS:	348	44	30	5	5
	Canned tuna (sunflower oil)	1	1can	197	25	0	11	0
	Green salad (leaves, tomatoes etc.)							
7								
Ξ								
MEAL								
		MEAL 3 SUB	TOTALS:	197	25	0	11	0
	Whey Protein Powder	1	Scoop	90	20	2	0	0
	Raspberries	1	100g	27	1	5	0	3
7								
E/								
MEAL								
		MEAL 4 SUB	TOTALS:	117	21	7	0	3
	Salmon filllet	1	120g	235	23	0	16	0
	Cous cous (cooked)	1	80g	79	3	16	0	1
	Roasted mix veg (peppers, onions, courgette)							
MEAL								
E/								
\geq								
		MEAL 5 SUB	TOTALS:	314	26	16	16	1
E								
MEAL	9							
		MEAL 6 SI	JBTOTALS:	0	0	0	0	0
		DAH V. TOTA	1.0.					
		DAILY TOTA	117:	1212	137	90	34	13



DETAILED CALORIE PLANS 1500 CAL.









	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
	Eggs	2		147	12.5	1	9.9	0
	Mixed Peppers							
	Multi Seeded Bread	1	Slice	104	2	14	4.5	3.8
			Olicc	104	_	17	4.0	3.0
A								
MEAL								
2		MEAL 1 SUB	TOTALS	251	14.5	15	4.4.4	2.0
		WEAL 1 300	101/120.	201	14.5	15	14.4	3.8
	Grenade Carb Killa Protein Bar	1		214	23.2	13.5	7.9	6.7
	Unsalted Almonds	10		56	2	1.5	5	1
	Onsailed / limonas	10		00	_	1.0	O	
MEAL								
밀								
2		MEAL 2 SUB	TOTALS.				40.0	
		IVIEAL 2 30B	TOTALS.	270	25.2	15	12.9	15.4
	Chicken Fillet	1	120g	169	37	1	2.5	0
	Mixed Salad w/peppers, onions etc	1	1209	109	31	1	2.0	U
	Olive Oil	4	Tan	40	0	0	4.5	0
	Cooked Rice	1	Tsp	40	0	0	4.5	0
V	Cooked Rice	1	125g	200	4	38	3	1
MEAL								
\geq		MEAL O CHE	TOTALC					
		MEAL 3 SUB	TOTALS:	409	41	39	10	1
	Mhan Bastaia Bassalan (cith costan)	4	0	00	00	0	0	0
	Whey Protein Powder (with water)	1	Scoop	90	20	2	0	0
	Apple	1	Medium	77	0	17	0	2.5
_								
A								
MEAL								
\geq	4							
				167	20	19	0	2.5
	Turkey Charle Council Datata	4	405	100	20	0	3.5	0
	Turkey Steak Sweet Potato	1	125g	190	39	0 37		
	Green Veg (as much as you like)	1	Large	162	4	3/	0	6
_								
MEAL								
Ш								
\geq		A45.41 5.0115	TOTAL 0					
		MEAL 5 SUB	TOTALS:	352	43	37	3.5	6
_								
A								
MEAL								
\geq	9							
		MEAL 6 St	JBTOTALS:	0	0	0	0	0
		DAILY TOTA	IS:	1449	143.7	125	40.8	28.7
		JAILT TOTA		1449	143.7	125	40.0	20.1



	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
			Scoop					
	Whey Protein Powder	1	30g	90	20	2	0 2	0 3
	Oats	1	1/2	117	5 0	20	0	1.75
-	Chopped Apple	1	150ml	38	0	8	2.3	0
_	Coconut Milk	1	1 tsp	28	2.2	0	3.5	0.5
	Natural Peanut Butter	1	Тор	47		1		
MINICA								
		MEAL 1 SUE	BTOTALS:	320	27.2	31	7.8	5.25
	Biltong	1	Packet	80	15	2	1	0
	Banana	1	Medium	110	1	29	0	4
IVILAL 2								
		MEAL 2 SUE	BTOTALS:	190	16	31	1	4
	Baked Cod Fillet	1	120g	115	25	0	1	0
	Cooked Rice	1	125g	200	4	38	3	0
つ	Mixed salad (leaves, tomatoes etc.)	1	Tsp					
	Avocado	1	1/2	120	2	6	12	5
IVIEAL								
>		MEAL 3 SUE	BTOTALS:	435	31	44	16	5
					01	77		
	0% Fat Greek Yoghurt	1	170g	97	17	7	0	0
	Pumpkin Seeds	1	2 tbsp	112	6	2	10	1
4	Blueberries	1	150g	86	1	21	0	3.5
IVIEAL								
		MEAL 4 SUE	BTOTALS:	295	24	30	10	4.5
	Lean Mince Beef (5%)	1	125g	163	27	0	5	0
	Canned Tomatoes	1	1/2 can	37	2	6	0	1
2	Veg (mushrooms, onions etc.)							
IVIEAL								
_		MEAL 5 SUE	BTOTALS:	200	29	6	5	1
>								
_								
Į								
IVIEAL								
_		MEAL 6 S	UBTOTALS	0	0	0	0	0
		DAILY TOTA	ALS:	1440	127.2	142	39.8	19.75
		2.1121-1017		1440	121.2	142	33.0	13.73

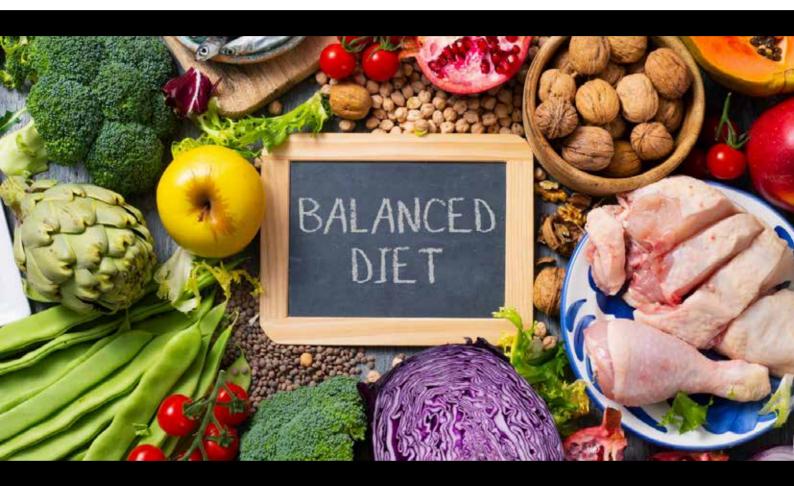


	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
	0% Fat Greek yoghurt	1	170g	97	18	7	0	0
	Low Fat Granola	1	50g	110	4	23	2	3
	Bluberries	1	50g	30	0	7	0	1
Ļ			Ü					
Ā								
MEAL								
		MEAL 1 SUB	TOTALS:	237	22	37	2	4
	Chargrilled breast fillets (cooked)	1	120g	176	38	2	2	0
	Wholemeal Tortilla Wrap	1	1	172	6	28	3	5
	Mixed Leaf Salad (peppers, onions etc)							
7								
MEAL								
\equiv								
_		MEAL 2 SUB	TOTALS:	348	44	30	5	5
	Canned tuna (sunflower oil)	1	1 can	197	25	0	11	0
	Green salad (leaves, tomatoes etc.)							
	Apple	1	Medium	77	0	17	0	2.5
AL	Hummus	4	tbsp	140	4	8	10	4
E								
MEAL								
		MEAL 3 SUB	TOTALS:	414	29	25	21	6.5
	Whey Protein Powder (with Water)	1	Scoop	90	20	2	0	0
	Raspberries	1	100g	27	1	5	0	3
_								
A								
MEAL								
\geq		MEAL A CUR	TOTALC					
		MEAL 4 SUB	TUTALS:	117	21	7	0	3
	Salmon filllet	1	120g	235	23	0	16	0
	Quinoa (cooked)	1	90g	108	4	19	2	1
	Roasted mix veg (peppers, onions, courgette)	1	70g	100	4	17	2	1
\Box	Roasted Tilk veg (peppers, ornoris, codigette)							
MEAL								
AE								
		MEAL 5 SUB	TOTALS:	343	27	19	18	1
				343	21	17	10	1
7								
ΞĪ								
MEAL	50							
		MEAL 6 SU	JBTOTALS:	0	0	0	0	0
		DAILY TOTA	LS:	1459	143	118	46	19.5



DETAILED CALORIE PLANS

1750 CAL.









	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
	Eggs	2		147	12.5	1	9.9	0
	Mixed Peppers							
	Multi Seeded Bread	2	Slice	208	4	28	9	8
7								
E/								
MEAL								
		MEAL 1 SUB	TOTALS:	355	16.5	29	18.9	8
	Grenade Carb Killa Protein Bar	1		214	23.2	13.5		6.7
	Mandarin Orange	2		74	2	22	0	5
_								
V								
MEAL								
2		MEAL 2 SUB	TOTALS:	000	25.2	25.5	7.0	44.7
		WEAL 2 300	TOTALS.	288	25.2	35.5	7.9	11.7
	Chicken Fillet	1	120g	169	37	1	2.5	0
	Mixed Salad w/peppers, onions etc		J					
	Olive Oil	2	Tsp	80	0	0	9	0
7	Cooked Rice	1	125g	200	4	38	3	1
H								
MEAL								
		MEAL 3 SUB	TOTALS:	449	41	39	14.5	1
	Whey Protein Powder (with water)	1	Scoop	90		2	0	0
	Banana	1	Medium	105	0	27	0	3
A								
MEAL								
\geq		MEAL 4 SUB		105	00	00	0	0
		WILAL 4 30D	IOTALS.	195	20	29	0	3
	Turkey Steak Sweet Potato	1	125g	190	39	0	3.5	0
	Green Veg (as much as you like)	1	Large	162	4	37		6
			· ·					
7								
E								
MEAL								
_		MEAL 5 SUB	TOTALS:	352	43	37	3.5	6
_								
A								
MEAL								
2	9	MEAL 6 SU	IBTOTALS	0	0	0	0	0
		HVIEAL 0 30	AND TALS:	U	U	0	0	0
		DAILY TOTA	LS:	1639	145.7	169.5	44.8	29.7



		0.71/	0.175	0.11.0.015.0	222 ()	0.000 ()	FAT ()	51005 ()
	FOOD ITEM	QTY	SIZE Scoop	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
	Whey Protein Powder	1 1/2	50g	135	30	4	0 4	0 5
	Oats	111	1	188	6 0	34	0	4 0
	Chopped Apple	1	150ml	76	0	16	2.3	0.5
AL	Coconut Milk		1 tsp	28	2.2	0	3.5	
E	Natural Peanut Butter		ιτορ	47		1		
ME								
		MEAL 1 SUB	TOTALS:	474	38.2	55	9.8	9.5
	Biltong	1	Packet	80	15	2	1	0
	Banana	1	Medium	110	1	29	0	4
A								
Ш								
MEAL								
		MEAL 2 SUB	TOTALS:	190	16	31	1	4
	D 1 10 15"1 1	4	100	115	0.5	0		0
	Baked Cod Fillet	1	120g	115	25	0	1	0
	Mixed salad (leaves, tomatoes etc.)	1						
	Avocado	1	1/2	120	2	6	12	5
A								
MEAL								
\geq		145AL 0 0UD	TOTAL 0					
		MEAL 3 SUB	TOTALS:	235	27	6	13	5
	0% Fat Greek Yoghurt	1	200g	114	21	8	0	0
	Pumpkin Seeds	1	2 tbsp	112	6	2	10	1
	Blueberries	1	150g	86	1	21	0	3.5
	Bideberries	1	1009	00	1	21	0	0.0
4								
MEAL								
2		MEAL 4 SUB	TOTALS	312	28	31	10	4.5
		mene i oob		312	20	31	10	4.5
	Lean Mince Beef (5%)	1	150g	196	33	0	6	0
	Canned Tomatoes	1	1/2 can	37	2	6	0	1
	Veg (mushrooms, onions etc.)							
7	Cooked Rice	1	125g	200	4	38	3	0
Ā			Ü					
MEAL								
		MEAL 5 SUB	TOTALS:	433	39	44	9	1
_								
7								
Ε								
MEAL	9							
_		MEAL 6 SU	JBTOTALS:	0	0	0	0	0
			1.0					
		DAILY TOTA	LS:	1644	148.2	167	42.8	24

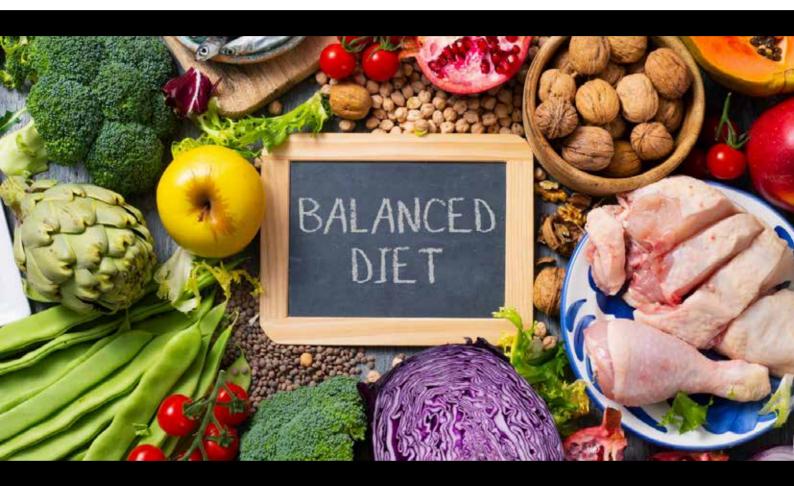


						1		
	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
	0% Fat Greek yoghurt	1	200g	118	21	8	0	0
	Low Fat Granola	1	50g	183	6	38	3	5
	Bluberries	1	100g	60	0	14	0	2
E								
MEAL								
_		MEAL 1 SUB	TOTALS:	361	27	60	3	7
	Chargrilled breast fillets (cooked)	1	120g	176	38	2	2	0
	Wholemeal Tortilla Wrap	1	1	172	6	28	3	5
	Mixed Leaf Salad (peppers, onions etc)							
7								
E/								
MEAL								
		MEAL 2 SUB	TOTALS:	348	44	30	5	5
	Canned tuna (sunflower oil)	1	1 can	197	25	0	11	0
	Green salad (leaves, tomatoes etc.)							
	Apple	1	Medium	77	0	17	0	2.5
7	Hummus	4	tbsp	140	4	8	10	4
<u> </u>								
MEAL								
		MEAL 3 SUB	TOTALS:	414	29	25	21	6.5
						20		0.0
	Whey Protein Powder (with Water)	1	Scoop	90	20	2	0	0
	Raspberries	1	100g	27	1	5	0	3
7								
Ā								
MEAL								
		MEAL 4 SUB	TOTALS:	117	21	7	0	3
				117	_ 1	,	O .	O
	Salmon filllet	1	120g	235	23	0	16	0
	Quinoa (cooked)	1	180g	216	8	38	4	1
	Roasted mix veg (peppers, onions, courgette)							
_								
A								
MEAL								
		MEAL 5 SUB	TOTALS:	451	31	38	20	1
				431	31	30	20	1
ب								
A								
MEAL								
	0	MEAL 6 SI	JBTOTALS:	0	0	0	0	0
				0	J	J	J	
		DAILY TOTA	iLS:	1691	152	160	49	22.5



DETAILED CALORIE PLANS

2000 CAL.









	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
	Eggs	4		294	25	2	20	0
	Mixed Peppers							
_	Multi Seeded Bread	2	Slice	208	4	28	9	8
EA								
MEAL								
		MEAL 1 SUB	TOTALS:	502	29	30	29	8
				24.4				
	Grenade Carb Killa Protein Bar	1		214	23.2	13.5		6.7
	Banana	1		110	1	30	0	3
7								
AL								
MEAL								
2		MEAL 2 SUB	TOTALS:	324	24.2	43.5	7.9	9.7
				324	24.2	40.0	1.5	3.1
	Chicken Fillet	1	140g	150	32.5	0	1.9	0
	Mixed Salad w/peppers, onions etc							
\sim	Olive Oil	1	Tsp	40	0	0	4.5	0
	Cooked Rice	1	250g	400	8	76	6	2
EA								
MEAL								
		MEAL 3 SUB	TOTALS:	590	40.5	76	12.4	2
			0	100	40			
	Whey Protein Powder (with water) Handful of almonds	2	Scoop	180	40	4	0	0
	Handrul of almonds	1	10 nuts	70	2.5	3	6	2
4								
AL								
MEAL								
		MEAL 4 SUB	TOTALS:	250	42.5	7	6	2
					.2.0	•		_
	Turkey Steak Sweet Potato	1	150g	216	46.9	0	2.8	0
	Green Veg (as much as you like)	1	Large	162	4	37	0	6
2								
MEAL								
\geq								
		MEAL 5 SUB	IOTALS:	378	50.9	37	2.8	6
_								
9 -								
MEAL								
ME								
		MEAL 6 SL	BTOTALS:	0	0	0	0	0
		DAILY TOTA	LS:	2044	187.1	193.5	58.1	27.7



	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
	Whey Protein Powder		Scoop	90	20	2.6	0	08
	-	1	80g					
	Oats	1	1	300	9.6	52.6	6.4	4 0
\Box	Chopped Apple	1	150ml	76	0 0	16 0	0	0.5
AL	Coconut Milk	1	1tsp	28	2.2	1	2.3	
ME	Natural Peanut butter	1		47			3.5	
\geq								
		MEAL 1 SUB	TOTALS:	541	31.8	72.2	12.2	12.5
	D'II		D 1 1	00	F-0	0	4	0
	Biltong	1	Packet	80	50	2	1	0
	Banana	1	Medium	110	1	29	0	4
A								
MEAL								
\geq								
		MEAL 2 SUB	TOTALS:	190	51	31	1	4
	Delical and Slick	1	100	100	20	0	4	
	Baked cod fillet	1	120g	138	30	0	1	
	Mixed salad (leaves, tomatoes etc.)							
	Avocado	1	1	240	4	12	24	10
A								
Ш								
MEAL								
		MEAL 3 SUB	TOTALS:	378	34	12	25	10
	2015 1 2 1 1 1 1		000					
	0% Fat Greek Yoghurt	1	200g	114	21	8	0	0
	Pumpkin Seeds	1	2 tbsp	112	6	2	10	1
- 1	Blueberries	1	150g	86	1	21	0	3.5
A								
MEAL								
\geq								
		MEAL 4 SUB	TOTALS:	312	28	31	10	4.5
	, p. 6 (504)	4	450	407	0.0	0	,	0
	Lean mince Beef (5%)	1	150g	196	33	0	6	0
	Canned Tomatoes	1	1can	74	4	12	0	2
_	Veg (mushrooms, onions etc.)							
4	Cooked Rice	1	150g	240	5	45.6	4	0
MEAL								
\geq		MEAL E CLIP	TOTALC					
		MEAL 5 SUB	TOTALS:	510	42	57.6	10	2
_								
A								
MEAL								
\geq	9							
		MEAL 6 SU	JBTOTALS:	0	0	0	0	0
		DAILY TOTA	LS:	1931	186.8	203.8	58.2	33
		3711E1 1017		1931	100.0	203.0	30.2	33



	FOOD ITEM	QTY	SIZE	CALORIE S	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
	0% Fat Greek yoghurt	1	200g	118	21	8	0	0
	Low Fat Granola	1	50g	183	6	38	3	5
MEAL 1	Bluberries	1	100g	60	0	14	0	2
		MEAL 1 ST	BTOTALS:	2/1	0.7	40	2	7
		WEAL 130	BIUTALS:	361	27	60	3	7
	Chargrilled breast fillets (cooked)	1	120g	176	38	2	2	0
	Wholemeal Tortilla Wrap	1	1	172	6	28	3	5
2	Mixed Leaf Salad (peppers, onions etc)							
_								
EA								
MEAL								
		MEAL 2 SUB	TOTALS:	348	44	30	5	5
		4	4	107	0.5			
	Canned tuna (sunflower oil)	1	1 can	197	25	0	11	0
	Green salad (leaves, tomatoes etc.)				_		_	
\sim	Apple	1	Medium	77	0	17	0	2.5
۸L	Hummus	2	tbsp	70	2	4	5	2
MEAL								
\geq		MEAL 3 SUB	TOTALS	0.4.4	0.7	0.4	4.6	4.5
		WEAL 3 30D	TOTALS.	344	27	21	16	4.5
	Whey Protein Powder (with Water)	1	Scoops	90	20	2	0	0
	Banana	1	Medium	105	0	27	0	3
4								
A								
MEAL								
		MEAL 4 SUB	TOTALS:	195	20	29	0	3
						_		_
	Salmon filllet	1	240g	470	46	0	32	0
	Quinoa (cooked)	1	200g	240	9	42	4	1
5	Roasted mix veg (peppers, onions, courgette)							
MEAL								
1E,								
2		MEAL 5 SUB	TOTALS	710	55	42	36	1
		WENE 0 000	101/120.	710	33	42	30	I
9								
_								
¥-								
MEAL								
		MEAL 6 SI	JBTOTALS:	0	0	0	0	0
		DAILY TOTA	S:	1050	172	182	60	20.5
		-DAILI TOTA		1958	173	182	00	20.5



DETAILED CALORIE PLANS

2250 CAL.









	FOOD ITEM	QTY	SIZE	CALORIE S	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
	Eggs	4		294	25	2	20	0
	Mixed Peppers							
MEAL 1	Multi Seeded Bread	2	Slice	208	4	28	9	8
\geq								
		MEAL 1 SU	IBTOTALS:	502	29	30	29	8
	Grenade Carb Killa Protein Bar	1		214	23.2	13.5	7.9	6.7
2	Banana	1		110	1	30	0	3
MEAL								
_		MEAL 2 SU	JBTOTALS:	324	24.2	43.5	7.9	9.7
	Chicken Fillet	1	140g	150	32.5	0	1.9	0
	Mixed Salad w/peppers, onions etc		Ü					
\sim	Olive Oil	1	Tsp	40	0	0	4.5	0
	Cooked Rice	1	250g	400	8	76	6	2
MEAL								
_		MEAL 3 SU	JBTOTALS:	590	40.5	76	12.4	2
	Whey Protein Powder (with water)	2	Scoop	180	40	4	0	0
	Handful of almonds	1	15 nuts	105	4	4	9	2
4	Raspberries	1	150g	40	2	7	0	4
_								
A								
MEAL								
		MEAL 4 SU	JBTOTALS:	325	46	15	9	6
	Turkey Steak Sweet Potato	1	150g	216	46.9	0	2.8	0
	Green Veg (as much as you like)	11/2	Large	243	6	56	0	9
MEAL 5								
ME								
		MEAL 5 SU	JBTOTALS:	459	52.9	56	2.8	9
9 -								
A								
MEAL								
_		MEAL 6 SUB	TOTALS:	0	0	0	0	0
		DAILY TOTA	LS:	2200	192.6	220.5	61.1	34.7



	FOOD ITEM	QTY	SIZE	CALORIE S	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
	Whey Protein Powder	1	Scoop	90	20	2.6	0	08
7	Oats	1	80g	300	9.6	52.6	6.4	40
	Chopped Apple	1	1	76	0.0	16 0	0.4	0.5
	Coconut Milk	1	150ml	28	2.2	1	2.3	0.5
ΕA		1	1tsp	47	2.2	1	3.5	
ME	Natural Peanut butter	ı		47			3.3	
		MEAL 1 SU	RTOTALS:	541	31.8	72.2	12.2	12.5
		WERE 130						12.5
	Biltong	1	Packet	80	50	2	1	0
	Banana	1	Medium	110	1	29	0	4
A								
MEAL								
\geq								
		MEAL 2 SUB	TOTALS:	190	51	31	1	4
	Baked cod fillet	1	120g	138	30	0	1	
		1	1209	138	30	U	1	
	Mixed salad (leaves, tomatoes etc.) Avocado	1	4	240	4	12	24	10
	Avocado	1	1	240	4	12	24	10
A								
MEAL								
2		MEAL 3 SUB	.214101	070	0.4	40	0.5	40
		MEAL 3 30D	TOTALS.	378	34	12	25	10
	0% Fat Greek Yoghurt	1	200g	114	21	8	0	0
	Pumpkin Seeds	1	2 tbsp	112	6	2	10	1
	Blueberries	1	150g	86	1	21	0	3.5
7	Honey	1	tbsp	64	0	17	0	0
E/								
MEAL								
		MEAL 4 SUB	TOTALS:	376	28	48	10	4.5
	Lean mince Beef (5%)	1	200g	242	40	0	9	0
	Canned Tomatoes	1	1can	74	4	12	0	2
_	Veg (mushrooms, onions etc.)							
A	Cooked Rice	1	150g	240	5	45.6	4	0
MEAL								
\geq		MEAL 5 SUB	TOTALC:					_
		IMEAL 2 20R	IUTALS:	556	49	57.6	13	2
ب								
A								
MEAL								
2	V	MEAL 6 SU	BTOTALS:	0	0	0	0	0
					J			
		DAILY TOTA	LS:	2041	193.8	220.8	61.2	33



Control of the property of t		FOOD ITEM	QTY	SIZE	CALORIE S	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
The property of the property		0% Eat Crook yeahurt	1	200g			0	0	0
Page									
The late The late	_								
Name		Diuberries	1	1009	00	O	14	O	2
MEAL 1 SUBTOTALS: 361	A								
MEAL 1 SUBTOTALS: 361	\equiv								
Chargrilled breast fillets (cooked)	_		MEAL 1 SU	BTOTALS:	261	27	60	2	7
Note Part			MEATE 1 0 0		301	21	00	J	1
MIXED Leaf Salad (peppers, onions etc)		-	1			38		2	0
MEAL 2 SUBTOTALS: 348			1	1	172	6	28	3	5
Canned tuna (sunflower oif)	7	Mixed Leaf Salad (peppers, onions etc)							
Canned tuna (sunflower oif)	7								
Canned tuna (sunflower oil) 1	Ε								
Canned tuna (sunflower oil) Green salad (leaves, tomatoes etc.) Apple Hummus 2 tbsp 70 2 4 5 21 Cooked Rice 1 125g 200 4 38 3 MEAL 3 SUBTOTALS: 544 31 59 19 5.5 Whey Protein Powder (with Water) Banana 1 Medium 105 0 27 0 3 MEAL 4 SUBTOTALS: 285 40 31 0 3 Salmon fillet Quinoa (cooked) Roasted mix veg (peppers, onions, courgette) MEAL 5 SUBTOTALS: 710 55 42 36 1 MEAL 5 SUBTOTALS: 710 55 42 36 1	\geq								
Cooked Rice 1			MEAL 2 SUB	TOTALS:	348	44	30	5	5
Cooked Rice 1		Cannod tune (ourflance all)	1	1 000	107	2E	0	11	0
Apple				i can	197	25	U	11	U
Hummus 2 tbsp 70 2 4 5 21 Cooked Rice 1 125g 200 4 38 3 MEAL 3 SUBTOTALS: 544 31 59 19 5.5 Whey Protein Powder (with Water) 2 Scoops 180 40 4 0 0 Banana 1 Medium 105 0 27 0 3 MEAL 4 SUBTOTALS: 285 40 31 0 3 Salmon filllet 1 240g 470 46 0 32 0 Quinoa (cooked) 1 200g 240 9 42 4 1 Roasted mix veg (peppers, onions, courgette) MEAL 5 SUBTOTALS: 710 55 42 36 1 MEAL 5 SUBTOTALS: 0 0 0 0 0 0 0			1	Madium	77	0	17	0	2.5
Variable Cooked Rice 1 125g 200 4 38 3 3									
Wey Protein Powder (with Water) 2 Scoops 180 40 4 0 0 0	AL								2 1
Wey Protein Powder (with Water) 2 Scoops 180 40 4 0 0 0	1E	Cooked Rice	1	1239	200	4	30	J	
Whey Protein Powder (with Water) Banana 1	2		MEAL 3 SUB	TOTALS:	544	21	50	10	5.5
Near					J44	31	J 7	1 7	5.5
Near		Whey Protein Powder (with Water)	2	Scoops	180	40	4	0	0
MEAL 4 SUBTOTALS: 285 40 31 0 3 3		Banana	1	Medium	105	0	27	0	3
MEAL 4 SUBTOTALS: 285 40 31 0 3	∀								
Salmon filllet Quinoa (cooked) Roasted mix veg (peppers, onions, courgette) MEAL 5 SUBTOTALS: 710 MEAL 5 SUBTOTALS: 0 0 0 0 0 0 0 0 0 0 0 0 0 0									
Salmon filllet Quinoa (cooked) Roasted mix veg (peppers, onions, courgette) MEAL 5 SUBTOTALS: 710 MEAL 5 SUBTOTALS: 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Ψ								
Salmon filllet Quinoa (cooked) Roasted mix veg (peppers, onions, courgette) MEAL 5 SUBTOTALS: 710 MEAL 5 SUBTOTALS: 0 0 0 0 0 0 0 0 0 0 0 0 0 0	\equiv								
Quinoa (cooked) Roasted mix veg (peppers, onions, courgette) MEAL 5 SUBTOTALS: 710 710 710 710 710 710 710 71	_		MEAL 4 SUB	TOTALS:	285	40	31	0	3
Quinoa (cooked) Roasted mix veg (peppers, onions, courgette) MEAL 5 SUBTOTALS: 710 710 710 710 710 710 710 71									
Roasted mix veg (peppers, onions, courgette) MEAL 5 SUBTOTALS: 710 55 42 36 1 MEAL 6 SUBTOTALS: 0 0 0 0 0				_					
MEAL 5 SUBTOTALS: 710 55 42 36 1			1	200g	240	9	42	4	1
MEAL 5 SUBTOTALS: 710 55 42 36 1	2	Roasted mix veg (peppers, onions, courgette)							
MEAL 5 SUBTOTALS: 710 55 42 36 1	7								
MEAL 6 SUBTOTALS: 0 0 0 0	E/								
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