

MEAL PLAN SAMPLE TWO

Total Calories: 2960  
 Total Protein: 127.4 g  
 Total Carbs: 388.9 g  
 Total Fat: 97.2 g

MEAL	DISHES	NUTRITION INFO
<b>Breakfast</b>	Ultra Berry Smoothie	Calories 601 Protein 18.1 g Carb 112.4 g Fat 8.8 g
<b>Morning Snack</b>	5 oat cakes 150 g cottage cheese 1 apple	Calories 402 Protein 21.9 g Carb 53.1 g Fat 11.4 g
<b>Lunch (No Cook)</b>	Smoked Salmon 100 g Village Bakery Rye Bread 3 x 40 g slices Sugar snap 25 g 1/2 avocado (80 g)	Calories 593 Protein 34.9 g Carb 46.6 g Fat 28.9 g
<b>Recovery Snack</b>	Ultra Chocolate & Apricot Truffles	Calories 384 Protein 8.7 g Carb 34.7 g Fat 23.4 g
<b>Supper (Easy Cook)</b>	Ginger Tofu 50 g quinoa Roast Veg x 2 portions	Calories 511 Protein 33.3 g Carb 60.5 g Fat 15.0 g

<b>Evening Snack</b>	Yoghurt 150 g 1 banana 150 g mango slices 200 g pineapple Food Doctor Fig & Cranberry Granola 20 g	Calories 469 Protein 10.5 g Carb 81.6 g Fat 9.7 g
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