

Total Calories	3000		
3 Meals and 2 Snacks a day			
Carbs: 310 Calories Per Portion	Portions: 3		
	Weight (g)	Fibre p/p	Description
Brown Rice	93	3.27	
Sweet potato	337	10.11	
Basmati Rice	87	2.88	
Buckwheat Noodles	81	8.12	
Quinoa	96	6.74	
Bulgar Wheat	86	15.46	
Couscous	85	3.15	
Porridge Oats	79	6.17	
Rice Noodles	87	0.87	
Wholewheat pasta	89	10.36	
Protein: 110 Calories Per Portion	Portions: 3		
Lean mince Meat	88	0.00	
Turkey Mince	85	0.00	
Chicken Breast	74	0.00	
Turkey Breast	71	0.00	
Cod Loins	147	0.00	
Haddock	149	0.00	
Eggs	84	0.00	
Chickpeas	88	7.04	
Lentils	39	12.14	
Buckwheat	30	3.03	
Kidney Beans	99	7.73	
Chia Seeds	23	7.79	
Vegetables: 60 Calories Per Portion	Portions: 6		
Mushrooms	403	2.82	
Bell Peppers	200	4.40	
Tomatoes	353	3.53	
Courgette	261	2.61	
Onion	143	3.14	
Leeks	273	4.91	
Carrots	133	5.20	
Cauliflower	171	3.09	

Greens: 40 Calories Per Portion	Portions: 3		
Spinach	212	2.12	
Kale	95	1.90	
Green Beans	125	4.25	
Asparagus	160	3.36	
Sugar Snap Peas	114	2.29	
Broccoli	89	2.31	
Fat: 113.4 Calories per Tbsp	Portions: 4 Tbsp		
Olive Oil			
Coconut Oil			
Nut Oil			
Sauce: 26 Calories per Tbsp	Portions: 4 Tbsp		
Low fat Greek Yogurt			
Low Fat Cottage Cheese			
Big Snack (over 300 cal)	Portions: 4		
Nut Butter and Rice cakes		1.67 Per Cake	
Medium Snack (100-200 cal)	Portions: 1		
Fruit Salad		4	
Energy Balls		3	
Raw Brownie		3	
Small Snack (less than 100 Cals)	Portions: 1		
Apple		4	
Almonds x 10		1	
Banana		3.1	

The calorie total is your calorie total based on your weight and is designed to maintain your weight. Your activity level will bring your weight down.

All Weights are in grams and are raw/uncooked weights to make it easier when measuring them. Measure out the weight of each item when you go to use it. Then make a note of what it looks like i.e Half your favourite cup. Write whatever measurement works for you in the space provided, this will make it easier and faster to measure going forward.

Each ingredient is in a portion size. When it says Carbohydrate Portions: 3 that is three portions a day, ideally one portion per meal

For the snacks see the recipes on our website