

Total Calories	1950		
3 Meals and 2 Snacks a day			
Carbs: 245 Calories Per Portion	Portions: 3		
	Weight (g)	Fibre p/p	Description
Brown Rice	74	2.58	
Sweet potato	266	7.99	
Basmati Rice	69	2.28	
Buckwheat Noodles	64	6.41	
Quinoa	76	5.33	
Bulgar Wheat	68	12.22	
Couscous	67	2.49	
Porridge Oats	63	4.88	
Rice Noodles	68	0.68	
Wholewheat pasta	70	8.19	
Protein: 75 Calories Per Portion	Portions: 3		
Lean mince Meat	60	0.00	
Turkey Mince	58	0.00	
Chicken Breast	51	0.00	
Turkey Breast	48	0.00	
Cod Loins	100	0.00	
Haddock	101	0.00	
Eggs	57	0.00	
Chickpeas	60	4.80	
Lentils	27	8.27	
Buckwheat	21	2.07	
Kidney Beans	68	5.27	
Chia Seeds	16	5.31	
Vegetables: 35 Calories Per Portion	Portions: 5		
Mushrooms	235	1.64	
Bell Peppers	117	2.57	
Tomatoes	206	2.06	
Courgette	152	1.52	
Onion	83	1.83	
Leeks	159	2.86	
Carrots	78	3.03	
Cauliflower	100	1.80	

Greens: 25 Calories Per Portion	Portions: 3		
Spinach	132	1.32	
Kale	60	1.19	
Green Beans	78	2.66	
Asparagus	100	2.10	
Sugar Snap Peas	71	1.43	
Broccoli	56	1.44	
Fat: 113.4 Calories per Tbsp	Portions: 2 Tbsp and one Tsp		
Olive Oil			
Coconut Oil			
Nut Oil			
Sauce: 26 Calories per Tbsp	Portions: 3 Tbsp		
Low fat Greek Yogurt			
Low Fat Cottage Cheese			
Big Snack (over 300 cal)	Portions: 2		
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: 0		
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