

Total Calories	1650		
3 Meals and 2 Snacks a day			
Carbs: 225 Calories Per Portion	Portions: 3		
	Weight (g)	Fibre p/p	Description
Brown Rice	68	2.37	
Sweet potato	245	7.34	
Basmati Rice	63	2.09	
Buckwheat Noodles	59	5.89	
Quinoa	70	4.89	
Bulgar Wheat	62	11.22	
Couscous	62	2.29	
Porridge Oats	57	4.48	
Rice Noodles	63	0.63	
Wholewheat pasta	64	7.52	
Protein: 65 Calories Per Portion	Portions: 3		
Lean mince Meat	52	0.00	
Turkey Mince	50	0.00	
Chicken Breast	44	0.00	
Turkey Breast	42	0.00	
Cod Loins	87	0.00	
Haddock	88	0.00	
Eggs	50	0.00	
Chickpeas	52	4.16	
Lentils	23	7.17	
Buckwheat	18	1.79	
Kidney Beans	59	4.57	
Chia Seeds	14	4.60	
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: 20 Calories Per Portion	Portions: 3		
Spinach	106	1.06	
Kale	48	0.95	
Green Beans	63	2.13	
Asparagus	80	1.68	
Sugar Snap Peas	57	1.14	
Broccoli	44	1.16	
Fat: 113.4 Calories per Tbsp	Portions: 2 Tbsp and one Tsp		
Olive Oil			
Coconut Oil			
Nut Oil			
Sauce: 26 Calories per Tbsp	Portions: 1 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: 0		
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