

Portions: 3	Total Calories	1650		
Weight (g) Fibre p/p Description	3 Meals and 2 Snacks a day		•	
Weight (g) Fibre p/p Description		1		
Server S	Carbs: 225 Calories Per Portion	Portions: 3		
Server S		Weight (g)	Fibre p/p	Description
Sasmatti Rice 63 2.09 Suckwheat Noodles 59 5.89 Quinoa 70 4.89 Sulgar 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 Lean mince Meat 52 0.00 Linkey Mince 50 0.00 Chicken Breast 44 0.00 Chicken Breast 44 0.00 Card Loins 87 0.00 Chicken Breast 42 0.00 Chicken Breast 44 0.00 Chicken Breast 45 0.00 Chicken Breast 46 0.00 Chicken Breast 47 0.00 Chicken Breast 48 0.00 Chicken Breast 49 0.00 Chicken Breast 40 0.00 Chicken Breast 41 0.00 Chicken Breast 42 0.00 Chicken Breast 43 0.00 Chicken Breast 44 0.00 Chicken Breast 45 0.00 Chicken Breast 46 0.00 Chicken Breast 47 0.00 Chicken Breast 48 0.00 Chicken Breast 49 0.00 Chicken Breast 40 0.00 Chicken Bre	Brown Rice		2.37	
Suckwheat Noodles S9 S.89 S.89 Suckwheat Noodles Record of Suckwheat Suckwhe	Sweet potato	245	7.34	
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	Basmatti Rice	63	2.09	
Sulgar Wheat 62	Buckwheat Noodles	59	5.89	
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	Quinoa	70	4.89	
Couscous	Bulgar Wheat	62	11.22	
Rice Noodles 63 0.63 Wholewheat pasta 64 7.52 Protein: 65 Calories Per Portion 64 7.52 Protein: 65 Calories Per Portion 7.52 Purkey Mince 50 0.00 Chicken Breast 44 0.00 Chicken Breast 42 0.00 Cholor 87 0.00 Chicken Breast 50 0.00 Chicken	Couscous	62	2.29	
Rice Noodles 63 0.63 Wholewheat pasta 64 7.52 Protein: 65 Calories Per Portion 64 7.52 Protein: 65 Calories Per Portion 7.52 Purkey Mince 50 0.00 Chicken Breast 44 0.00 Chicken Breast 42 0.00 Cholor 87 0.00 Chicken Breast 50 0.00 Chicken	Porridge Oats	57	4.48	
Protein: 65 Calories Per Portion Lean mince Meat 52 0.00 Furkey Mince 50 0.00 Chicken Breast 44 0.00 Furkey 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 Kidney Beans 59 4.57 Chia Seeds 14 4.60 Portions: 5 Mushrooms 6ell Peppers 117 2.57 Fomatoes Courgette 152 1.52 Chion 83 1.83 Leeks Lentils 159 2.86 Carrots 78 3.03	Rice Noodles	63	0.63	
Protein: 65 Calories Per Portion Lean mince Meat 52 0.00 Furkey Mince 50 0.00 Chicken Breast 44 0.00 Furkey 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 Kidney Beans 59 4.57 Chia Seeds 14 4.60 Portions: 5 Mushrooms 6ell Peppers 117 2.57 Fomatoes Courgette 152 1.52 Chion 83 1.83 Leeks Lentils 159 2.86 Carrots 78 3.03	Wholewheat pasta	64	7.52	
See		•		•
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 Suckwheat 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 Fomatoes 206 2.06 Courgette 152 1.52 Chion 83 1.83 Leeks 159 2.86 Carrots 78 3.03	Protein: 65 Calories Per Portion	Portions: 3		
Chicken Breast 44 0.00 Furkey 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	Lean mince Meat	52	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 Fomatoes 206 2.06 Courgette 152 1.52 Dnion 83 1.83 Leeks 159 2.86 Carrots 78 3.03	Turkey Mince	50	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	Chicken Breast	44	0.00	
Haddock	Turkey Breast	42	0.00	
Segs So So So So So So So S	Cod Loins	87	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	Haddock	88	0.00	
Second	Eggs	50	0.00	
Suckwheat 18	Chickpeas	52	4.16	
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	Lentils	23	7.17	
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	Buckwheat	18	1.79	
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	Kidney Beans	59	4.57	
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	Chia Seeds	14	4.60	
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			-	
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	Vegetables: 35 Calories Per Portion	Portions: 5		
Tomatoes 206 2.06 Courgette 152 1.52 Onion 83 1.83 Leeks 159 2.86 Carrots 78 3.03	Mushrooms	235	1.64	
Courgette 152 1.52 Onion 83 1.83 Leeks 159 2.86 Carrots 78 3.03	Bell Peppers	117	2.57	
Onion 83 1.83 Leeks 159 2.86 Carrots 78 3.03	Tomatoes	206	2.06	
Leeks 159 2.86 Carrots 78 3.03	Courgette	152	1.52	
Carrots 78 3.03	Onion	83	1.83	
	Leeks	159	2.86	
Cauliflower 100 1.80	Carrots	78	3.03	
	Cauliflower	100	1.80	



Greens: 20 Calories Per Portion	Portions: 3	I		
		1.00		
Spinach	106			
Kale	48	ļ		
Green Beans	63			
Asparagus	80	1.68		
Sugar Snap Peas	57	1.14		
Brocolli	44	1.16		
Fat: 113.4 Calories per Tbsp	Portions: 2	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				
Rig Smook (over 200 cols)	Portions: 2			
Big Snack (over 300 cals)				
Nut Butter and Rice cakes		1.67 Per Cake		
Medium Snack (100-200 cals)	Portions: 0			
Fruit Salad		4		
Energy Balls		3		
Raw Brownie		3		
Small Snack (less than 100 Cals)	Portions: 1	Portions: 1		
Apple		4		
Almonds x 10		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

Banana