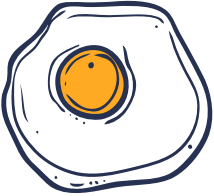
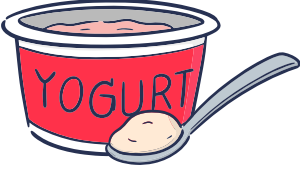





SAMPLE MEAL PLAN

160 GRAMS OF PROTEIN

Meat & Dairy Meal Plan

This sample day of eating contains 164 grams of protein.

MEAL	NUTRITION	FOOD
 BREAKFAST	33g Protein	<ul style="list-style-type: none">• 3 eggs• 2 slices of wholegrain bread• 1 tablespoon of peanut butter
 SNACK	23g Protein	<ul style="list-style-type: none">• 170g greek yogurt with berries• 30g nuts
 LUNCH	38g Protein	<ul style="list-style-type: none">• 110g grilled chicken breast• roasted vegetables• 195g cooked brown rice
 SNACK	30g Protein	<ul style="list-style-type: none">• Protein shake with 200ml cow's milk• 1 scoop protein powder
 DINNER	40g Protein	<ul style="list-style-type: none">• 110g grilled beef steak• 1 medium sweet potato• steamed broccoli



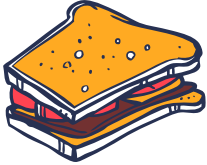


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SAMPLE MEAL PLAN

160 GRAMS OF PROTEIN

Vegetarian & Dairy Meal Plan

This sample day of eating contains 162 grams of protein.

MEAL	NUTRITION	FOOD
 <p>BREAKFAST</p>	<p>29g Protein</p>	<ul style="list-style-type: none"> • 50g oats, 100ml milk • 170g greek yogurt, banana • mixed berries • 1 tablespoon of peanut butter
 <p>SNACK</p>	<p>27g Protein</p>	<ul style="list-style-type: none"> • 3 eggs • a slice of brown bread • 50g hummus with veggie sticks
 <p>LUNCH</p>	<p>36g Protein</p>	<ul style="list-style-type: none"> • Tofu (125g) stir-fry with broccoli and 100g chickpeas • 1 slice brown bread
 <p>SNACK</p>	<p>35g Protein</p>	<ul style="list-style-type: none"> • 1 scoop protein powder with 300ml soya milk
 <p>DINNER</p>	<p>35g Protein</p>	<ul style="list-style-type: none"> • Lentil soup (200g cooked lentils) • 90g cooked quinoa and grilled vegetables • 5 small mozzarella balls

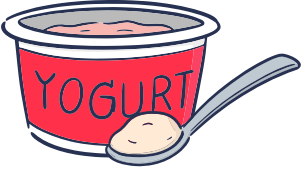


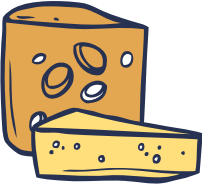

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SAMPLE MEAL PLAN

160 GRAMS OF PROTEIN

Fish & Dairy Meal Plan

This sample day of eating contains
158 grams of protein.

MEAL	NUTRITION	FOOD
 BREAKFAST	30g Protein	<ul style="list-style-type: none">• 170g greek yogurt with 30g of nuts• berries and 2 weetabix
 SNACK	25g Protein	<ul style="list-style-type: none">• 60g Quest Protein bar• 300ml glass of milk
 LUNCH	40g Protein	<ul style="list-style-type: none">• 140 g tuna mixed with 100g beans• 90g cooked quinoa• grilled vegetables
 SNACK	27g Protein	<ul style="list-style-type: none">• 150g cottage cheese• 2 slices whole grain bread
 DINNER	36g Protein	<ul style="list-style-type: none">• 140g grilled salmon• roasted asparagus• mashed potatoes

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