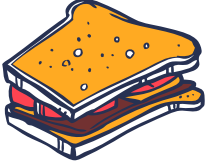






40C/30P/30F MEAL PLAN

The following meal plan is based on a 2000-calorie diet. The macro ratio is as follows: 200 grams (800 calories) of carbs, 150 grams (600 calories) of protein, and 67 grams (600 calories) of fat.

MEAL	NUTRITION	RECIPE
 <p>BREAKFAST</p>	<p>Calories - 470 Carbs - 45g Protein - 35g Fat - 18g</p>	<ul style="list-style-type: none"> ■ Scrambled eggs x3, mushrooms, tomatoes ■ Ezekiel bread, 3 slices
 <p>LUNCH</p>	<p>Calories - 449 Carbs - 43g Protein - 40g Fat - 13g</p>	<ul style="list-style-type: none"> ■ Grilled chicken breast, 110g ■ Cooked quinoa, 110g ■ Canned kidney beans, 110g ■ Olive oil, 5ml ■ Spinach and cauliflower
 <p>SNACK</p>	<p>Calories - 328 Carbs - 36g Protein - 33g Fat - 6g</p>	<ul style="list-style-type: none"> ■ Protein scoop, 25g ■ Semi-skimmed milk, 250ml ■ Banana, 100g
 <p>DINNER</p>	<p>Calories - 555 Carbs - 50g Protein - 37g Fat - 23g</p>	<ul style="list-style-type: none"> ■ Grilled Salmon, 150g ■ Roasted white potatoes, 200g ■ Steamed broccoli ■ Grilled fennel ■ Olive oil, 5ml
 <p>SNACK</p>	<p>Calories - 555 Carbs - 50g Protein - 37g Fat - 23g</p>	<ul style="list-style-type: none"> ■ Greek yogurt, 100g ■ Berries, 100g ■ Chia seeds, 10g

For a custom meal plan designed by our nutrition coaches visit: feastgood.com/coaching-services