

DIET FRAME WORK - LADIES

BREAKFAST OPTIONS

- SMALL SERVING OF OATS/PORRIDGE 30-50G (THINK ABOUT ADDING ANY FRUIT, SCOOP OF PROTEIN POWDER OR ANY ZERO OR LOW CALORIE SYRUPS. WITH 150-200ML OF ALMOND, SOYA, OAT OR SKIMMED MILK
- OMELETTE 3-4 EGG WHITES (1 EGG YOLK) OR SCRAMBLED EGG. ADD ANYTHING FROM TOMATOES, SPRING ONIONS, PEPPERS, MUSHROOMS OR SMALL AMOUNT OF CHEESE TO YOUR OMELETTE
- 100G OF NATURAL YOGURT WITH SMALL FRUIT AND TEASPOON OF HONEY OR SCOOP OF PROTEIN POWDER
- 60G OF BRAN FLAKES AND PROTEIN SHAKE WITH WATER

SNACK OPTIONS

- PROTEIN BAR
- FLAVOURED RICE CAKES
- PROTEIN YOGURT - THERE'S A HUGE VARIETY AVAILABLE NOW
- APPLE AND PEANUT BUTTER (WHOLE EARTH ONLY)
- NATURE VALLEY BARS
- SMALL PORTION OF FRUIT

MAIN MEALS

MAIN MEALS SHOULD IDEALLY CONSIST OF A GOOD PROTEIN SOURCE ACCOMPANIED BY A CARB FROM THE LIST, TRY AND ADD AS MUCH COLOUR TO YOUR FOOD AS POSSIBLE AND FILL UP ON VEGETABLES, I'D RECOMMEND TRYING MEALS FROM THE RECIPE SECTIONS FOR 3-4 NIGHTS OF THE WEEK THEN MAKE YOUR OWN MEALS FOLLOWING THE GUIDELINES BELOW. AS A RULE PICK ONE PROTEIN, ONE CARB AND VEGETABLES AS MUCH AS YOU LIKE

PROTEIN SOURCE

ESTIMATED GUIDELINE PER MEAL

CHICKEN 100-150G

LEAN BEEF 100-150G

TURKEY 100-150G

WHITE FISH UP TO 200G

EGGS -UP TO 5/6 EGGS

SALMON 150-200G

TUNA IN SPRING WATER - 1 TIN

QUORN - SCAN ON MY

FITNESSPAL DEPENDING ON

VARIETY

HECK SAUSAGES - UP TO 4

CARBOHYDRATE SOURCE

ESTIMATED GUIDELINE PER MEAL

WHOLE GRAIN RICE 50-100G

SWEET POTATO 150-250G

WHITE POTATO -150-250G

WHOLEGRAIN PASTA 100-150G

WHOLEGRAIN TORTILLA WRAPS 1 WRAP

VEGETABLE OPTIONS

GREEN BEANS

BROCCOLI

CABBAGE

ASPARAGUS

KALE

SPINACH

MANGETOUT

SIDESALADS

PEPPERS

MUSHROOMS

ONIONS

SPRING ONIONS

CAULIFLOWER LETTUCE

DIET FRAME WORK - MENS

BREAKFAST OPTIONS

- SMALL SERVING OF OATS/PORRIDGE 50-80G (THINK ABOUT ADDING ANY FRUIT, SCOOP OF PROTEIN POWDER OR ANY ZERO OR LOW CALORIE SYRUPS. WITH 150-200ML OF ALMOND, SOYA, OAT OR SKIMMED MILK
- OMELETTE 4-6 EGG WHITES (1 EGG YOLK) OR SCRAMBLED EGG. ADD ANYTHING FROM TOMATOES, SPRING ONIONS, PEPPERS, MUSHROOMS OR SMALL AMOUNT OF CHEESE TO YOUR OMELETTE
- 150G OF NATURAL YOGURT WITH SMALL FRUIT AND TEASPOON OF HONEY OR SCOOP OF PROTEIN POWDER
- 80G OF BRAN FLAKES AND PROTEIN SHAKE WITH WATER

SNACK OPTIONS

YOU COULD PROBABLY INCORPORATE 2 OF THESE IN ONE SERVING DEPENDING ON YOUR TDEE

- PROTEIN BAR
- FLAVOURED RICE CAKES
- PROTEIN YOGURT - THERE'S A HUGE VARIETY AVAILABLE NOW
- APPLE AND PEANUT BUTTER (WHOLE EARTH ONLY)
- NATURE VALLEY BARS
- SMALL PORTION OF FRUIT

MAIN MEALS

MAIN MEALS SHOULD IDEALLY CONSIST OF A GOOD PROTEIN SOURCE ACCOMPANIED BY A CARB FROM THE LIST, TRY AND ADD AS MUCH COLOUR TO YOUR FOOD AS POSSIBLE AND FILL UP ON VEGETABLES, I'D RECOMMEND TRYING MEALS FROM THE RECIPE SECTIONS FOR 3-4 NIGHTS OF THE WEEK THEN MAKE YOUR OWN MEALS FOLLOWING THE GUIDELINES BELOW. AS A RULE PICK ONE PROTEIN, ONE CARB AND VEGETABLES AS MUCH AS YOU LIKE

PROTEIN SOURCE

ESTIMATED GUIDELINE PER MEAL

CHICKEN 150-250G
LEAN BEEF 150-250G
TURKEY 150-250G
WHITE FISH UP TO 300G
EGGS -UP TO 7/8 EGGS
SALMON 200-250G
TUNA IN SPRING WATER - 2TIN
QUORN - SCAN ON MY
FITNESSPAL DEPENDING ON
VARIETY
HECK SAUSAGES - UP TO 6

CARBOHYDRATE SOURCE

ESTIMATED GUIDELINE PER MEAL

WHOLE GRAIN RICE 100-175G
SWEET POTATO 200-300G
WHITE POTATO -200-300G
WHOLEGRAIN PASTA 150-200G
WHOLEGRAIN TORTILLA WRAPS 2 WRAP

VEGETABLE OPTIONS

GREEN BEANS
BROCCOLI
CABBAGE
ASPARAGUS
KALE
SPINACH
MANGETOUT
SIDESALADS
PEPPERS
MUSHROOMS
ONIONS
SPRING ONIONS
CAULIFLOWER LETTUCE