My PERSONAL NUTRITION

2800kcal Meal Plan - Day 1

Breakfatst - Smoked Salmon, Eggs on Wholemeal Toast

	Food Name	Quantity (g)	Measure	Energy(Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Fibre (g)
Breakfast	Bread wholemeal toasted	128	2x Medium slice	320	57.6	14.4	3.72	10.4
	Eggs	171	3x Medium Eggs	228	2.1	21.45	14.85	0
	Salmon smoked (cold-smoked)	112	1x Average Portion	206	0.56	25.6	11.4	0
			Meal Totals	**754**	**60.26**	**61.45**	**29.97**	**10.4**
			Snack 1					
Snack	Grapes Red	300	1 Large Bunch	213	51	1.8	0.3	3.9
	Natural Greek Yoghurt	125	1 Average Pot	100	9.5	7	3.8	0
			Meal Totals	**313**	**60.5**	**8.8**	**4.1**	**3.9**
			Lunch - Chicken Salald Wrap					
Lunch	Lettuce	252	normal serving per wrap	28.4	3.52	3	0.24	3.76
	Chicken Breast Chopped	90	1x in each wrap/sandwich	110	0.9	22.6	1.8	0
	Cucumber	110	5-6 slices per wrap	15.6	1.32	1.1	0.66	0.78
	Lime Juice Fresh	16	squeeze in each wrap	1.34	0.24	0.06	0.02	0.02
	Wholemeal Wrap	134	2x Average Wrap	400	60.4	11.6	12.6	7
			Meal Totals	**555.34**	**66.38**	**38.36**	**15.32**	**11.56**
			Snack 2					
Snack	Houmous	140	Large Serving	230	21.5	9.5	15.5	6.5
	Carrots	100.5	3 medium carrot	68.4	15.6	1.02	0.81	7.8
			Meal Totals	**298.4**	**37.1**	**10.52**	**16.31**	**14.3**
			Dinner - Spaghetti Bolognese					
Dinner	Wholewheat Spaghetti/Pasta	140	large serving	484.88	85.84	17.632	3.48	16.24
	Lean Mince Beef	113	medium serving	141	0	24.6	4.65	0
	Onions	40	1 x large	14.6	3.2	0.4	0.04	0.88
	Garlic	1	1/3 of a garlic clove	0.97	0.15	0.08	0.01	0.04
	Passata Plain	83	1x average jar	28.2	5	1.7	0.17	1.2
	Chopped Olives	8	10x average piece	18	0.4	0.15	1.8	0.22
	Corriander Dried Ground	1	0.5 teaspoon	1	0.15	0.05	0.03	0.25
	Parsley Fresh	3	pinch of parsley leaves	1.1	0.09	0.1	0.04	0.17
			Meal Totals	**689.75**	**94.83**	**44.712**	**10.22**	**19**
			Snack 3					
Snack	Rice Cakes Plain	18	2 x plain rice cakes	63	13	1.3	0.61	0.9
	Tuna Canned in Brine Drained	130	Half a standard can drained	142	0	32.4	1.3	0
			Meal Totals	**205**	**13**	**33.7**	**1.91**	**0.9**
				Energy(Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Fibre (g)
			Plan Total:	**2815.49**	**332.07**	**197.542**	**77.83**	**60.06**

My PERSONAL NUTRITION

2800kcal Meal Plan - Day 2

Breakfast - Natural Yoghurt, Strawberries and Honey

	Food Name	Quantity (g)	Measure	Energy(Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Fibre (g)
Breakfast	Yogurt Greek Style Plain	140	2.8 Tablespoon	186.2	6.44	7.98	14.28	0
	Strawberries	120	Small/Medium Serving	37.56	7.32	0.72	0.6	4.56
	Raspberries	65	Medium Handful	30	3+BU54:CD86	0.9	0	4.4
	Honey (runny)	21	2 Teaspoon	67.5	11.215	0.0615	0	0
			Meal Totals	**321.26**	**24.975**	**9.6615**	**14.88**	**8.96**

Snack 1

Snack	Banana	100	1x Medium	86	20	1.2	0.1	1.4
	Whole Almonds	10.02	10 Whole	58.617	0.7014	2.171	5.344	1.5865
	Cucumber	150	1/4 Average Cucumber	21.3	1.8	1.5	0.9	1.1
	Houmous	60	2 Tablespoon	184	5.8	2	16	3
			Meal Totals	**349.917**	**28.3014**	**6.871**	**22.344**	**7.0865**

Lunch - Tuna Pasta

Lunch	Wholemeal Pasta	150	Small/Medium Serving	483	91.5	19.8	4.2	14.1
	Tuna Canned in Brine Drained	130	1x Standard Can (180g) Dra	141	0	32.4	1.3	0
	Sweetcorn (tinned)	66	1 Average Serving	39.7	5	2.2	1.2	2.6
	Peas (frozen)	160	1 Average Serving	112	16.8	8.8	1.12	8.8
	Mayonnaise	28	2 Teaspoon	202	0.36	0.3	22.2	0
	Kiwi	120	2 x kiwi	71	13	1.4	0.6	2.8
			Meal Totals	**1048.7**	**126.66**	**64.9**	**30.62**	**28.3**

Snack 2

Snack	Cucumber	150	1/4 Average Cucumber	21.3	1.8	1.5	0.9	1.1
	Cherry tomatoes	140	Average Serving	42	5	1.5	0.7	1.8
	Prawns	300	LARGE Serving	184	1.6	44	1.6	1.6
	Avocado	140	1/2 Avocado	276	2.6	2.6	28	4.8
	Balsamic Vinegar	10	1 Tablespoon	10	1.9	0	0	0
			Meal Totals	**533.3**	**12.9**	**49.6**	**31.2**	**9.3**

Dinner - Chicken, Potatoes and Veg

Dinner	New Potatoes	192	1x Medium/Large Serving	142.5	33.6	3.45	0.195	3
	Chicken	156	1 Medium/Large Fillet	165.6	0	37.44	1.68	0
	Asparagus	84	1 Average Serving	22.2	1.2	2.9	0.67	1.2
	Spinach	75	1 Average Serving	18.6	1.2	2.1	0.6	2.9
	Olive Oil	26	2 Table Spoon (drizzle)	234	0	0	26	0
			Meal Totals	**582.9**	**36**	**45.89**	**29.145**	**7.1**
				Energy(Kcal)	**Carbohydrate (g)**	**Protein (g)**	**Fat (g)**	**Fibre (g)**
			Plan Total:	**2836.077**	**228.8364**	**176.9225**	**128.189**	**60.7465**

My PERSONAL NUTRITION

2800kcal Meal Plan - Day 3

Breakfast - Wholemeal Bagel and Peanut Butter

	Food Name	Quantity (g)	Measure	Energy(Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Fibre (g)
Breakfast	Wholemeal Bagel	76	1 Average Size Bagel	224	39	9.8	1.7	6.7
	Peanut Butter	36	Medium Spead On One Side	228	2.6	10.4	19.2	2.6
			Meal Totals	**452**	**41.6**	**20.2**	**20.9**	**9.3**

Snack 1 - Banana and Cashew Nuts

Snack	Banana	150	1x large	129	30	1.8	0.15	2.1
	Cashew Nuts	36	20 Whole Nuts	214	6	7.6	17.4	1.6
			Meal Totals	**343**	**36**	**9.4**	**17.55**	**3.7**

Lunch - Pesto Chicken Pasta

Lunch	Wholemeal Pasta	120	Large Serving	408	72	15.9	3.3	11.4
	Chicken	140	1 Large Fillet	148.4	0	33.6	1.54	0
	Mixed Veg (onions, peppers, mushrooms)	100	Medium/Large Serving	60	8.5	3.3	0.4	4.5
	Green Pesto	50.001	1/2 Tablespoon	155.7174	4.14294	2.1429	14.14314	1.1
			Meal Totals	**772.1174**	**84.64294**	**54.9429**	**19.38314**	**17**

Snack 2 - Tomato, Cucumber and Mozzarella Salad

Snack	Mozarella	150	Medium Sreving	384	0	27.3	30	0
	Cucumber	150	1/4 Average Cucumber	21.3	1.8	1.5	0.9	1.1
	Cherry tomatoes	280	Average Serving	84	10	3	1.4	3.6
	Balsamic Vinegar	10	1 Tablespoon	10	1.9	0	0	0
			Meal Totals	**499.3**	**13.7**	**31.8**	**32.3**	**4.7**

Dinner - Salmon, Rice and Veg

Dinner	Wholegrain Brown Rice	90	1x Medium Portion	315	63	7.65	2.475	3.25
	Salmon	120	1 x Medium Fillet	213	0	28.5	11.25	0
	Spinach	75	1 Average Serving	18.6	1.2	2.1	0.6	2.9
	Brocolli	160	1 Average Serving	160	5.2	7	1	6.4
			Meal Totals	**706.6**	**69.4**	**45.25**	**15.325**	**12.55**

	Energy(Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Fibre (g)
Plan Total:	**2773.0174**	**245.34294**	**161.5929**	**105.45814**	**47.25**