

1100-1300kcal

MEAL PLAN

MEAL PLANS EXPLAINED...

In this document we've outlined a week's worth of meal plans.
One for each day of the week.

Before you take a look at the meal plans, we just want to outline some
things you should be aware of.

1. Introduction

The subject of nutrition can be a minefield at times and knowing what to eat, when to eat and how much to eat can be confusing.

The purpose of this document is to give you an easy guide to follow in order to set up your own diet that you can experiment with.

2. Embrace the learning process

These meal plans are for example purposes only and shouldn't be followed as a prescription for nutrition. These individual plans are there as a guide to give you an understanding of how you should set up your nutrition and eating habits based around how many calories you should be consuming.

3. The dreaded 'Calorie'

No matter where you are and at what point you are on your fitness journey it is always a good idea to begin to learn about calories.

When it comes to weightloss/fatloss or changing your body composition goals it always comes down to the amount of energy you take in (food and fluids) and the amount of energy you expend (Exercise).

Obviously there is a bit more to it than that but a good understanding of calorie control is half the battle when it comes to weightloss.

4. Don't sweat the small details

If you are thinking of using this resource you will first need to know your calorie requirements specific to you and then your protein requirements. These two factors are very important when first starting out and are more than enough to get you started.

5. The Diet set up

For the most part you want to be consuming nutrient dense whole foods for most of your diet that includes lean proteins, healthy fats, good carbohydrate sources and a lot of fruit and vegetables.

Having said that its fine to have some treats and food you enjoy as long as they fit around your calorie targets and they don't throw you way off track with your eating habits.

6. When to eat

That is entirely up to you and depends how you go about your day. There is no set in stone way of scheduling meals.

If you like a big plate full then go for 2-3 larger meals a day based around your caloric needs. If you are a smaller eater then look at 4-6 smaller portions of food spread out throughout the day.

The important factors are it has got to fit around your lifestyle and as long as your calorie targets are being met it really doesn't matter when you eat your meals.

However one thing i would try to get into the habit of is, when training try to have a meal consisting of a portion of protein and some carbs 30-60 mins beforehand as this can help to assist with energy for your training and recovery afterwards. something like a small banana and a protein shake is ideal.

Below you will find a 7 day example meal plan for your calorie range.

Monday

1100-1300kcal

Daily Totals

1385kcal

120.9g

134.6g

38.8g

Breakfast

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Oats	40g	156	7	26	3
Skimmed Milk	200ml	70	7	10	0.2
Banana	1 Medium	105	1.3	25	0.3
Whey Protein	1 scoop	113	24	1.8	1
Breakfast Total		444	39.3	62.8	4.5

Lunch

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Banana	1 Medium	105	1.3	25	0.3
Chicken Breast with light seasoning	100g (grilled)	195	30	0	5
Salad Mix (tomatoes, salad, cucumbers, etc)	Medium Size Serving	0	0	0	0
Olive Oil	1 Tsp	100	0	0	10
Lunch Total		400	31.3	25	15.3

Dinner

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Salmon Fillet (grilled)	120g	270	25	0	18
Medium Sized Sweet Potato (palm size)	100g	86	1	20	0
Steamed Veggies (broccoli etc)	100g	0	0	0	0
Dinner Total		356	26	20	18

Snack

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Whey Protein	1 Scoop	113	24	1.8	1
Apple	1 Medium	72	0.3	25	0
Snack Total		185	24.3	26.8	1

Notes/Additional Information:

Tuesday

1100-1300kcal

Daily Totals

1257kcal

93.6g

154.6g

23.4g

Breakfast

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
0% Greek Yoghurt	150g	85	15	6	0
Blueberries (or any berry of choice)	100g	57	0.7	15	0.3
Walnuts	20g	131	3	2	13
Breakfast Total		273	18.7	23	13.3

Lunch

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Wholewheat Pita	1	170	6	35	1.6
Tuna (chunks in brine)	100g	105	25	0	0.4
Lettuce, Tomatoes, Cucumbers		0	0	0	0
Banana	1 Medium	105	1.3	25	0.3
Lunch Total		380	32.3	60	2.3

Dinner

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Chicken Breast with light seasoning	100g (grilled)	195	30	0	5
Steamed veggies (broccoli, carrots, etc)	100g	130	5	26	0.3
Rice (brown or white, doesn't matter)	80g (cooked)	103	2	22	0.2
Dinner Total		428	37	48	5.5

Snack

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Rice Cakes	2	80	1.6	16	1.2
Peanut Butter (or any other nut butter)	15g	96	4	7.6	2.3
Snack Total		176	5.6	23.6	2.3

Notes/Additional Information:

Wednesday

1100-1300kcal

Daily Totals

1314kcal

84.7g

147g

34.5g

Breakfast

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Oats	40g	156	7	26	3
Skimmed Milk	200ml	70	7	10	0.2
Orange	1 Medium	86	1.3	20	0.2
Breakfast Total		312	15.3	56	3.4

Lunch

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Whole Egg	1 Medium	74	6.2	0	5
Egg whites	4	128	12	0	0
Turkey Breast Slices	100g	110	21	3	1
Veggies (onions, tomatoes, peppers, etc)		0	0	0	0
Lunch Total		312	39.2	3	6

Dinner

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Wholewheat Pasta	80g (weigh uncooked)	261	9.6	53	0.8
Tomato Sauce	100g	37	1.3	7	0.2
Cheese	30g	117	7	0	9.6
Olive Oil	1 tsp	100	0	0	10
Dinner Total		515	17.9	60	20.6

Snack

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Cottage Cheese	100g	103	12	3	4.5
Apple	1 Medium	72	0.3	25	0
Snack Total		175	12.3	28	4.5

Notes/Additional Information:

Thursday

1100-1300kcal

Daily Totals

1257kcal

93.6g

154.6g

23.4g

Breakfast

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
0% Greek Yoghurt	150g	85	15	6	0
Blueberries (or any berry of choice)	100g	57	0.7	15	0.3
Walnuts	20g	131	3	2	13
Breakfast Total		273	18.7	23	13.3

Lunch

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Wholewheat Pita	1	170	6	35	1.6
Tuna (chunks in brine)	100g	105	25	0	0.4
Lettuce, Tomatoes, Cucumbers		0	0	0	0
Banana	1 Medium	105	1.3	25	0.3
Lunch Total		380	32.3	60	2.3

Dinner

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Chicken Breast with light seasoning	100g (grilled)	195	30	0	5
Steamed veggies (broccoli, carrots, etc)	100g	130	5	26	0.3
Rice (brown or white, doesn't matter)	80g (cooked)	103	2	22	0.2
Dinner Total		428	37	48	5.5

Snack

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Rice Cakes	2	80	1.6	16	1.2
Peanut Butter (or any other nut butter)	15g	96	4	7.6	2.3
Snack Total		176	5.6	23.6	2.3

Notes/Additional Information:

Friday

1100-1300kcal

Daily Totals

1318kcal

124.6g

134.6g

30.8g

Breakfast

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Oats	40g	156	7	26	3
Skimmed Milk	200ml	70	7	10	0.2
Banana	1 Medium	105	1.3	25	0.3
Whey Protein	1 Scoop	113	24	1.8	1
Breakfast Total		444	39.3	62.8	4.5

Lunch

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Wholewheat Bread	2 Slices	138	5	25	2.3
Chicken Breast with light seasoning	100g (grilled)	195	30	0	5
Salad Mix (tomatoes, salad, cucumbers, etc)	Medium Size Serving	0	0	0	0
Lunch Total		333	35	25	7.3

Dinner

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Salmon Fillet (grilled)	120g	270	25	0	18
Medium Sized Sweet Potato (palm size)	100g	86	1	20	0
Steamed Veggies (broccoli etc)	100g	0	0	0	0
Dinner Total		356	26	20	18

Snack

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Whey Protein	1 Scoop	113	24	1.8	1
Apple	1 Medium	72	0.3	25	0
Snack Total		185	24.3	26.8	1

Notes/Additional Information:

Saturday

1100-1300kcal

Daily Totals

1188kcal

101.9g

83.3g

44.8g

Breakfast

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Wholewheat Bread	2 Slices	138	5	25	2.3
Peanut Butter	15g	96	4	8	2.3
Whey Protein	1 Scoop	113	24	1.8	1
Breakfast Total		347	33	34.8	5.6

Lunch

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Salad Bowl (cucumbers, salad, tomatoes, etc)	Medium Serving	0	0	0	0
Chicken Breast Slices	100g	113	24	0.3	1.6
Red Kidney Beans	100g	85	5	16	0.3
Olive Oil	1 Tbsp	100	0	0	10
Lunch Total		298	29	16.3	11.9

Dinner

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Salmon Fillet (grilled)	120g	270	25	0	18
White Potatoes	100g (weigh raw)	80	2.1	17.2	0.2
Steamed Broccoli	100g	0	0	0	0
Dinner Total		350	27.1	17.2	18.2

Snack

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
85% Dark Chocolate	2 Squares	106	2	4	9
Strawberries	100g	30	0.8	7	0.1
0% Greek Yoghurt	100g	57	10	4	0
Snack Total		193	12.8	15	9.1

Notes/Additional Information:

Sunday

1100-1300kcal

Daily Totals

1314kcal

84.7g

147g

34.5g

Breakfast

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Oats	40g	156	7	26	3
Skimmed Milk	200ml	70	7	10	0.2
Orange	1 Medium	86	1.3	20	0.2
Breakfast Total		312	15.3	56	3.4

Lunch

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Whole Egg	1 Medium	74	6.2	0	5
Egg whites	4	128	12	0	0
Turkey Breast Slices	100g	110	21	3	1
Veggies (onions, tomatoes, peppers, etc)		0	0	0	0
Lunch Total		312	39.2	3	6

Dinner

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Wholewheat Pasta	80g (weigh uncooked)	261	9.6	53	0.8
Tomato Sauce	100g	37	1.3	7	0.2
Cheese	30g	117	7	0	9.6
Olive Oil	1 tsp	100	0	0	10
Dinner Total		515	17.9	60	20.6

Snack

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Cottage Cheese	100g	103	12	3	4.5
Apple	1 Medium	72	0.3	25	0
Snack Total		175	12.3	28	4.5

Notes/Additional Information: