

# 2100-2300kcal

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

2100-2300kcal

Daily Totals

2282kcal

139.9g

146.8g

86.2g

## Breakfast

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Alpen	60g	211	7	40	3
Greek Yoghurt (full fat)	350g	336	32	13	17.5
Nut and Raisin Mix	30g	154	5	9	10
Skimmed Milk	200ml	98	7	10	3.4
<b>Breakfast Total</b>		<b>799</b>	<b>51</b>	<b>72</b>	<b>33.9</b>

## 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
Olive Oil	1 Tsp	100	0	0	10
<b>Lunch Total</b>		<b>433</b>	<b>35</b>	<b>25</b>	<b>17.3</b>

## 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
<b>Dinner Total</b>		<b>356</b>	<b>26</b>	<b>20</b>	<b>18</b>

## Snack #1

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
Brazil Nuts	25g	164	3.6	3	16
<b>Snack Total</b>		<b>349</b>	<b>27.9</b>	<b>29.8</b>	<b>17</b>

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# Monday

2100-2300kcal

Daily Totals

2282kcal

139.9g

146.8g

86.2g

## Snack #2

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Banana	1 Medium	105	1.3	25	0.3
Rice Cakes	2	80	1.6	16	1.2
Peanut Butter (or any other nut butter)	25g	160	7	4	12
<b>Snack Total</b>		<b>345</b>	<b>9.9</b>	<b>45</b>	<b>12.3</b>

Notes/Additional Information:

# Tuesday

2100-2300kcal

Daily Totals

2135kcal

150.3g

246.4g

66.4g

## 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
<b>Breakfast Total</b>		<b>444</b>	<b>39.3</b>	<b>62.8</b>	<b>4.5</b>

## 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
<b>Lunch Total</b>		<b>380</b>	<b>32.3</b>	<b>60</b>	<b>2.3</b>

## 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
Extra Virgin Olive Oil	1 Tbsp	119	0	0	13.5
<b>Dinner Total</b>		<b>547</b>	<b>37</b>	<b>48</b>	<b>19</b>

## Snack #1

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Quest Bar	1 Scoop	200	20	22	9
Apple	1 Medium	72	0.3	25	0
85% Dark Chocolate	4 Squares	212	4.4	7.6	18.4
<b>Snack Total</b>		<b>484</b>	<b>24.7</b>	<b>54.6</b>	<b>27.4</b>

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# Tuesday

2100-2300kcal

Daily Totals

2135kcal

150.3g

246.4g

66.4g

## Snack #2

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Orange	1 Medium	86	1	21	0.2
Whole Egg	3 Medium	194	16	0	13
Salad Mix (tomatoes, salad, cucumbers, etc)	Medium Size Serving	0	0	0	0
<b>Snack Total</b>		<b>280</b>	<b>17</b>	<b>21</b>	<b>13.2</b>

Notes/Additional Information:

# Wednesday

2100-2300kcal

Daily Totals

2349kcal

157.4g

291.8g

70.3g

## Breakfast

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Oats	100g	390	17	67	7
Skimmed Milk	300ml	147	10	15	5
Raspberries	100g	52	1.2	12	0.6
<b>Breakfast Total</b>		<b>589</b>	<b>28.2</b>	<b>94</b>	<b>12.6</b>

## Lunch

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Wholewheat bun	2	468	16	89	5
Lean beef patty (90% lean)	150g	326	39	0	17.6
Cheese slices	2	110	5	1.8	10
<b>Lunch Total</b>		<b>904</b>	<b>60</b>	<b>90.8</b>	<b>32.6</b>

## 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
Lean Mince	150g	189	30	0	7.5
<b>Dinner Total</b>		<b>604</b>	<b>47.9</b>	<b>60</b>	<b>18.1</b>

## Snack

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Protein Bar (quest bar)	1	180	21	22	7
Apple	1 Medium	72	0.3	25	0
<b>Snack Total</b>		<b>252</b>	<b>21.3</b>	<b>47</b>	<b>7</b>

Notes/Additional Information:



# Thursday

2100-2300kcal

Daily Totals

2120kcal

107.6g

185.8g

54.7g

## Breakfast

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Crunchy Nut	60g	242	4	50	3
Skimmed Milk	300ml	147	10	15	5
Nut and Raisin Mix	30g	154	5	9	10
Apple	1 Medium	72	0.3	25	0
<b>Breakfast Total</b>		<b>615</b>	<b>19.3</b>	<b>99</b>	<b>18</b>

## 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
Olive Oil	1 Tsp	100	0	0	10
<b>Lunch Total</b>		<b>433</b>	<b>35</b>	<b>25</b>	<b>17.3</b>

## 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)	200g	160	4	35	0.4
Steamed Veggies (broccoli etc)	100g	0	0	0	0
<b>Dinner Total</b>		<b>430</b>	<b>29</b>	<b>35</b>	<b>18.4</b>

## Snack #1

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
<b>Snack Total</b>		<b>185</b>	<b>24.3</b>	<b>26.8</b>	<b>1</b>

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# Thursday

2100-2300kcal

Daily Totals

2120kcal

107.6g

185.8g

54.7g

## Snack #2

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)	25g	160	7	4	12
Grenade Carb Killa	1 bar	217	23	13.5	8
<b>Snack Total</b>		<b>457</b>	<b>31.6</b>	<b>33.5</b>	<b>20</b>

Notes/Additional Information:

# Friday

2100-2300kcal

Daily Totals

2349kcal

157.4g

291.8g

70.3g

## Breakfast

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Oats	100g	390	17	67	7
Skimmed Milk	300ml	147	10	15	5
Raspberries	100g	52	1.2	12	0.6
<b>Breakfast Total</b>		<b>589</b>	<b>28.2</b>	<b>94</b>	<b>12.6</b>

## Lunch

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Wholewheat bun	2	468	16	89	5
Lean beef patty (90% lean)	150g	326	39	0	17.6
Cheese slices	2	110	5	1.8	10
<b>Lunch Total</b>		<b>904</b>	<b>60</b>	<b>90.8</b>	<b>32.6</b>

## 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
Lean Mince	150g	189	30	0	7.5
<b>Dinner Total</b>		<b>604</b>	<b>47.9</b>	<b>60</b>	<b>18.1</b>

## Snack

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Protein Bar (quest bar)	1	180	21	22	7
Apple	1 Medium	72	0.3	25	0
<b>Snack Total</b>		<b>252</b>	<b>21.3</b>	<b>47</b>	<b>7</b>

Notes/Additional Information:

# Saturday

2100-2300kcal

Daily Totals

2376kcal

146.8g

176.8g

83.3g

## Breakfast

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Alpen	45g (1 serving)	158	5	30	2.3
Greek Yoghurt (full fat)	350g	336	32	13	17.5
Nut and Raisin Mix	30g	154	5	9	10
<b>Breakfast Total</b>		<b>648</b>	<b>42</b>	<b>52</b>	<b>29.8</b>

## Lunch

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Salmon Fillet (grilled)	120g	270	25	0	18
Medium Sized Sweet Potato (palm size)	200g	160	4	35	0.4
Steamed Veggies (broccoli, etc)	100g	0	0	0	0
<b>Lunch Total</b>		<b>430</b>	<b>29</b>	<b>35</b>	<b>18.4</b>

## 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
Lean Mince	150g	189	30	0	7.5
<b>Dinner Total</b>		<b>604</b>	<b>47.9</b>	<b>60</b>	<b>18.1</b>

## Snack #1

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Whey Protein	1 Scoop	113	24	18	1
Apple	1 Medium	72	0.3	25	0
Brazil Nuts	25g	164	3.6	3	16
<b>Snack Total</b>		<b>349</b>	<b>27.9</b>	<b>29.8</b>	<b>17</b>

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# Saturday

2100-2300kcal

Daily Totals

2376kcal

146.8g

176.8g

83.3g

## Snack #2

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Banana	1 Medium	105	1.3	25	0.3
Rice Cakes	2	80	1.6	16	1.2
Peanut Butter (or any other nut)	25g	160	7	4	12
<b>Snack Total</b>		<b>345</b>	<b>9.9</b>	<b>45</b>	<b>12.3</b>

Notes/Additional Information:

# Sunday

2100-2300kcal

Daily Totals

2282kcal

139.9g

146.8g

86.2g

## Breakfast

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Alpen	60g	211	7	40	3
Greek Yoghurt (full fat)	350g	336	32	13	17.5
Nut and Raisin Mix	30g	154	5	9	10
Skimmed Milk	200ml	98	7	10	3.4
<b>Breakfast Total</b>		<b>799</b>	<b>51</b>	<b>72</b>	<b>33.9</b>

## 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
Olive Oil	1Tsp	100	0	0	10
<b>Lunch Total</b>		<b>433</b>	<b>35</b>	<b>25</b>	<b>17.3</b>

## 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
<b>Dinner Total</b>		<b>356</b>	<b>26</b>	<b>20</b>	<b>18</b>

## Snack #1

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
Brazil Nuts	25g	164	3.6	3	16
<b>Snack Total</b>		<b>349</b>	<b>27.9</b>	<b>29.8</b>	<b>17</b>

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# Sunday

2100-2300kcal

Daily Totals

2282kcal

139.9g

146.8g

86.2g

## Snack #2

Food Item	Amount	Calories	Protein (g)	Carbs (g)	Fat (g)
Banana	1 Medium	105	1.3	25	0.3
Rice Cakes	2	80	1.6	16	1.2
Peanut Butter (or any other nut butter)	25g	160	7	4	12
<b>Snack Total</b>		<b>345</b>	<b>9.9</b>	<b>45</b>	<b>12.3</b>

Notes/Additional Information: