



**Meal Planner - 100kg Female, exercise 3-4 times per week (Target 2,640 - 2900 Kcal per day)**

Quantity	Measurement	Weight (grams)	Food Description	Protein (grams)	Fats (grams)	Carbs (grams)	Calories
<b>Breakfast</b>							
1	each	57	Egg	6.0	6.0	0.0	<b>78.0</b>
3	each	84	Egg white	9.0	0.0	0.0	<b>36.0</b>
1/2	cup	75	Zucchini	1.0	0.0	2.5	<b>14.1</b>
1/2	cup	50	Mushrooms, button	2.0	0.0	2.0	<b>16.0</b>
2	slices	30	Bread, spelt	8.0	4.0	40.0	<b>228.0</b>
1/2	1 small	55	Avocado	1.0	9.0	2.0	<b>93.0</b>
3/4	cup	100	Berries, mixed frozen	1.1	0.5	10.4	<b>50.5</b>
2	capsule	2	Fish oil capsule	0.0	2.0	0.0	<b>18.0</b>
<b>Totals:</b>				<b>28.1</b>	<b>21.5</b>	<b>56.9</b>	<b>533.6</b>
<b>AM Snack</b>							
1/4	cup nuts (15)	25	Nuts, mixed,unsalted	3.7	15.0	4.1	<b>166.2</b>
1	scoop	30g	Whey Protein Shake	26.7	0.3	0.1	<b>109.7</b>
1	medium 16cm	170	Banana	1.0	0.0	25.0	<b>104.0</b>
1	medium,	100	Kiwi	1.5	0.0	10.0	<b>46.0</b>
<b>Totals:</b>				<b>32.9</b>	<b>15.3</b>	<b>39.2</b>	<b>425.9</b>
<b>Lunch</b>							
2	small can	100	Tuna, canned in springwater, drained	56.0	6.0	0.0	<b>278.0</b>
2	slices	30	Rye bread, light	6.0	2.0	28.0	<b>154.0</b>
1	small	100	Tomato	1.0	0.0	4.0	<b>20.0</b>
1/2	cup	30	Spinach	3.0	0.5	3.5	<b>30.5</b>
1	cup	120	Capsicum	1.5	0.0	8.5	<b>40.0</b>
1/2	cup	50	Mushrooms, button	2.0	0.0	2.0	<b>16.0</b>
1/2	tablespoon	10	Olive oil	0.0	10.0	0.0	<b>90.0</b>
<b>Totals:</b>				<b>69.5</b>	<b>18.5</b>	<b>46.0</b>	<b>628.5</b>
<b>PM Snack</b>							
1	thin 1/4 slice	120	Watermelon	0.5	0.0	4.0	<b>18.0</b>
1 scoop	scoop	30	Whey Protein Shake	26.7	0.3	0.1	<b>109.7</b>
2	tsp	2	Vital Greens vegetable powder	3.6	0.0	4.0	<b>30.4</b>
1	tablespoon	15	Seeds, pumpkin & sunflower mixed	6.0	5.5	6.5	<b>99.5</b>
2	capsule	2	Fish oil capsule	0.0	2.0	0.0	<b>18.0</b>
<b>Totals:</b>				<b>36.8</b>	<b>7.8</b>	<b>14.6</b>	<b>275.6</b>
<b>Dinner</b>							
2	portion	200	Turkey	104.0	4.0	0.0	<b>452.0</b>
2	teaspoon	10	Coconut oil	0.0	10.0	0.0	<b>90.0</b>
1/2	cup	30	Spinach	3.0	0.5	3.5	<b>30.5</b>
1/2	cup	75	Zucchini	1.0	0.0	2.5	<b>14.1</b>
1/2	cup	100	Cauliflower	2.0	0.0	5.0	<b>28.0</b>
4	florets	90	Broccoli	4.0	0.0	10.0	<b>56.0</b>
<b>Totals:</b>				<b>114.0</b>	<b>14.5</b>	<b>21.0</b>	<b>670.6</b>
<b>Evening Snack</b>							
2	capsule	2	Fish oil capsule	0.0	2.0	0.0	<b>18.0</b>
1	thin 1/4 slice	120	Watermelon	0.5	0.0	4.0	<b>18.0</b>
1	tablespoon	15	Seeds, pumpkin & sunflower mixed	6.0	5.5	6.5	<b>99.5</b>
1	small tub	200	Nestle No Fat mixed berry	9.0	0.0	10.0	<b>76.0</b>
<b>Totals:</b>				<b>15.5</b>	<b>7.5</b>	<b>20.5</b>	<b>211.5</b>
<b>Actual Daily totals (grams):</b>				<b>296.8</b>	<b>85.1</b>	<b>198.2</b>	
<b>Actual Daily totals (Calories):</b>				<b>1187.2</b>	<b>765.9</b>	<b>792.6</b>	<b>2745.7</b>
<b>Actual % of Total Calories:</b>				<b>43</b>	<b>28</b>	<b>29</b>	<b>100</b>