



Meal Planner - 60kg Female, Exercise 3-4 times per week (Target 1,584 - 1848 kcal per day)

Quantity	Measurement	Weight (grams)	Food Description	Protein (grams)	Fats (grams)	Carbs (grams)	Calories
Breakfast							
2	each	114	Egg	12.0	12.0	0.0	156.0
3	each	84	Egg white	9.0	0.0	0.0	36.0
1	slices	30	Rye bread, light	3.0	1.0	14.0	77.0
1/2	1 small	55	Avocado	1.0	9.0	2.0	93.0
Totals:				25.0	22.0	16.0	362.0
AM Snack							
1/4	cup nuts (15)	25	Nuts, mixed, unsalted	3.7	15.0	4.1	166.2
1	scoop	30g	Whey Protein Shake	26.7	0.3	0.1	109.7
1	small	50	Mandarin	1.0	0.0	6.0	28.0
Totals:				31.4	15.3	10.2	303.9
Lunch							
1	portion	100	Chicken	28.0	1.5	0.0	125.5
1/2	cup	60	Mushrooms, button	2.0	0.0	2.0	16.0
1/2	cup	30	Spinach	3.0	0.5	3.5	30.5
1	small	100	Carrot	1.0	0.0	11.0	48.0
1/2	tablespoon	20	Olive oil	0.0	10.0	0.0	90.0
1	slices	30	Rye bread, light	3.0	1.0	14.0	77.0
Totals:				37.0	13.0	30.5	387.0
PM Snack							
1	thin 1/4 slice	120	Watermelon	0.5	0.0	4.0	18.0
1/2	medium 16cm	170	Banana	0.5	0.0	12.5	52.0
1	tablespoon	15	Seeds, pumpkin & sunflower mixed	6.0	5.5	6.5	99.5
1	capsule	1	Fish oil capsule	0.0	1.0	0.0	9.0
Totals:				7.0	6.5	23.0	178.5
Dinner							
1	portion	100	Beef	27.0	5.0	0.0	153.0
1	teaspoon	5	Coconut oil	0.0	5.0	0.0	45.0
1/2	cup	30	Spinach	3.0	0.5	3.5	30.5
1	small	100	Carrots	1.0	0.0	11.0	48.0
2	florets	45	Broccoli	2.0	0.0	5.0	28.0
Totals:				33.0	10.5	19.5	304.5
Evening Snack							
1	small	150	Orange	1.5	0.0	12.0	54.0
1	small tub	200	Nestle No Fat mixed berry	9.0	0.0	10.0	76.0
Totals:				10.5	0.0	22.0	130.0
Actual Daily totals (grams):				143.9	67.3	121.2	
Actual Daily totals (Calories):				575.6	605.7	484.6	1665.9
Actual % of Total Calories:				35	36	29	100