



Meal Planner - 70kg Female, exercise 3-4 times per week, (Target: 1848 - 2156 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 |
| 2 | slices | 60 | Rye bread, light | 6.0 | 2.0 | 28.0 | 154.0 |
| 1/2 | 1 small | 55g | Avocado | 1.0 | 9.0 | 2.0 | 93.0 |
| 1 | small | 100 | Tomato | 1.0 | 0.0 | 4.0 | 20.0 |
| Totals: | | | | 29.0 | 23.0 | 34.0 | 459.0 |
| 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 |
| 2 | capsule | 2 | Fish oil capsules | 0.0 | 2.0 | 0.0 | 18.0 |
| 1/2 | medium 16cm | 170 | Banana | 0.5 | 0.0 | 12.5 | 52.0 |
| Totals: | | | | 30.9 | 17.3 | 16.7 | 345.9 |
| Lunch | | | | | | | |
| 1 can | small can | 100 | Tuna, canned in springwater, drained | 28.0 | 3.0 | 0.0 | 139.0 |
| 1 | pieces | 7g | Rice cakes, thin | 0.5 | 0.2 | 4.7 | 22.6 |
| 1/2 | cup | 14 | Spinach | 3.0 | 0.5 | 3.5 | 30.5 |
| 1 | small | 14 | Carrot | 1.0 | 0.0 | 11.0 | 48.0 |
| 1 | cup | 14 | Rocket leaves | 1.5 | 0.0 | 1.5 | 12.0 |
| Totals: | | | | 34.0 | 3.7 | 20.7 | 252.1 |
| PM Snack | | | | | | | |
| 1 | medium | 120 | Peach | 1.0 | 0.0 | 7.5 | 34.0 |
| 1 | tablespoon | 15 | Seeds, pumpkin & sunflower mixed | 6.0 | 5.5 | 6.5 | 64.0 |
| 1 | tbsp | 20 | ABC Nut spread | 1.7 | 6.0 | 0.8 | 64.0 |
| Totals: | | | | 8.7 | 11.5 | 14.8 | 98.0 |
| Dinner | | | | | | | |
| 1 | portion | 100 | Chicken | 28.0 | 1.5 | 0.0 | 125.5 |
| 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 |
| 1 | 5x5x1cm square | 50 | Tofu, firm | 6.0 | 2.5 | 2.0 | 54.5 |
| 1/2 | cup | 60 | Beans | 1.0 | 0.0 | 4.5 | 22.0 |
| Totals: | | | | 41.0 | 9.5 | 26.0 | 353.5 |
| Evening Snack | | | | | | | |
| 1 | thin 1/4 slice | 120 | Watermelon | 0.5 | 0.0 | 4.0 | 18.0 |
| 1 | small tub | 200 | Yoghurt, Nestle No Fat mixed berry | 9.0 | 0.0 | 10.0 | 76.0 |
| 1 scoop | scoop | 30 | Whey Protein Shake | 26.7 | 0.3 | 0.1 | 109.7 |
| Totals: | | | | 36.2 | 0.3 | 14.1 | 203.7 |
| Actual Daily totals (grams): | | | | 179.8 | 65.3 | 126.2 | |
| Actual Daily totals (Calories): | | | | 719.2 | 587.7 | 504.9 | 1712.3 |
| Actual % of Total Calories: | | | | 42 | 34 | 29 | 106 |