



Meal Planner - 80kg Female, exercise 3-4 times per week (Target 2,112 - 2,464 Kcal per day)

Quantity	Measurement	Weight (grams)	Food Description	Protein (grams)	Fats (grams)	Carbs (grams)	Calories
Breakfast							
1	each	57	Egg	6.0	6.0	0.0	78.0
3	each	84	Egg white	9.0	0.0	0.0	36.0
1	thin 1/4 slice	120	Watermelon	0.5	0.0	4.0	18.0
2	slices	60	Rye bread, light	6.0	2.0	28.0	154.0
1/2	1 small	55	Avocado	1.0	9.0	2.0	93.0
1	small	100	Tomato	1.0	0.0	4.0	20.0
Totals:				23.5	17.0	38.0	399.0
AM Snack							
1/4	cup nuts (15)	25	Nuts, mixed,unsalted	3.7	15.0	4.1	166.2
2	capsule	2	Fish oil capsules	0.0	2.0	0.0	18.0
1	scoop	30g	Whey Protein Shake	26.7	0.3	0.1	109.7
1	(5 per 1/2 kg)	100	Apple	0.5	0.0	13.0	54.0
Totals:				30.9	17.3	17.2	347.9
Lunch							
1 can	small can	100	Tuna, canned in springwater, drained	28.0	3.0	0.0	139.0
1	pieces	7	Rice cakes, thin	0.5	0.2	4.7	22.6
1	medium cob	70	Sweetcorn	6.0	0.5	38.0	180.5
1	tablespoon	20	Olive oil	0.0	20.0	0.0	180.0
1	teaspoon	12	(LSA) meal	2.8	5.0	2.7	67.0
1/2	cup	30	Spinach	3.0	0.5	3.5	30.5
2	slices	30	Beetroot, cooked/tinned	1.0	0.0	1.5	10.0
Totals:				41.3	29.2	50.4	629.6
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	99.5
1/2	1 small	55	Avocado	1.0	9.0	9.0	121.0
1	cup	60	Rocket leaves	1.5	0.0	1.5	12.0
2	tablespoons	40	Cottage cheese	4.0	2.0	1.0	50.0
1	capsule	1	Fish oil capsules	0.0	1.0	0.0	9.0
Totals:				13.5	17.5	25.5	325.5
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	capsule	1	Fish oil capsules	0.0	1.0	0.0	9.0
Totals:				0.5	1.0	4.0	27.0
Actual Daily totals (grams):				150.7	91.5	161.1	
Actual Daily totals (Calories):				602.8	823.5	644.2	2082.5
Actual % of Total Calories:				29	40	31	99