



Meal Planner - 90kg Female, exercise 3-4 times per week (Target 2,376 - 2,772 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	small	100	Tomato	1.0	0.0	4.0	20.0
1/2	cup	60	Mushrooms, button	2.0	0.0	2.0	16.0
2	slices	60g	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	slice	85	Pineapple	1.0	0.0	7.0	32.0
Totals:				26.0	17.0	43.0	429.0
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	medium 16cm	170	Banana	1.0	0.0	25.0	104.0
1	small	50	Mandarin	1.0	0.0	6.0	28.0
Totals:				32.4	15.3	35.2	407.9
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	each	57	Egg	6.0	6.0	0.0	78.0
1/2	cup	30	Spinach	3.0	0.5	3.5	30.5
2	tsp	2	Vital Greens vegetable powder	3.6	0.0	4.0	30.4
1	small	100	Carrot	1.0	0.0	11.0	48.0
1/2	tablespoon	10	Olive oil	0.0	10.0	0.0	90.0
2	slices	60	Rye bread, light	6.0	2.0	28.0	154.0
Totals:				49.6	20.0	48.5	572.4
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 scoop	scoop	30	Whey Protein Shake	26.7	0.3	0.1	109.7
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:				33.7	6.8	23.1	288.2
Dinner							
1	portion	100	Fish - low fat	25.0	1.5	0.0	113.5
3	teaspoon	15	Coconut oil	0.0	15.0	0.0	135.0
1/2	cup	30	Spinach	3.0	0.5	3.5	30.5
1/4	1/4 small potato	100	Sweet potato	2.0	0.0	14.0	64.0
1/2	cup	75	Zucchini	1.0	0.0	2.5	14.1
1	cup	75	Asian greens, bok choy etc	1.0	0.0	3.0	16.0
2	florets	45	Broccoli	2.0	0.0	5.0	28.0
Totals:				34.0	17.0	28.0	401.1
Evening Snack							
2	capsule	2	Fish oil capsule	0.0	2.0	0.0	18.0
1	tablespoon	15	Seeds, pumpkin & sunflower mixed	6.0	5.5	6.5	99.5
1	small tub	200	Nestle No Fat mixed berry	9.0	0.0	10.0	76.0
Totals:				15.0	7.5	16.5	193.5
Actual Daily totals (grams):				190.7	83.6	194.2	
Actual Daily totals (Calories):				762.8	752.4	777.0	2292.2
Actual % of Total Calories:				33	33	34	100