

Total Calories	2400		
3 Meals and 2 Snacks a day			
<b>Carbs: 270 Calories Per Portion</b>	Portions: 3		
	Weight (g)	Fibre p/p	Description
Brown Rice	81	2.85	
Sweet potato	293	8.80	
Basmatti Rice	76	2.51	
Buckwheat Noodles	71	7.07	
Quinoa	84	5.87	
Bulgar Wheat	75	13.46	
Couscous	74	2.74	
Porridge Oats	69	5.37	
Rice Noodles	75	0.75	
Wholewheat pasta	77	9.03	
<b>Protein: 90 Calories Per Portion</b>	Portions: 3		
Lean mince Meat	72	0.00	
Turkey Mince	69	0.00	
Chicken Breast	61	0.00	
Turkey Breast	58	0.00	
Cod Loins	120	0.00	
Haddock	122	0.00	
Eggs	69	0.00	
Chickpeas	72	5.76	
Lentils	32	9.93	
Buckwheat	25	2.48	
Kidney Beans	81	6.32	
Chia Seeds	19	6.38	
<b>Vegetables: 50 Calories Per Portion</b>	Portions: 6		
Mushrooms	336	2.35	
Bell Peppers	167	3.67	
Tomatoes	294	2.94	
Courgette	217	2.17	
Onion	119	2.62	
Leeks	227	4.09	
Carrots	111	4.33	
Cauliflower	143	2.57	



<b>Greens: 35 Calories Per Portion</b>	Portions: 3		
Spinach	185	1.85	
Kale	83	1.67	
Green Beans	109	3.72	
Asparagus	140	2.94	
Sugar Snap Peas	100	2.00	
Broccoli	78	2.02	
<b>Fat: 113.4 Calories per Tbsp</b>	Portions: 3 Tbsp and 1 Tsp		
Olive Oil			
Coconut Oil			
Nut Oil			
<b>Sauce: 26 Calories per Tbsp</b>	Portions: 3 Tbsp		
Low fat Greek Yogurt			
Low Fat Cottage Cheese			
<b>Big Snack (over 300 cal)</b>	Portions: 3		
Nut Butter and Rice cakes		1.67 Per Cake	
<b>Medium Snack (100-200 cal)</b>	Portions: 1		
Fruit Salad		4	
Energy Balls		3	
Raw Brownie		3	
<b>Small Snack (less than 100 Cals)</b>	Portions: 0		
Apple		4	
Almonds x 10		1	
Banana		3.1	

The calorie total is your calorie total based on your weight and is designed to maintain your weight. Your activity level will bring your weight down.

All Weights are in grams and are raw/uncooked weights to make it easier when measuring them. Measure out the weight of each item when you go to use it. Then make a note of what it looks like i.e Half your favourite cup. Write whatever measurement works for you in the space provided, this will make it easier and faster to measure going forward.

Each ingredient is in a portion size. When it says Carbohydrate Portions: 3 that is three portions a day, ideally one portion per meal

For the snacks see the recipes on our website