

Daily Targets	
Calories (Kcal)	1400
Protein (G)	120
Carbs (G)	96
Fat (G)	60

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Note:
You can substitute meats/fish for vegan/vegetarian protein options & there are additional vegan & vegetarian recipes in the welcome area in the main programme. The main programme comes with a recipe book of 40 recipes, a vegan/vegetarian bonus recipes book as well as full meal plans

5 Day Meal Plan

* Recipes

	Day 1	Day 2	Day 3	Day 4	Day 5
B r e a k f a s t	Fruit Smoothie	* Almond Milk Oats	Mixed Fruit & Yogurt	* Eggs to go	* Salmon Wraps
	Handful of Strawberries, Blueberries, Raspberries. Blended with 200ml water and a scoop of protein	Have one serving with a piece of fruit	200g Yogurt, 100g mixed berries, topped with 25g mixed nuts	Have one serving	Have one serving
L u n c h	Egg Salad	Bacon & Egg Salad	* Chicken, Mushroom & Tarragon Fricassee	Mackerel Salad	Omelette
	2 eggs, unlimited mixed salad (dressed with yogurt mixed with herbs and lemon juice).	2 lean rashers of bacon, unlimited mixed salad leaves, 4 cherry tomatoes, 2 boiled eggs, serve with balsamic vinegar and 1 tbsp olive oil dressing	From last night	50g mackerel. Served on a homemade salad, Dressed with a little homemade dressing of yogurt and lemon juice.	2 Egg omelette, with spinach, tomatoes and frozen peas. Topped with 25g Cheese
D i n n e r	Fajitas	* Chicken, Mushroom & Tarragon Fricassee	Sausage and 'Mash'	Chicken Wrapped in Bacon	Homemade Burger
	1 chicken breast, mixed with 1/2 packet fajita mix. 1 onion, mushrooms and 2 peppers in pan. Topped with 30g cheese	Have 1 portion. Served with Roasted mixed vegetables of choice (Save other serving for tomorrow)	2 lean turkey sausages, 1 poached served on 100g butternut squash mash, with a side of sugar snap peas	1 large chicken breast, wrapped in 2 rashers bacon (fat trimmed) topped with 30g cheese and served with sweet potato wedges and peas	100g Beef mince, 1 egg and spices of choice to make 2 burgers. Served with roasted mixed vegetables and 1 poached egg