



Shopping Basket:

- 50g raspberries
- 400g blueberries
- 4 tangerines
- 2 kiwi
- 2 red apple
- 200g red grapes
- 4 banana
- 600ml fresh apple and raspberry juice
- 1 x pack frozen fruit (summer fruit) – found in the freezer section
- 1 x pack ice cubes
- 1 x pack frozen peas
- 60g broccoli
- 65g parsnips
- 1 carrot
- 6 tomatoes
- 32 spears asparagus (approx 4 packs)
- 300g lettuce
- 1 x red pepper
- 400g chicken fillets
- 250g turkey breast
- 300g rump steak
- 400g gammon
- 280g fresh salmon fillets
- 12 large eggs
- 250g jacket potatoes
- 200g new potatoes
- 1 x Extra virgin olive oil
- 1 pot runny honey
- 400g Yeo Valley fat free Greek yoghurt
- 300g Yeo Valley blueberry yoghurt
- 100g almonds
- 100g mixed nuts
- 100g mixed nuts
- 100g Brazil nuts
- 100g walnuts
- 60g Mixed seeds
- 1 x pot cashew butter spread
- 100g green olives
- 1 x pack 'Snack A Jacks' caramel rice cakes (large size)

Supplements (Holland & Barrett):

- Magnesium + Calcium
- Multivitamin
- Cod liver oil
- Glucosamine
- Vitamin D

****Weigh all foods for absolute precision + aim to prepare foods (Lunch & Snacks) the night before and store in a 'Tupperware Box' for convenience****

**Supplements with breakfast:
Magnesium + Calcium – 1 tab
Multivitamin – 1 tab
Cod liver oil – 3 tabs
Glucosamine – 2 tabs
Vitamin D – 1 tab*

Day 1 & 4:

***Breakfast:**

	Calories	Carbs	Fat	Protein	Sodium	Sugar
Fruit, yoghurt & nut mix						
Mixed Seeds, 15 g	83	2	7	3	0	0
Raspberries, 50 g	14	2	0	1	0	2
Blueberries (Fresh), 50 g	29	3	0	0	1	3
Runny Honey, 2 teaspoons	51	13	0	0	0	13
Yeo Valley - Fat Free Greek Yoghurt, 100 g	59	9	0	6	90	9
Almonds, 25 g	160	2	14	5	0	1

Lunch:

Nutritious chicken salad						
Lettuce 50 g	8	1	0	1	14	0
Grilled Chicken Breast Fillet (125g)	170	0	2	38	100	0
Baked Jacket Sweet Potato, 113 g (6 ounces)	157	35	1	3	62	11
Grilled Tomatoes, 3 tomato	45	7	0	6	39	0
Extra Virgin Olive Oil - 1 tablespoon (15g)	135	0	15	0	0	0

Dinner:

Poached egg & salmon						
Fresh Salmon Fillets, 140 grams (1 fillet)	275	0	18	27	140	0
Asparagus - Cooked, boiled, drained, 8 spears (1/2" base)	26	5	0	3	17	2
Eggs - Poached (whole egg), 2 large	147	1	10	13	294	1

Snacks:

Mixed Nuts 25 g	170	1	16	5	0	1
Oranges - Tangerines, 2 small	74	24	0	2	0	16

Totals	1,603	105	83	113	757	59
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Day 2 & 5:

	Calories	Carbs	Fat	Protein	Sodium	Sugar
Breakfast:						
Fruit smoothie (blended)						
1 Kiwi Fruit (Medium - 76g)	46	11	0	1	2	7
Yeo Valley - Fat Free Greek Yoghurt, 100 g	59	9	0	6	90	9
Blueberries - 50 g	29	7	0	0	1	5
Summer Fruits (Frozen), 80 g	21	4	0	1	0	4
Apple & Raspberry Juice Drink, 312.5 ml	150	35	0	0	0	35
Brazil Nuts 15 g	102	0	10	2	0	0
Lunch:						
Potato Turkey salad						
Turkey breast meat, 125 g	130	5	2	21	1,269	4
Lettuce 50 g	8	1	0	1	14	0
Red Pepper - 1 Whole Red Pepper,	44	10	0	2	7	7
Potatoes - Boiled New, 100 g	73	15	0	1	21	2
Extra Virgin Olive Oil 1 tablespoon (15g)	135	0	15	0	0	0
Dinner:						
Steak & Asparagus						
Asparagus - Cooked, boiled, drained, 8 spears (1/2" base)	26	5	0	3	17	2
Rump Steak (Thick Cut- Lean), 150 g	198	0	6	34	78	0
Snacks:						
Walnuts, 25 g	171	3	16	4	0	1
Apple - Golden Delicious, 1 Medium	96	23	0	0	0	17
Green Pitted Olives, (50g)	55	6	3	0	740	0
Totals	1,343	134	52	76	2,239	93

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Day 3 & 6:

	Calories	Carbs	Fat	Protein	Sodium	Sugar
Breakfast:						
Fresh grape smoothie (blended)						
Almonds, 15 g	96	1	8	3	0	1
Runny Honey, 2 teaspoons	51	13	0	0	0	13
Red or Green - Grapes, 100 g	67	17	0	1	2	16
Red Grape Juice, 250 ml	169	41	0	1	0	41
Ice Cube, 4 cube	0	0	0	0	0	0
Lunch:						
Egg salad						
Lettuce 50 g	8	1	0	1	14	0
Boiled Egg, 3 egg	255	3	16	23	0	0
Extra Virgin Olive Oil, 1 tablespoon (15g)	135	0	15	0	0	0
Grilled Tomatoes, 3 tomato	45	7	0	6	39	0
Dinner:						
Gammon & Fried egg						
Gammon, 200 g	270	2	5	53	0	0
Fried Egg in olive oil - 1 medium egg (55g)	83	0	6	6	0	0
Freshly Frozen - Garden Peas, 80 g	60	8	1	5	0	2
Snacks:						
Mixed nuts 25 g	170	1	16	5	0	1
Banana, 100 g	103	23	0	1	0	21
Totals	1,512	117	67	105	55	95

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Day 7:

Breakfast:

Blueberry yoghurt with fruit and mixed seeds

	Calories	Carbs	Fat	Protein	Sodium	Sugar
Yeo Valley Organic - Probiotic Blueberry Yoghurt, 150 g	163	21	6	7	10	20
Blueberries 100 g	57	14	0	1	1	10
Mixed Seeds, 15 g	83	2	7	3	0	0

Lunch:

Rice cakes, with cashew nut butter and banana

Snack A Jacks – 2 large Caramel Rice & Corn Cakes, 26 g	102	23	1	1	40	7
Cashew Butter Whole Nut Spread, 25 g	146	4	12	5	0	1
Banana, 100 g	103	23	0	1	0	21

Dinner:

Healthy Roast Dinner

Roast Potatoes, 100 g	149	20	7	2	101	1
Chicken - Breast, meat only, cooked, roasted, 150 g	248	0	5	47	111	0
Broccoli - Cooked, boiled, drained, without salt, 60 g	21	4	0	1	25	1
Carrots - Raw, 1 carrot (7-1/2")	30	7	0	1	50	3
Freshly Frozen - Garden Peas, 48 g	36	5	0	3	0	1
Home Cooked - Roast Parsnip, 65 g	42	27	1	2	16	8
Bisto - Gravy Granules - 50ml Made Up, 50 ml	12	2	1	0	180	1

Snacks:

Nuts - Brazil, 25 g	164	3	17	4	1	1
Walnuts, 25 g	171	3	16	4	0	1

Totals

1,527 158 73 82 535 76