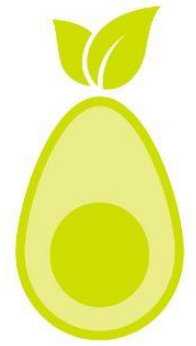


DAILY MENU



FUELSMART

DAY 1 (c. 1600 kcal)

Breakfast 271 or 266

Porridge:
50g Oats
1 small banana
OR
Handful of blueberries

SNACK 145

Medium sized apple
10 Almonds

LUNCH 530

2 Chicken breasts
Fried in oil spray (5 sprays)
125g wholegrain rice
Mixed Vegetables 45g (3TBSP)

SNACK 160

0% Greek Yogurt 100g (7TBSP)
1 small banana
1 tsp honey

DINNER 479

Chilli:
250g Turkey Mince
1 medium egg
½ tin canned tomatoes
1 tsp Garlic
75g of Spaghetti

BREAKFAST 274

1 Slice brown toast
2 medium eggs
Oil spray

SNACK 170

3 Rice Cakes
1 TBSP Peanut butter

LUNCH 430

Tuna pasta:
1 tin of drained tuna
Whole Grain pasta 100g
Mixed Vegetables 45g
2 x TBSP light mayo (optional)

SNACK 119

2 Crumpets
1 tsp Low fat butter or
alternative

DINNER 510

1 Salmon Fillet
200g Boiled new potatoes
Asparagus ½ pack
Garden peas 5 TBSP

BREAKFAST 250

2 Wheat biscuits
Semi-Skimmed milk or
alternative 100ml
1 tsp honey

SNACK 166

100g low fat hummus
1 cup of chopped carrots

LUNCH 604

½ Pack of Breaded Tofu
Rice Noodles (x2)
2 TBSP low sugar sweet chilli
sauce

SNACK 156

1 bagel thin
20g Cream cheese
10 slices cucumber

DINNER 489 - 639

2 Vegan Burgers 100g
1 cup of broccoli
2 medium sized potatoes cut
into chips sprayed with oil spray

Keep it simple

Keep it green

Mix it up

Bannatyne
Health Club & Spa