

*The 1700 Calorie*

# SIMPLE MEAL GUIDE



*The 1700 Calorie*  
**SIMPLE MEAL GUIDE**

**280**  
CALORIES

**BREAKFAST**

40G OATS,  
100G FROZEN BERRIES  
25G WHEY PROTEIN



**108**  
CALORIES

**MID-MORNING SNACK**

1 X MINI BANANA  
1 X SMALL APPLE



**412**  
CALORIES

**LUNCH**

100G CHICKEN BREAST  
50G BASMATI RICE  
20G SWEET CHILLI SAUCE  
150G VEG



**652**  
CALORIES

**DINNER**

2 X EXTRA LEAN BEEF MINCE BURGERS  
1 X FOLDED FLATBREAD OR WARBURTONS THIN  
1 X BABYBEL CHEESE  
300G HOMEMADE CHIPS, SALAD/ VEGGIES



**248**  
CALORIES

**BONUS**

250G 0% FAT FREE GREEK YOGHURT WITH  
2.5G WHEY PROTEIN

1X NESTLE FAB LOLLY



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**285**  
CALORIES

**BREAKFAST**  
40G PORRIDGE OATS  
50G BLUEBERRIES  
25G WHEY PROTEIN



**234**  
CALORIES

**MID-MORNING SNACK**  
150G FLAVOURED SKYR YOGURT  
20G NUTS



**449**  
CALORIES

**LUNCH**  
100G CHICKEN BREAST  
80G WHOLEWHEAT PASTA AND VEG  
20G PESTO



**440**  
CALORIES

**DINNER**  
125G LEAN MINCE BEEF  
80G BASMATI RICE AND VEG



**321**  
CALORIES

**BONUS**  
3X RICE CAKES  
30G NUT BUTTER



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**275**  
CALORIES

**BREAKFAST**

2X BACON MEDALLIONS  
2X EGGS  
1X SLICE WHOLEMEAL BREAD



**280**  
CALORIES

**MID-MORNING SNACK**

150G FLAVOURED SKYR YOGURT  
3X RICE CAKE  
1X APPLE



**345**  
CALORIES

**LUNCH**

100G TURKEY STEAKS (FLAVOURED)  
300G JACKET POTATO, VEG/SALAD



**358**  
CALORIES

**DINNER**

100G CHICKEN BREAST  
1X WHOLEMEAL WRAP  
PEPPERS/ ONION  
20G CHEESE



**388**  
CALORIES

**BONUS**

50G PORRIDGE OATS  
1X SMALL BANANA  
20G NUT BUTTER

