

**Breakfast**

Food Item	Fats (g)	Proteins (g)	Carbohydrates (g)	Calories (Kcal)
Scrambled Eggs made with 1 whole egg, 4 egg whites 178g	7.4	20.7	0	222
English muffin x 1 63g	2	5	30	189
Banana 1 Large 180g	0.5	2.2	41.8	171
<b>Totals:</b>	<b>9.9</b>	<b>27.9</b>	<b>71.8</b>	<b>582</b>

**Snack**

Food Item	Fats (g)	Proteins (g)	Carbohydrates (g)	Calories (Kcal)
Multipower Muscle Effect 55g	0	18	25	185
Raisins 60g	0	2	42	164
<b>Totals:</b>	<b>0</b>	<b>20</b>	<b>67</b>	<b>349</b>

**Lunch**

Food Item	Fats (g)	Proteins (g)	Carbohydrates (g)	Calories (Kcal)
Chicken breast, grilled, skinned 130g	4	39	0	191
Broccoli, green 85g	2	3	1	20
Carrots, old 60g	1	0	3	14
Sweetcorn, Baby, canned 60g	0	2	1	14
<b>Totals:</b>	<b>7</b>	<b>44</b>	<b>5</b>	<b>239</b>

## Snack

Food Item	Fats (g)	Proteins (g)	Carbohydrates (g)	Calories (Kcal)
Multipower Muscle Effect 110g	0	36	50	370
Apple Red Delicious ap.170g	0	0	23.8	90
<b>Totals:</b>	<b>0</b>	<b>36</b>	<b>73.8</b>	<b>460</b>

## Dinner

Food Item	Fats (g)	Proteins (g)	Carbohydrates (g)	Calories (Kcal)
Blueberry 54. 2 burgers	20	64	6	484
Save 2 burgers for tomorrows lunch				
Wolemeal roll, 2 rolls 116g	2.4	13	46	262
Green salad (average) 80g	0	1	4	18
<b>Totals:</b>	<b>22.4</b>	<b>78</b>	<b>56</b>	<b>764</b>

## Snack

Food Item	Fats (g)	Proteins (g)	Carbohydrates (g)	Calories (Kcal)
Cottage cheese, plain 200g	4.8	27.6	4.2	196
<b>Totals:</b>	<b>4.8</b>	<b>27.6</b>	<b>4.2</b>	<b>196</b>

Daily Plan Fat  
Totals (g)

Daily Plan Protein  
Totals (g)

Daily Plan Carbohydrate  
Totals (g)

Daily Plan Calorie  
Totals (Kcal)

**TOTALS:**

**44.1**

**233.5**

**277.8**

**2590**

