

Breakfast

Food Item	Fats (g)	Proteins (g)	Carbohydrates (g)	Calories (Kcal)
Fuel your 10K hours 50g	9	5	31	232
Semi skimmed milk 125ml	2.2	4.25	6.25	61
Boiled egg x 2	10	16	0	148
Banana 1 Large 180g	0.5	2.2	41.8	171
Totals:	21.7	27.45	79.05	612

Snack

Food Item	Fats (g)	Proteins (g)	Carbohydrates (g)	Calories (Kcal)
Multipower Muscle Effect 110g	0	36	50	370
Apple Gala ap. 152g	0	0	16.7	74
Totals:	0	36	66.7	444

Lunch

Food Item	Fats (g)	Proteins (g)	Carbohydrates (g)	Calories (Kcal)
Tuna, canned in brine (drained) (x 2) 270g	6	66	0	270
Cous Cous (with water added) 130g	1.4	6.6	33	178
Broccoli, green 85g	2	3	1	20
Totals:	9.4	75.6	34	468

Snack

Food Item	Fats (g)	Proteins (g)	Carbohydrates (g)	Calories (Kcal)
Mixed Fruit , Dried 50g	0.2	1.15	34	234
Totals:	0.2	1.15	34	234

Dinner

Food Item	Fats (g)	Proteins (g)	Carbohydrates (g)	Calories (Kcal)
Chicken breasts 226g (approx 2 breasts)	10	86.8	0	462
Potatoes, New, in skins, boiled 175g	1	2	27	116
Green salad (average) 80g	0	1	4	18
Totals:	11	89.8	31	596

Snack

Food Item	Fats (g)	Proteins (g)	Carbohydrates (g)	Calories (Kcal)
Activia yoghurts (average) 125g	3	4	20	124
Almonds 24g	14	6	6.1	163
Totals:	17	10	26.1	287

Daily Plan Fat
Totals (g)

Daily Plan Protein
Totals (g)

Daily Plan
Carbohydrate
Totals (g)

Daily Plan Calorie
Totals (Kcal)

TOTALS:

59.3

240

270.85

2641

