

DAY 1

Meal	Fat	Protein	Carbs
<u>Breakfast</u>			
Schmuns	1	1	
68g Blue Cheese or 60g Cheddar Cheese	2		
<u>Lunch</u>			
228g Chicken or 184g Gypsy Ham (cold meats)		2	
150g Avocado	2		
2tbsp Mayonnaise	2		
<u>Dinner</u>			
170g Greek Style Beef Steak		2	
Turmeric Cauliflower with Cheese	2		1
129g Spinach			1
17g Butter (melt it over the spinach)	1		
Total:	10	5	2

DAY 2

Meal	Fat	Protein	Carbs
<u>Breakfast</u>			
Savoury Tarts	2	2	1
<u>Lunch</u>			
114g Chicken or 86g Smoked Trout (cold meats)		1	
150g Avocado	2		
14g Olive Oil (drizzle over avocado & chicken)	1		
60g Cheddar Cheese	2		
104g Olives	1		
<u>Dinner</u>			
312g Hake Fish (fried in a dash of olive oil)		2	
17g Butter (melt over fish) with a clove of crushed garlic	1		
93g Zucchini			1/2
64g Spinach			1/2
17g Butter (melt over the spinach)	1		
Total:	10	5	2

DAY 3

Meal	Fat	Protein	Carbs
<u>Breakfast</u>			
94g Strawberries			1
82g Whipped Cream	2		
2 Boiled Eggs		1	
<u>Lunch</u>			
Schmuns	1	1	
103g Tuna (in brine)		1	
3 tbsp Mayonnaise	3		
75g Avocado	1		
60g Cheddar Cheese	2		
<u>Dinner</u>			
228g Dry Brined Chicken		2	
129g Spinach			1
17g Butter	1		
Total:	10	5	2

DAY 4

Meal	Fat	Protein	Carbs
<u>Breakfast</u>			
94g Strawberries			1
82g Whipped Cream	2		
2 Boiled Eggs		1	
<u>Lunch</u>			
Cold Meat: 228g Chicken or 174g Trout		2	
150g Avocado	2		
104g Olives	1		
60g Cheddar Cheese or 68g Blue Cheese	2		
<u>Dinner</u>			
Steak Strip Tacos (make extra for tomorrows lunch - just the meat)	3	2	1
Total:	10	5	2

DAY 5

Meal	Fat	Protein	Carbs
<u>Breakfast</u>			
2 Boiled Eggs		1	
64g Spinach			1/2
60g Cheddar Cheese	2		
17g Butter (melt it over the spinach)	1		
<u>Lunch</u>			
Beef Strips Salad (leftover beef from yesterday)			
204g Steak Strip		2	
90g Mixed Salad Greens			1/2
75g Avocado	1		
80g Tomatoes			
60g Cheddar Cheese	2		
1 tbsp Mayonnaise	1		
<u>Dinner</u>			
220g Burger Patty		2	
129g Spinach			1
17g Butter (melt it over the spinach)	1		
60g Cheddar Cheese	2		
Total:	10	5	2

DAY 6

Meal	Fat	Protein	Carbs
<u>Breakfast</u>			
2 Fried Eggs		1	
137g Asparagus			1
92g Streaky Bacon	2		
30g Cheddar Cheese	1		
34g Butter	2		
<u>Lunch</u>			
92g Gypsy Ham		1	
58g Cream Cheese	1		
150g Avocado	2		
1 tbsp Mayonnaise	1		
<u>Dinner</u>			
195g Lamb Chop (fried in pan)		3	
Aubergine & Tomato	1		1
Total:	10	5	2

DAY 7

Meal	Fat	Protein	Carbs
<u>Breakfast</u>			
<u>Omelette:</u>	3	2	
2 Eggs 87g Smoked Rainbow Trout or Smoked Salmon 17g Butter 30g Cheddar Cheese 56g Sour Cream			
<u>Lunch</u>			
46g Salami		1	
150g Avocado	2		
2tbsp <u>Vinaigrette</u>	2		
30g Cheddar Cheese	1		
<u>Dinner</u>			
200g <u>Spicy Chicken Kebabs</u>		2	
75g Butternut			1
129g Cauliflower			1
34g Butter (add to the vegetables)	2		
Total:	10	5	2