

# DAY 1

Meal	Fat	Protein	Carbs
<u>Breakfast</u>			
Schmuns	1	1	
68g Blue Cheese or 60g Cheddar Cheese	2		
17g Butter - spread it on the Schmuns	1		
<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		
<b>Total:</b>	<b>11</b>	<b>5</b>	<b>2</b>

# DAY 2

Meal	Fat	Protein	Carbs
<u>Breakfast</u>			
Savoury Tarts	2	2	1
17g Butter - Spread the butter in the tarts	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		
<b>Total:</b>	<b>11</b>	<b>5</b>	<b>2</b>

# DAY 3

Meal	Fat	Protein	Carbs
<u>Breakfast</u>			
94g Strawberries			1
82g Whipped Cream	2		
2 Boiled Eggs		1	
<u>Lunch</u>			
<i>Schmuns</i>	1	1	
103g Tuna (in brine)		1	
3 tbsp <i>Mayonnaise</i>	3		
150g Avocado	2		
60g Cheddar Cheese	2		
<u>Dinner</u>			
228g <i>Dry Brined Chicken</i>		2	
129g Spinach			1
17g Butter	1		
<b>Total:</b>	<b>11</b>	<b>5</b>	<b>2</b>

# 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		
1tbsp Vinaigrette	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
<b>Total:</b>	<b>11</b>	<b>5</b>	<b>2</b>

# 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>			
<b>Beef Strips Salad</b> (leftover beef from yesterday)			
204g Steak Strip		2	
90g Mixed Salad Greens			1/2
150g Avocado	2		
80g Tomatoes			
60g Cheddar Cheese	2		
1 tbsp <b>Mayonnaise</b>	1		
<u>Dinner</u>			
<b>220g Burger Patty</b>		2	
129g Spinach			1
17g Butter (melt it over the spinach)	1		
60g Cheddar Cheese	2		
<b>Total:</b>	<b>11</b>	<b>5</b>	<b>2</b>

# 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		
2 tbsp Mayonnaise	2		
<u>Dinner</u>			
195g Lamb Chop (fried in pan)		3	
Aubergine & Tomato	1		1
<b>Total:</b>	<b>11</b>	<b>5</b>	<b>2</b>

# DAY 7

Meal	Fat	Protein	Carbs
<u>Breakfast</u>			
<i>Omelette:</i>	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 <i>Vinaigrette</i>	2		
60g Cheddar Cheese	2		
<u>Dinner</u>			
200g <i>Spicy Chicken Kebabs</i>		2	
75g Butternut			1
129g Cauliflower			1
34g Butter (add to the vegetables)	2		
<b>Total:</b>	<b>11</b>	<b>5</b>	<b>2</b>