

# DAY 1

Meal	Fat	Protein	Carbs
<u>Breakfast</u>			
Schmuns	1	1	
34g Blue Cheese or 30g Cheddar Cheese	1		
<u>Lunch</u>			
114g Chicken or 92g Gypsy Ham (cold meats)		1	
150g Avocado	2		
<u>Dinner</u>			
85g Greek Style Beef Steak		1	
Turmeric Cauliflower with Cheese	2		1
129g Spinach			1
<b>Total:</b>	<b>6</b>	<b>3</b>	<b>2</b>

# DAY 2

Meal	Fat	Protein	Carbs
<u>Breakfast</u>			
Savoury Tarts	2	1 1/2	1
<u>Lunch</u>			
57g Chicken or 43g Smoked Trout (cold meats)		1/2	
150g Avocado	2		
14g Olive Oil (drizzle over avocado & chicken)	1		
<u>Dinner</u>			
156g Hake Fish (fried in a dash of olive oil)		1	
17g Butter (melt over fish) with a clove of crushed garlic	1		
93g Zucchini			1/2
64g Spinach			1/2
<b>Total:</b>	<b>6</b>	<b>3</b>	<b>2</b>

# DAY 3

Meal	Fat	Protein	Carbs
<u>Breakfast</u>			
94g Strawberries			1
82g Whipped Cream	2		
<u>Lunch</u>			
Schmuns	1	1	
103g Tuna (in brine)		1	
2 tbsp Mayonnaise	2		
<u>Dinner</u>			
114g Dry Brined Chicken		1	
129g Spinach			1
17g Butter	1		
<b>Total:</b>	<b>6</b>	<b>3</b>	<b>2</b>

# DAY 4

Meal	Fat	Protein	Carbs
<u>Breakfast</u>			
94g Strawberries			1
82g Whipped Cream	2		
<u>Lunch</u>			
Cold Meat: 170g Chicken or 130g Trout		1 1/2	
52g Olives	1/2		
30g Cheddar Cheese or 34g Blue Cheese	1		
<u>Dinner</u>			
Steak Strip Tacos (make extra for tomorrows lunch - just the meat)	2 1/2	1 1/2	1
<b>Total:</b>	<b>6</b>	<b>3</b>	<b>2</b>

# DAY 5

Meal	Fat	Protein	Carbs
<u>Breakfast</u>			
2 Boiled Eggs		1	
64g Spinach			1/2
30g Cheddar Cheese	1		
17g Butter (melt it over the spinach)	1		
<u>Lunch</u>			
<b>Beef Strips Salad</b> (leftover beef from yesterday)			
102g Steak Strip		1	
90g Mixed Salad Greens			1/2
80g Tomatoes			
60g Cheddar Cheese	2		
<u>Dinner</u>			
<b>110g Burger Patty</b>		1	
129g Spinach			1
17g Butter (melt it over the spinach)	1		
30g Cheddar Cheese	1		
<b>Total:</b>	<b>6</b>	<b>3</b>	<b>2</b>

# DAY 6

Meal	Fat	Protein	Carbs
<u>Breakfast</u>			
2 Fried Eggs		1	
137g Asparagus			1
46g Streaky Bacon	1		
30g Cheddar Cheese	1		
17g Butter	1		
<u>Lunch</u>			
92g Gypsy Ham		1	
58g Cream Cheese	1		
75g Avocado	1		
<u>Dinner</u>			
65g Lamb Chop (fried in pan)		1	
Aubergine & Tomato	1		1
<b>Total:</b>	<b>6</b>	<b>3</b>	<b>2</b>

# DAY 7

Meal	Fat	Protein	Carbs
<u>Breakfast</u>			
<u>Omelette:</u>	2	2	
2 Eggs 87g Smoked Rainbow Trout or Smoked Salmon 17g Butter 56g Sour Cream			
<u>Lunch</u>			
150g Avocado	2		
1tbsp <u>Vinaigrette</u>	1		
<u>Dinner</u>			
100g <u>Spicy Chicken Kebabs</u>		1	
75g Butternut			1
129g Cauliflower			1
17g Butter (add to the vegetables)	1		
<b>Total:</b>	<b>6</b>	<b>3</b>	<b>2</b>