



Breakfast Options

Supplements

PHD Supergreens Drink
1 Omega-3 Capsule
Vitamin D

Protein Porridge & Eggs **C511** **P37g** **C38g** **F22g**

45g Porridge Oats
17g Hydra 6 Protein (1 Scoops, add to oats or can take separate as a shake)
200ml Unsweetened Almond Milk
2 Large Organic Eggs (68g, boiled, poached or fried)

Scrambled Eggs Benedict **C503** **P38g** **C41g** **F18g**

5g Kerrygold Butter (melted in small saucepan)
1 Large Organic Egg
100g Egg Whites (Dr Zaks or Two Chicks)
40g Smoked Salmon Ribbons (Added to eggs before scrambling)
40g Spinach leaves (Added to saucepan before scrambling)
1 Wholemeal Bagel (Can substitute with 2 slices of wholemeal bread)

Overnight Oats **C500** **P42g** **C46g** **F15g**

Overnight oats are a great way to have breakfast ready, if you're in a rush in the morning. You simply add all the ingredients to a bowl, stir and leave in the fridge over-night. You can of course cook the ingredients fresh instead, simply making protein porridge. The egg is on the side.

60g Porridge Oats
35g Hydra 6 Protein (2 Scoops, vanilla or choc work best)
150ml Unsweetened Almond Milk (use slightly more if cooking fresh)
50g Raspberries (mix all above ingredients in bowl and re-fridge)
1 Organic Large Egg (Cooked to your liking)

Lunch Options

Chicken or Tuna Wrap **C506** **P52g** **C50g** **F6g**
150g Chicken Breast (Cooked weight, grilled or poached)
or 180g Tin Tuna (Brine, Drained weight) + Hellmanns Lighter Than Light Mayo
Wholemeal Tortilla Wrap
Mixed Salad (as much as you like, spinach, cucumber, tomato, peppers, scallions)
1 Apple (medium size)
1 Omega-3 Capsule

Chicken Salad **C508** **P52g** **C41g** **F10g**
150g Grilled Poached Chicken Breast(cooked weight)
150g Tilda Microwave Rice, Coconut Chili & Lemongrass (or any flavour)
200g Mixed Salad (Tomatoes, cucumber, peppers, scallions)
100g Beetroot OR 7 Sundried Tomatoes
1 Omega-3 Capsule

Tuna Salad **C496** **P38g** **C41g** **F22g**
1 Tin Tuna (in brine, drained)
30g Hellmann's Lighter Than Light (Or HP sauce, mix with tuna)
OR 100g Grilled or Poached Chicken Breast (cooked weight)
110g Tilda Microwave Rice, Coconut Chili & Lemongrass (or any flavour)
100g Mixed Salad (Tomatoes, cucumber, peppers, scallions)
80g Beetroot OR 5 Sundried Tomatoes
80g Ripe Avocado
1 Omega-3 Capsule

Turkey Bagel **C505** **P49g** **C54g** **F8g**
1 Bagel (Wholemeal is best but any type is fine)
100g Lidl Deluxe Turkey Breast
Add any salad you like
15g Hellmann's Light Mayonnaise
150g Skyr Mixed Berry Yogurt
1 Omega-3 Capsule

Soup & Fish **C512** **P47g** **C32g** **F22g**
300g Butternut Squash & Chilli Soup (Sainsburys, ½ Tub)
200g Grilled Rainbow Trout (add to soup)
1 Apple (medium)
1 Omega-3 Capsule

Baked Potato & Prawns**C504****P44g****C64g****F9g**

200g approx. 1 large Baked Potato (bake in oven your usual way)

150g Prawns (cooked per packet instructions, mix with mayo and ketchup and use as topping on baked potato)

15g Hellmanns Lighter Than Light Mayo (1 tbsp)

15g Tomato Ketchup (1 Tbsp mix with mayo and prawns)

50g Cottage Cheese (low fat)

150g Steamed Broccoli

1 Omega-3 Capsule

Turkey & Ham Bagel**C500****P56g****C51g****F8g**

1 Wholemeal Bagel

100g Roast Turkey Slices (5 Slices Sainsburys Roast Turkey Slices 120g)

100g Roast Ham Slices (3 1/3 Slices Sainsburys Thick Cut Honey Roast Ham Slices)

20g Cranberry Sauce (Can use mustard or Hellmanns Lighter Than Light Mayo)

1 Omega-3 Capsule

Dinners Options

Steak & Potatoes	C526	P51g	C40g	F19g
5g Coconut Oil (for frying steak)				
150g Fillet Steak (Raw weight, cook to your liking)				
150g Potatoes (White, sweet or baby, steamed or boiled)				
100g Asparagus Spears (Steamed, boiled or grilled)				
50g Frozen Peas				
50g Onions (fried with steak or mushrooms)				
50g Mushrooms (cooked with onions)				
1 Omega-3 Capsule				
Burger n Chips	C508	P51g	C40g	F19g
1 1/2 Turkey Burger (Asda Sea Salt & Pepper)				
200g Sweet Potato (Cut into chunky chips and oven roasted, used 1 cal spray)				
200g Broccoli or any greens (Steamed or boiled)				
1 Omega-3 Capsule				
Fish & Cous Cous	C484	P54g	C44g	F9g
250g Lidl Inismara Wild Garlic and Pepper Cod				
½ Packet of Sainsbury Moroccan Couscous				
1 Asda Frozen Veg steam Bag				
1 Omega-3 Capsule				
Curry & Rice	C513	P55g	C50g	F9g
70g Mayflower Curry Sauce (Cook recipe as per instructions on packet)				
200g Cooked Chicken				
½ Onion (Cooked with 1 Cal Spray)				
50g Petit Pois Peas				
½ Packet Tilda Wholegrain Rice				
1 Omega-3 Capsule				
Chicken & Rice	C504	P69g	C38g	F10g
1 Maggie So Tender Flavour Sheet (For cooking chicken)				
200g Cooked chicken breast (250g raw cooked in Maggie sheet)				
125g Tilda Microwave Rice (Any Flavour)				
150g Broccoli (Steamed or boiled)				
1 Omega-3 Capsule				

Chicken Stir-Fry **C500** **P48g** **C65g** **F5g**

Few Sprays 1 cal spray (add all ingredients in order)

100g Onion

2 Medium Cloves Garlic or teaspoon of Lazy Garlic

15g Fresh Ginger or Lazy Garlic

120g Chicken Breast (Raw weight, Diced)

2 Tbsp Light Soy Sauce

1 Tbsp Sweet Chilli Sauce

1 Red Pepper (Chopped)

100g Tenderstem Broccoli

120 Straight To Wok Noodles (Amoy rice noodles are lower in carbs)

1 Omega-3 Capsule

Salmon & Potatoes **C506** **P37g** **C42g** **F20g**

150g Salmon (Baked or Grilled)

200g New Baby Potatoes (Steamed or boiled)

100g Asparagus (Steamed, boiled or griddled)

40g Frozen Peas (Boiled)

1 Omega-3 Capsule

Snack Options: Consume around 400 calories of snacks per day, at anytime

Bagel & Peanut Butter C305 P13g C23g F17g

½ Bagel (Any kind)
30g Peanut Butter (Whole Earth, weighting essential)

Slim Protein Pot C241 P33g C15g F5g

170g Fage Total 0% Fat Greek Yogurt
17g Hydra 6 Protein (Mix into yogurt)
10g Flaxseed with Goji-berries (mix into yogurt)
50g Berries (Any berries, mix into yogurt)

Fat Protein Pot C304 P30g C15g F14g

170g Fage Total Full Fat Greek Yogurt
17g Hydra 6 Protein (Mix into yogurt)
10g Flaxseed with Goji-berries (mix into yogurt)
50g Berries (Any berries, mix into yogurt)

Fruit n Nuts C258 P6g C28g F14g

1 Apple (Medium)
30g Almonds

Fruit n Nuts Take 2 C274 P8g C24g F16g

1 Apple, sliced (Medium)
30g Peanut Butter (Whole Earth, spread onto apple slices)

Granola & Yogurt C235 P21g C28g F5g

170g Fage Total 0% Fat Greek Yogurt
25g Granola (Sainsburys)
50g Raspberries (Or any berries)

Smoothie C307 P30g C34g F4g

200ml Unsweetend Almond Milk or Water (Into Nutribullet or blender)
35g Hydra 6 Protein (2 Scoops, added to liquid)
40g Porridge oats (add uncooked to Nutribullet)
60g Frozen Berries (add to Nutri-bullet)

Carb Killa Bar	C214	P23g	C1.5g	F8g
Protein Shake	C130	P24g	C1g	F1g
Chicken Slices (Pre-cooked)	C136	P31g	C0g	F2g
Avocado (100g Ripe)	C160	P2g	C9g	F15g

Pre-Workout Snacks

40g Raisins	C120	P1g	C31g	F0g
Medium Banana (100g)	C103	P1g	C23g	F0g