



**2200 Meal Plan: Consume either 3 main meals and 700 calories in snacks, or 4 main meals and 200 calories in snacks**

**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 refrigerate)
- 1 Organic Large Egg (Cooked to your liking)

**Granola Yogurt** **C507** **P35g** **C52g** **F16g**

60g Granola (Sainsburys, Raisins, Nuts, Honey & Wholegrain)

200g Arla Protein Yogurt (1 pot, any flavour, mix granola into pot of yogurt)

1 Large Organic Egg (cooked to your liking)

1 Omega-3 Capsule

**Ulster Fry Up** **C502** **P39g** **C39g** **F19g**

2 Organic Large Egg (Cooked to your liking)

2 Mattessons Turkey Rashers (Grilled)

180g Heinz Baked Beans

5g Kerrygold Butter (Melted in small saucepan)

30g Mushrooms (Added to saucepan and sauted)

2 Slices of Wholemeal Bread

**Omelette** **C506** **P47g** **C47g** **F10g**

Use all the ingredients below to make an omelette. The serve on the bread

1 Organic Large Egg (Cooked to your liking)

100g Egg Whites ( Two Chicks or Dr Zaks)

100g Peppers (chopped)

7 Sundried Tomatoes

50g Cooked Chicken Breast (pre-cooked or packet)

40g Spinach Leaves

2 Slices Wholemeal Bread

**Protein Pancakes** **C505** **P44g** **C56g** **F12g**

1 1/2 Bananas (Mashed with Hydra6)

35g Hydra 6 Protein Powder (2 Scoops)

30ml Unsweetened Almond Milk

Sprinkle with Cinnamon

1 Organic Egg (Medium, mix all of the above ingredients in a bowl and make 3-4 small pancakes)

100g Fage Total 0% Fat Greek Yogurt (Topping)

6 Strawberries

30g Blueberries

## 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)  
1 10g 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

<b>Steak &amp; Potatoes</b>	<b>C526</b>	<b>P51g</b>	<b>C40g</b>	<b>F19g</b>
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				
<b>Burger n Chips</b>	<b>C508</b>	<b>P51g</b>	<b>C40g</b>	<b>F19g</b>
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				
<b>Fish &amp; Cous Cous</b>	<b>C484</b>	<b>P54g</b>	<b>C44g</b>	<b>F9g</b>
250g Lidl Inismara Wild Garlic and Pepper Cod				
½ Packet of Sainsbury Moroccan Couscous				
1 Asda Frozen Veg steam Bag				
1 Omega-3 Capsule				
<b>Curry &amp; Rice</b>	<b>C513</b>	<b>P55g</b>	<b>C50g</b>	<b>F9g</b>
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				
<b>Chicken &amp; Rice</b>	<b>C504</b>	<b>P69g</b>	<b>C38g</b>	<b>F10g</b>
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:

<b>Bagel &amp; Peanut Butter</b>	<b>C305</b>	<b>P13g</b>	<b>C23g</b>	<b>F17g</b>
½ Bagel (Any kind) 30g Peanut Butter (Whole Earth, weighting essential)				
<b>Slim Protein Pot</b>	<b>C241</b>	<b>P33g</b>	<b>C15g</b>	<b>F5g</b>
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)				
<b>Fat Protein Pot</b>	<b>C304</b>	<b>P30g</b>	<b>C15g</b>	<b>F14g</b>
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)				
<b>Fruit n Nuts</b>	<b>C258</b>	<b>P6g</b>	<b>C28g</b>	<b>F14g</b>
1 Apple (Medium) 30g Almonds				
<b>Fruit n Nuts Take 2</b>	<b>C274</b>	<b>P8g</b>	<b>C24g</b>	<b>F16g</b>
1 Apple, sliced (Medium) 30g Peanut Butter (Whole Earth, spread onto apple slices)				
<b>Granola &amp; Yogurt</b>	<b>C235</b>	<b>P21g</b>	<b>C28g</b>	<b>F5g</b>
170g Fage Total 0% Fat Greek Yogurt 25g Granola (Sainsburys) 50g Raspberries (Or any berries)				
<b>Smoothie</b>	<b>C307</b>	<b>P30g</b>	<b>C34g</b>	<b>F4g</b>
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)				
<b>Carb Killa Bar</b>	<b>C214</b>	<b>P23g</b>	<b>C1.5g</b>	<b>F8g</b>
<b>Protein Shake</b>	<b>C130</b>	<b>P24g</b>	<b>C1g</b>	<b>F1g</b>

<b>Chicken Slices</b> (Pre-cooked)	C 136	P31g	C0g	F2g
<b>Avocado</b> (100g Ripe)	C 160	P2g	C9g	F15g
<b>Pre-Workout Snacks</b>				
<b>40g Raisins</b>	C 120	P1g	C31g	F0g
<b>Medium Banana</b> (100g)	C 103	P1g	C23g	F0g