



WHAT DOES 1600 CALORIES LOOK LIKE?

INTRODUCTION

Flexible dieting is a great tool when it comes to tracking nutrition. Having the ability to diet of your own accord within set targets allows the freedom to consume the foods you like, and still make progress towards your goal.

I personally recommend adopting the 80:20 principle when it comes to flexible dieting. Consuming 80% of your calories through whole, nutritious foods, with the remaining 20% of your calories coming from foods you enjoy, which may or may not contribute much nutritional value.

I've put this guide together to provide some insight into how you could structure your food diary to satisfy your calorie goal. It contains multiple options for each meal, and consuming a combination of the options will allow you to hit your nutritional targets comfortably.

DISCLAIMER

This is by no means a set meal-plan. This guide has been devised simply to show you how you could structure your daily food intake. It contains generic food-choices, and thus should be taken accordingly.

You should seek medical guidance regarding any food intolerances or allergies you may have.

BREAKFAST - CHOOSE ONE

OPTION

1

FOOD	SERVING
Fage Fat Free Greek Yoghurt	300g
Peanut Butter	15g
Frozen Berries	75g
Whey Protein	10g
Banana	100g

OPTION

2

FOOD	SERVING
Bacon Medallions	75g
Eggs	2
Thin Bagel	1
Light Spread	10g
Spinach	50g

LUNCH - CHOOSE ONE

OPTION

1

FOOD	SERVING
Heck Chicken Italia Sausages	5
Microwave Rice	125g
Green Vegetables	75g
Nando's Medium Sauce	15g

OPTION

2

FOOD	SERVING
5% Beef Mince	125g
Pasta (Uncooked)	50g
Chopped Tomatoes	200g
Onion	50g

DINNER - CHOOSE ONE

OPTION

1

FOOD	SERVING
Salmon Fillet	125g
Couscous	125g
Green Vegetables	50g

OPTION

2

FOOD	SERVING
Cooked Chicken Breast	125g
Weight Watchers Wrap	2
50% Reduced Fat Cheddar	30g

SNACK - CHOOSE ONE

OPTION

1

FOOD	SERVING
Grenade Carb Killa	60g
Blueberries	100g

OPTION

2

FOOD	SERVING
Semi-Skimmed Milk	300ml
Whey Protein	25g
Strawberries	100g

KCAL (MAX)

1600

PROTEIN (MIN)

140g

**EAT WELL,
LIVE WELL,
BE WELL.**

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