



WHAT DOES 1800 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
Weetabix	4
Semi-Skimmed Milk	150ml
Grenade Bar	1
Banana	1

OPTION

2

FOOD	SERVING
Oats	50g
Skimmed Milk	100g
Apple	1
Boiled Egg	2

LUNCH - CHOOSE ONE

OPTION

1

FOOD	SERVING
Bagel	2
Cooked Ham	80g
Cheese	40g
Cucumber	50g
Tomatoes	50g

OPTION

2

FOOD	SERVING
Steak	75g
Chorizo	30g
Pasta	40g
Crème Fraiche	120g

DINNER - CHOOSE ONE

OPTION

1

FOOD	SERVING
Salmon Fillet	150g
New Potatoes	200g
Carrots	50g
Broccoli	50g

OPTION

2

FOOD	SERVING
Chicken Breast	200g
Fajita Mix	60g
Weight Watchers Wrap	2
Bell Pepper	50g

SNACK - CHOOSE ONE

OPTION

1

FOOD	SERVING
Greek Yoghurt	150g
Strawberries	50g

OPTION

2

FOOD	SERVING
Fridge Raiders	1 Pack
Chocolate Rice Cake	2

KCAL (MAX)

1800

PROTEIN (MIN)

130g

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

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