



WHAT DOES 2500 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.

MEAL 1- CHOOSE ONE

OPTION
1

FOOD	SERVING
Porridge Oats	40g
Semi Skimmed Milk	130ml
Whey Protein Powder	25g
Boiled Egg	1
Fresh Orange Juice	200ml

OPTION
2

FOOD	SERVING
Crumpets	3
Low Fat Spread	40g
Arla Protein Yoghurt	1

MEAL 2 - CHOOSE ONE

OPTION
1

FOOD	SERVING
Steak	225g
Wraps	2
Nandos Perinaise	40g
Mixed Green Salad	50g

OPTION
2

FOOD	SERVING
Chicken Breast	150g
Pasta	85g
Carbonara Sauce	50g
Protein Bar	1

MEAL 3 - CHOOSE ONE

OPTION
1

FOOD	SERVING
Apple	1
0% Fat Greek Yoghurt	200g
Frozen Berries	40g

OPTION
2

FOOD	SERVING
Rice Cakes	3
Mango Chunks	100g

CONTINUE



MEAL 4 - CHOOSE ONE

OPTION

1

FOOD	SERVING
Seabass Fillet	125g
Potatoes	200g
Sweetcorn	50g
Peas	50g
Protein Bar	1 Bar

OPTION

2

FOOD	SERVING
Pork Steak	200g
Micro Rice	125g
Mix Green Veg	200g
Teriyaki Sauce	75g

MEAL 5 - CHOOSE ONE

OPTION

1

FOOD	SERVING
Beef Jerky	25g
Banana	1
Mixed Nuts	30g
Malt Loaf	100g

OPTION

2

FOOD	SERVING
Boiled Eggs	2
Mars Bar	1
Fresh Apple Juice	200ml

KCAL (MAX)

2500

PROTEIN (MIN)

180g



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

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FITTER. STRONGER. TOGETHER