



WHAT DOES 3000 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
Latte	300ml
Bagel Thin	60g
Bacon Medallions	1
Low Fat Spread	10g
Trek Flapjack	1g

OPTION

2

FOOD	SERVING
Heck Chicken Italia Sausages	3
Eggs	2
Crumpets	2
No Added Sugar Beans	200g

MEAL 2 - CHOOSE ONE

OPTION

1

FOOD	SERVING
Chicken Breast	250g
Spicy Rice	250g
Kvarg Yoghurt	150g
Protein Bar	1

OPTION

2

FOOD	SERVING
Salmon Fillet	150g
Brown Rice	250g
Pak Choi	250g
Chilli & Garlic Sauce	75g

MEAL 3 - CHOOSE ONE

OPTION

1

FOOD	SERVING
Pork Steak	200g
Herby Mini Jacket Potatoes	200g
Tender stem Broccoli	75g

OPTION

2

FOOD	SERVING
Beef Meatballs	250g
Sub Roll	1
Cheddar Cheese	30g
Salad	150g
McCain Lighter Oven Chips	100g

CONTINUE



MEAL 4 - CHOOSE ONE

OPTION

1

FOOD	SERVING
Weetabix	4
Semi-skimmed milk	150ml

OPTION

2

FOOD	SERVING
Porridge Oats	100g
Golden Syrup	20g
Semi-Skimmed Milk	100ml
Protein Bar	1

MEAL 5 - CHOOSE ONE

OPTION

1

FOOD	SERVING
Clear Protein Juice	2 scoops
Banana	100g
Malt Loaf (Soreen)	100g

OPTION

2

FOOD	SERVING
Peperami	1
Orange	1

KCAL (MAX)

3000

PROTEIN (MIN)

240g



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

