



WHAT DOES 3500 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	70g
Greek Yoghurt	200g
Frozen Berries	80g
Boiled Eggs	2
Fresh Orange Juice	250ml

OPTION
2

FOOD	SERVING
Weetabix	6
Semi Skimmed Milk	250ml
Arla Protein Yoghurt	1

MEAL 2 - CHOOSE ONE

OPTION
1

FOOD	SERVING
Chicken Breast	200g
Stir Fry Mix Veg	80g
Egg Noodles	150g
Teriyaki Sauce	75g

OPTION
2

FOOD	SERVING
Beef Meatballs	150g
Pasta	80g
Bolognese Sauce	50g
Protein Bar	1

MEAL 3 - CHOOSE ONE

OPTION
1

FOOD	SERVING
Bagel	1
Eggs	2
Light Spread	30g

OPTION
2

FOOD	SERVING
Pancakes	2
Maple Syrup	50ml

CONTINUE



MEAL 4 - CHOOSE ONE

OPTION
1

FOOD	SERVING
Steak	200g
Potatoes	200g
Sweetcorn	60g
Green Veg	200g
Protein Powder	50g
Semi Skimmed Milk	200ml

OPTION
2

FOOD	SERVING
Duck Breast	200g
Potatoes	200g
Mix Green Veg	200g
Banana	100g

MEAL 5 - CHOOSE ONE

OPTION
1

FOOD	SERVING
Protein Bar	200g
Banana	100g
Coco Pops	100g
Semi Skimmed Milk	150ml

OPTION
2

FOOD	SERVING
Original Beef Jerky	100g
Boiled Eggs	2
Mars Bar	1
Fresh Apple Juice	200ml

KCAL (MAX)
3500

PROTEIN (MIN)
250g



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

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FITTER. STRONGER. TOGETHER