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Men's 14 Day Eating Plan

Days 1 – 5

Total Daily Count: 1500 Calories (Breakfast)

Breakfast							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg)	Sugar (g)
Porridge Oats 60g (uncooked)	216	6.6	36	4.8	5.4	0	1.2
Skimmed Milk 200ml	70	6.8	10	0.2	0	120	10
Honey 5g / to taste	15.2	0	4.1	0	0	0.2	4.1
Golden Flaxseed 10g	49.5	2.3	0.9	3.6	2.1	4	0.1
Orange (medium)	62	1.23	15.39	0.16	3.1	0	12.25
Total	412.7	16.9	66.4	8.8	10.6	124.2	27.7
<p>Swaps: Blueberries for orange.</p>							

Days 1 – 5

Total Daily Count: 1500 Calories (Lunch)

Lunch							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg)	Sugar (g)
Chicken Breast 100g	195	29.55	0	7.72	0	393	0
Mixed Green Salad	9	0.84	1.76	0.13	1.1	16	0.48
Sweet Potato 200g	172	3.14	40.24	0.1	6	110	8.36
Banana (medium)	105	1.29	26.95	0.39	3.1	1	14.43
Total	481	34.8	69	8.3	10.2	520	23.3

Days 1 – 5

Total Daily Count: 1500 Calories (Dinner)

Dinner							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg)	Sugar (g)
Wild Atlantic Salmon 0.5 fillet	281	39.28	0	12.25	0	87	0
Cooked Green Cabbage 1 cup	65	1.53	6.76	4.32	2.8	428	4.36
Broccoli 1 Cup	31	2.57	6.04	0.34	2.4	30	1.55
Brown Rice 60g (uncooked)	210	4.2	44.4	1.8	1.2	0	0.6
Total	587	47.6	57.2	19	6.4	545	6.5

Liquid:

Water 2000ml or as needed. Herbal teas are fine.

Days 1 – 5

TOTALS: 1500 Calories Daily

Daily Total							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg)	Sugar (g)
Total	1480.7	99.3	192.5	36.1	27.2	1229.2	57.4
Target	1500						
Remaining	19.3						

Total Daily Count: 1800 Calories

Days 6 – 9

Total Daily Count: 1800 Calories (Breakfast)

Breakfast							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg)	Sugar (g)
Porridge Oats 80g (uncooked)	288	8.8	48	6.4	7.2	0	1.6
Skimmed Milk 200ml	70	6.8	10	0.2	0	120	10
Honey 5g / to taste	15.2	0	4.1	0	0	0.2	4.1
Golden Flaxseed 10g	49.5	2.3	0.9	3.6	2.1	4	0.1
Orange (medium)	62	1.23	15.39	0.16	3.1	0	12.25
Total	484.7	19.1	78.4	10.4	12.4	124.2	28.1
<p>Swaps: Blueberries for orange. Oats for granola (but be aware of fruit and nut in granola cereal mixes pushing up the calorie intake).</p>							

Days 6 – 9

Total Daily Count: 1800 Calories (Lunch)

Lunch							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg)	Sugar (g)
Chicken Breast 100g	195	29.55	0	7.72	0	393	0
Mixed Green Salad	9	0.84	1.76	0.13	1.1	16	0.48
Sweet Potato 200g	172	3.14	40.24	0.1	6	110	8.36
Banana (medium)	105	1.29	26.95	0.39	3.1	1	14.43
Total	481	34.80	69	8.3	10.2	520	23.3

Notes: We've doubled your sweet potato intake here from the 1000 calorie plan – more carbs!

Swaps:

Switch sweet potatoes for white potatoes or rice / pasta (uncooked 40 – 50g)

Add in small amounts of olives, olive oil, or pumpkin seeds to salads – choose one. 5g of oil, 5 – 10g of seeds, half a dozen or so olives.

Days 6 – 9

Total Daily Count: 1800 Calories (Dinner)

Dinner							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg)	Sugar (g)
Wild Atlantic Salmon 0.5 fillet	281	39.28	0	12.25	0	87	0
Cooked Green Cabbage 1 cup	65	1.53	6.76	4.32	2.8	428	4.36
Broccoli 1 Cup	31	2.57	6.04	0.34	2.4	30	1.55
Brown Rice 3oz / 85g (uncooked)	312	7.29	64.92	2.55	5.1	858	0.99
Blueberries 50 berries	39	0.5	9.85	0.22	1.6	1	6.77
Total	728	51.2	87.6	20	11.9	1404	13.7
Swaps: Any green vegetables of your choice.							

Liquid:

Water 2000ml or as needed. Herbal teas are fine.

Days 6 – 9

Total Daily Count: 1800 Calories (Snacks)

Snacks							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg?)	Sugar (g)
Mixed Nuts (28g)	173	4.62	6.04	15.76	2.3	111	1.19
Totals	173	4.62	6.04	15.76	2.3	111	1.19

TOTALS: 1800 Calorie Daily

Daily Total							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg?)	Sugar (g)
Total	1866.7	109.7	241	54.4	36.8	2199.2	66.2
Target	1800						
Remaining	-66.7						

Total Daily Count: 2100 Calories

You may find around 2100 calories the ideal intake for sustainable weight loss.

Days 10 - 14

Total Daily Count: 2100 Calories (Breakfast)

Breakfast							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg)	Sugar (g)
Porridge Oats 80g (uncooked)	288	8.8	48	6.4	7.2	0	1.6
Skimmed Milk 200ml	70	6.8	10	0.2	0	120	10
Honey 5g / to taste	15.2	0	4.1	0	0	0.2	4.1
Golden Flaxseed 10g	49.5	2.3	0.9	3.6	2.1	4	0.1
Orange (medium)	62	1.23	15.39	0.16	3.1	0	12.25
Total	484.7	19.1	78.4	10.4	12.4	124.2	28.1
<p>Swaps: Blueberries for orange. Oats for granola (but be aware of fruit and nut in granola cereal mixes pushing up the calorie intake).</p>							

Days 10 - 14

Total Daily Count: 2100 Calories (Lunch)

Lunch							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg)	Sugar (g)
Chicken Breast 100g	195	29.55	0	7.72	0	393	0
Mixed Green Salad	9	0.84	1.76	0.13	1.1	16	0.48
Sweet Potato 300g	258	4.71	60.36	0.15	9	165	12.54
Banana (medium)	105	1.29	26.95	0.39	3.1	1	14.43
Total	567	36.4	89.1	8.4	13.2	575	27.5

Notes: We increased your sweet potato intake by 100g's here.

Swaps:

Switch sweet potatoes for white potatoes or rice / pasta (uncooked 40 – 50g)

Add in small amounts of olives, olive oil, or pumpkin seeds to salads. 5g of oil, 5 – 10g of seeds, half a dozen or so olives – choose 2 if required.

Days 10 - 14

Total Daily Count: 2100 Calories (Dinner)

Dinner							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg)	Sugar (g)
Wild Atlantic Salmon 0.5 fillet	281	39.28	0	12.25	0	87	0
Cooked Green Cabbage 1 cup	65	1.53	6.76	4.32	2.8	428	4.36
Broccoli 1 Cup	31	2.57	6.04	0.34	2.4	30	1.55
Brown Rice 3oz / 85g (uncooked)	312	7.29	64.92	2.55	5.1	858	0.99
Blueberries (50 berries)	39	0.5	9.85	0.22	1.6	1	6.77
Total	728	51.2	87.6	20	11.9	1404	13.7
Swaps: Any green vegetables of your choice.							

Liquid:

Water 2000ml or as needed. Herbal teas are fine.

Days 10 - 14**Total Daily Count: 2100 Calories (Snacks)**

Snacks							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg?)	Sugar (g)
Mixed Nuts (28g)	173	4.62	6.04	15.76	2.3	111	1.19
Dried mixed fruit. (approx a handful)	75	0.6	17	0.18	0.6	0	17
Totals	248	5.2	23	15.9	2.9	111	18.2
Notes: We've added in dried fruit here.							

TOTALS: 1800 Calorie Daily

Daily Total							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg?)	Sugar (g)
Total	2027.7	111.9	278.1	54.7	40.4	2254.2	87.4
Target	2100						
Remaining	72.3						