

Day 1**Diet Plan**

Diet Type: Balanced, high-protein low-fat

Calorie Goal: 2400

Calories: 2419

Time	Food	Amount	Protein	Carbs	Fat	Calories
<i>Breakfast</i>	Eggs	3 large	18		15	213
	Hot sauce	1 tsp		2		9
	Toast Vogels whole grain	2 slice	4	28	4	190
	Butter	20g			8	72
<i>Morning Tea</i>	Protein shake	1 scoop	25	2	2	130
	Light milk	250ml	8	12	4	116
<i>Lunch</i>	Chicken breast skinless	250g	57.5		7	312
	Rice white jasmine cooked	1 cup 158g	4	45		205
	Sweet chilli sauce	1 Tbsp		4		15
	Broccoli	1 cup chopped	3	6		31
<i>Afternoon Tea</i>	Apple medium	1 whole 182g	1	25		95
	Almonds	10	3	3	6	69
<i>Dinner</i>	Rump steak fat cut off	250g	55		10	422
	Butter for cooking steak	10g			8	72
	Medium kumara cooked	1 cup 226g	4	48		206
	Green beans cooked	1 cup	2	7		31
	BBQ sauce or similar	15g		4		16
<i>Supper</i>	Whittakers dark chocolate 72%	4 squares	8	12	2	128
	Greek Yogurt	150g	10	2	4	87
Total			202.5	200	70	2419