

Day 2**Diet Plan**

Diet Type: Balanced, high-protein low-fat

Calorie Goal: 1600

Calories: 1609

Time	Food	Amount	Protein	Carbs	Fat	Calories
<i>Breakfast</i>	<i>Porridge</i>					
	Rolled oats	45g half cup	6	25	4	167
	Milk light	1/4 cup	1	3	2	27
	Honey	1 tsp		5		20
	Banana medium	1 half		13	1	53
<i>Morning Tea</i>	Protein shake with water	1 scoop	25	2	2	130
<i>Lunch</i>	<i>Tuna Salad</i>					
	Canned tuna Sealord lemon pepper	95g	17	1	23	275
	Cucumber medium	1 half	1	3		16
	Cherry tomatos	6	1	3		19
	Baby spinach	1 cup	1	1		8
	Vinergrette	1 Tbsp		2	3	30
<i>Afternoon Tea</i>	Almonds	10	3	3	6	69
<i>Dinner</i>	<i>Chicken stirfry</i>					
	Chicken breast	1 medium	35		4	184
	Capsicum	1 half		2		11
	Broccoli	1 half cup	1	3		15
	Onion white	1 half cup	1	8		32
	Garlic	1 clove		1		5
	Soy sauce	1 Tbsp	1	2		11
	Oyster sauce	1 Tbsp		7		30
	Oil	1 Tbsp			14	126
	Singapore noodles Trident	175g	13	52	4	294
<i>Supper</i>	Greek yogurt Anchor	150g	10	2	4	87
Total			116	138	59	1609