

Day 2**Diet Plan**

Diet Type: Balanced, high-protein low-fat

Calorie Goal: 2800

Calories: 2808

Time	Food	Amount	Protein	Carbs	Fat	Calories
<i>Breakfast</i>	<i>Porridge</i>					
	Rolled oats	90g 1 cup	12	50	9	333
	Milk light	1/2 cup	2	7	4	72
	Honey	3 tsp		15		60
	Banana medium	1	1	27		105
<i>Morning Tea</i>	Protein shake	1 scoop	25	2	2	130
	Light milk	250ml	8	12	4	116
<i>Lunch</i>	<i>Tuna Salad</i>					
	Canned tuna Sealord lemon pepper	Big can 185g	33	2	45	540
	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	20	6	7	10	156
	Pear	1 medium	1	27		101
<i>Dinner</i>	<i>Chicken stirfry</i>					
	Chicken breast	2 medium	70		8	368
	Capsicum	1 half		2		11
	Broccoli	Half cup	1	3		15
	Onion white	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>	Watties creamed rice 1/2 can	210g	7	39	5	230
Total			184	272	108	2808