

Daily Diet sheet

Meal 1 - Morning

80g dry oats (with water)
12 x blueberries
4 medium sized eggs (1 whole egg, 3 whites)
Peppers/onions if you want with eggs
1 x cup of green tea

10 – 15 mins after breakfast

1x omega 3,6,9 gel/tablet 1000mg per tab
1x cod liver oil tablets
1x Multi Vitamin
1 x vit C tablet

Meal 2 – Mid Morning

150g tuna
250g sweet potato
100g mixed veg – broccoli, asparagus etc
1x slice pineapple ring
1 x omega 3,6,9 tablet

Meal 3 – Lunch

140g salmon
Half a pack of Tilda/Uncle Ben's Brown Rice
100g mixed veg
1 x omega 3,6,9 tablet

Meal 4 - Mid Afternoon

150g chicken/turkey
250g sweet potato
100g mixed veg/salad
1 x pineapple ring
1 x omega 3,6,9 tablet

Meal 5 – - Evening

180g lean steak
Mixed Veg, peppers, mushrooms, onions etc
Half a packet Tilda/Uncle Bens Brown Rice

Meal 6 – Before Bed

150g cottage cheese & 8 almonds

NOTE

- Add spices or small amount of salt per meal if too. NO Mayo/ketchup etc! Only mustard if you like it!
- Drink a minimum 4/5 litres daily
- This is your standard daily diet