

My Example Diet Sheet (This is just a guide)

As a whole the diet involves a lot of meat & green vegetables to provide protein as I'm currently trying to keep my body fat% low & keep lean muscle mass.

When cutting, the cheese, mayonnaise, cream and egg yolks would all be removed to reduce fat content to help my body strip down. Also reduce down to one cheat meal per-week.

	Breakfast	Lunch	Dinner	Snacks/ Drinks
Monday	4X Scrambled Eggs with spinach	Crab & Tuna Tinned crab meat & tinned tuna mixed with mayonnaise.	Chicken Stirfry Chicken breast with baby sweetcorn, green beans, mushrooms, pakchoi, water chestnuts, beansprouts & soy sauce.	Cheese Sugar Free Jelly sometimes with cream Cocktail Sticks
Tuesday	Wholegrain Porridge With added nuts & almond milk	Ribs 4 grilled pork belly slices or ribs with a little Chinese seasoning.	Burgers 2 beef burgers with melted smoked cheese & spinach, sweet potato.	Mixture of boiled ham, cheese & pickled onions Almond Butter Organic Peanut Butter
Wednesday	4X Poached Eggs	Chicken Stirfry This will have been made on Monday for dinner & refrigerated/froze.	Sausage, Cabbage, Bacon Chopped steak & black pepper sausages with cabbage & bacon with garlic butter.	Mushroom Pate Greek Yogurt Pepperoni Slices
Thursday	Wholegrain Porridge With added nuts & almond milk	Prawns Prawns sautéed in garlic butter, served with diced bacon and pouring cream.	Gammon Grilled gammon steak with 2 fried eggs and spinach.	Mussels Normally in garlic butter or white wine.
Friday	Scrambled Eggs with Chicken & Cheddar Cheese.	Omelette 3 eggs with anything like cheese, bacon, sausage or ham	Salmon Salmon with kale, broccoli & garlic butter.	Boiled Eggs Poached Eggs Boiled Ham
Saturday	Wholegrain Porridge With added nuts & almond milk	Poached Eggs 3 poached eggs with fried pancetta cubes.	Steak Sirloin steak with zucchini fries and homemade pepper sauce, (whipped cream with crushed black peppercorns & beef stock)	Drinks Protein Shakes Coffee & Whipping Cream 2 X Green Tea 2X Litre of water
Sunday Cheat Day!	Wholegrain Porridge With semi skimmed milk	Stuffed Bell Peppers with Mozzarella	Cheat Meal Takeaway Chocolate, crisps, wine!	

Cook foods with Coconut oil or Rapeseed oil

NO SUGAR OR FIZZY DRINKS!!!!!!