

Nutrition Ideas

Working Hours (about 3 hours apart)

		Meal	Carb Servings	Protein Servings
Breakfast	1	Cup of Tea	0	0
Morning tea	2	2 Boiled eggs	0	1
Lunch	3	Left over roast meat & low calorie veges	1	2
Afternoon tea	4	Protein Shake in Water	0	1
Dinner	5	Roast Lamb & Low calorie Veges	1	2
TV Food	6	Protein Mini Cookie	0	1/2
		Total	2	6.5

Fast Fat loss (Don't eat until you get hungry)

		Meal	Carb Servings	Protein Servings
No Breakfast		Green Tea	0	0
10 am to 1 pm		Chicken & Salad	1/2	1
		(1 boiled egg or nuts if needed)	0	1/2
6 pm to 8 pm		Fillet Steak & Low Cal Veges	1	2
		Total	1.5	3.5

Takeaways (Don't eat until you get hungry)

		Meal	Carb Servings	Protein Servings
No Breakfast	1	Cuppa (Burger King)	0	0
11.00 am	2	2 Chicken Pieces (KFC)	1	3
3.00 pm	3	Double Chicken Salad (MC Donalds)	1/2	3
7.00 pm	4	Lamb Shank & low calorie Veges (Roast Shop)	1	3
		Total	2.5	9