

500

NUTRIENT DENSE MEALS



CALORIE AND MACRO BREAKDOWN

1218 CALORIES

88G PROTEIN

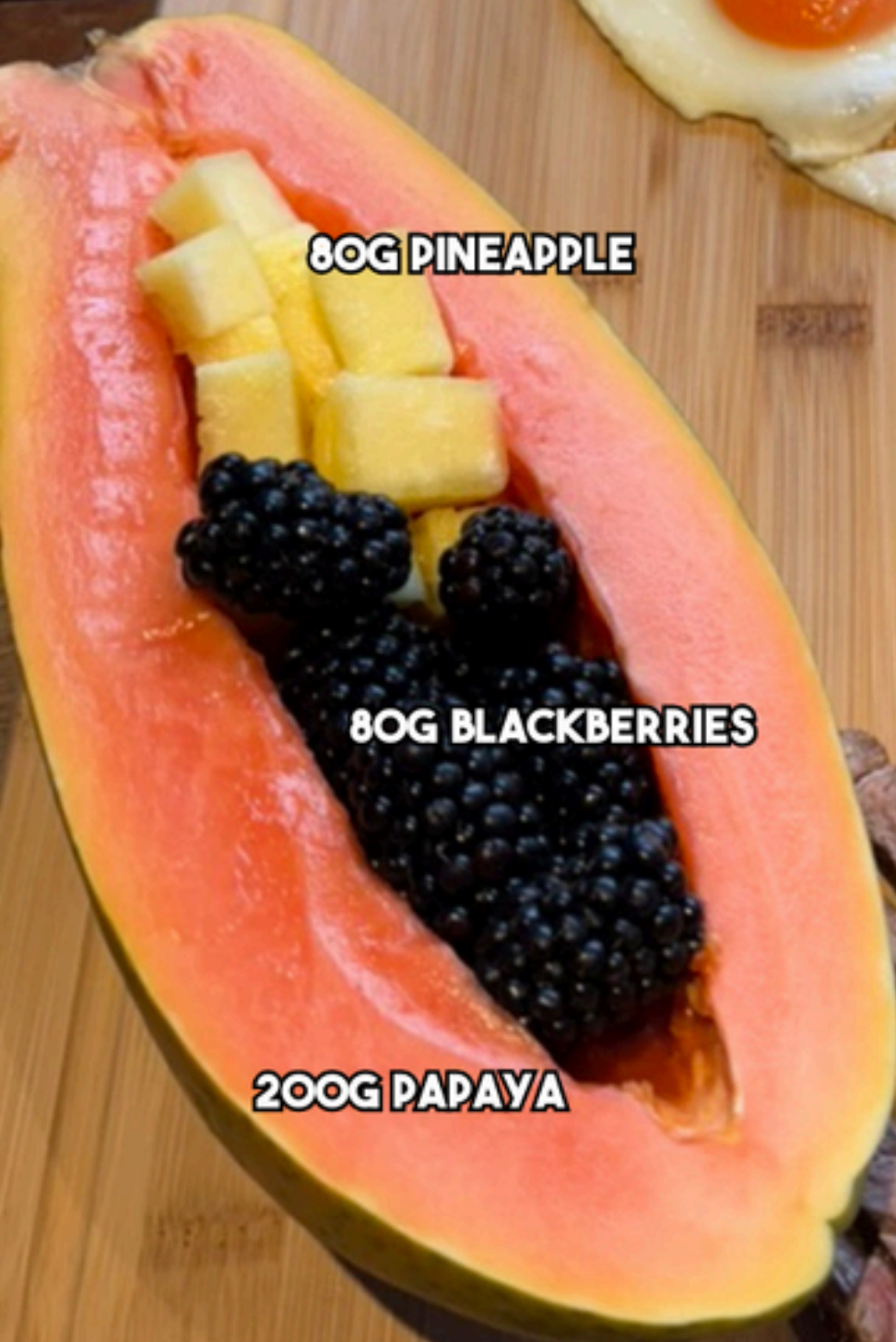
37G CARBS

79G FAT



6 WHOLE EGGS

10G BUTTER



80G PINEAPPLE

80G BLACKBERRIES

200G PAPAYA



250G SIRLOIN STEAK

CALORIE AND MACRO BREAKDOWN

2423 CALORIES

218G PROTEIN

139G CARBS

112G FAT

30G CHEESE

2 ROLLS

500G WHITE POTATO

30G GHERKINS

400G 5% BEEF MINCE

500G BAVETTE STEAK

30G GARLIC BUTTER

CALORIE AND MACRO BREAKDOWN

1672 CALORIES

197G PROTEIN

17G CARBS

90G FAT



300G CHICKEN

2 LAMB CHOPS



30G CHEESE

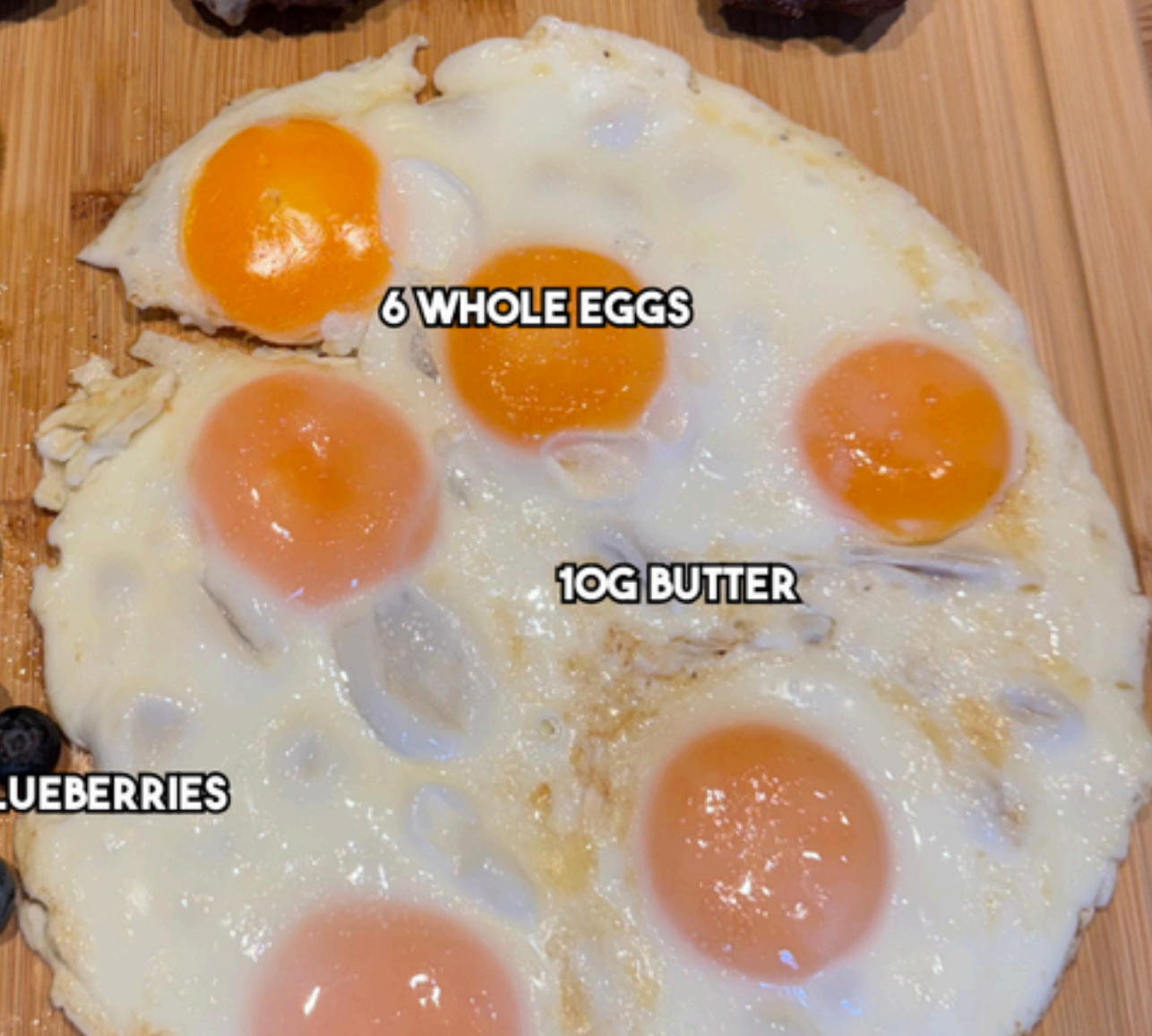
300G BEEF MINCE



60G KIWI



100G BLUEBERRIES



6 WHOLE EGGS

10G BUTTER

CALORIE AND MACRO BREAKDOWN

1243 CALORIES

144G PROTEIN

104G CARBS

24G FAT

400G BASMATI RICE

50G CHEESE

500G CHICKEN

100G ONION AND PEPPER



CALORIE AND MACRO BREAKDOWN

1484 CALORIES

103G PROTEIN

70G CARBS

86G FAT

400G WHITE POTATO

10G BUTTER

30G BUTTER

500G BAVETTE STEAK



CALORIE AND MACRO BREAKDOWN

1121 CALORIES

64G PROTEIN

56G CARBS

68G FAT

100G STRAWBERRIES

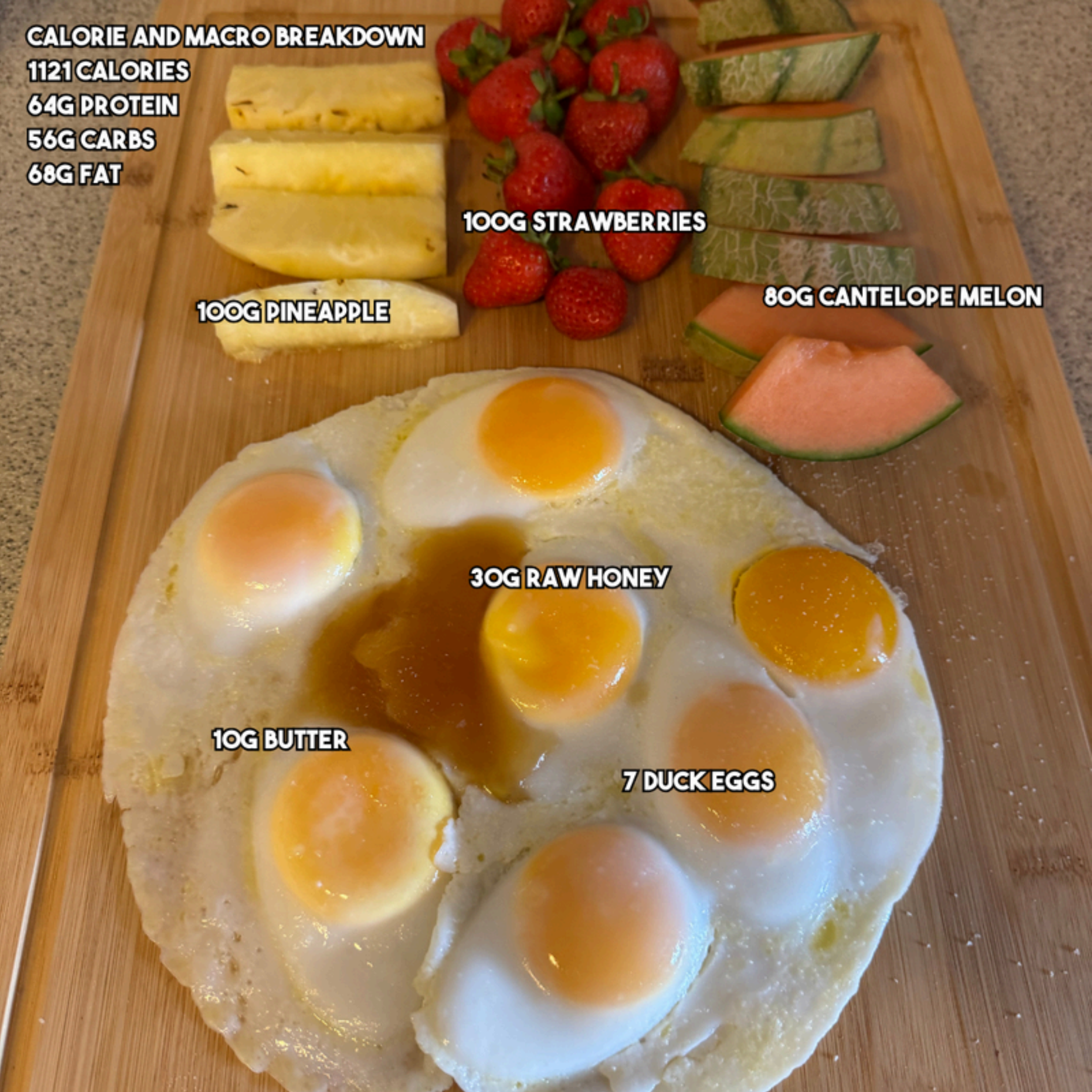
100G PINEAPPLE

80G CANTELOPE MELON

30G RAW HONEY

10G BUTTER

7 DUCK EGGS



CALORIE AND MACRO BREAKDOWN

1778 CALORIES

109G PROTEIN

130G CARBS

86G FAT

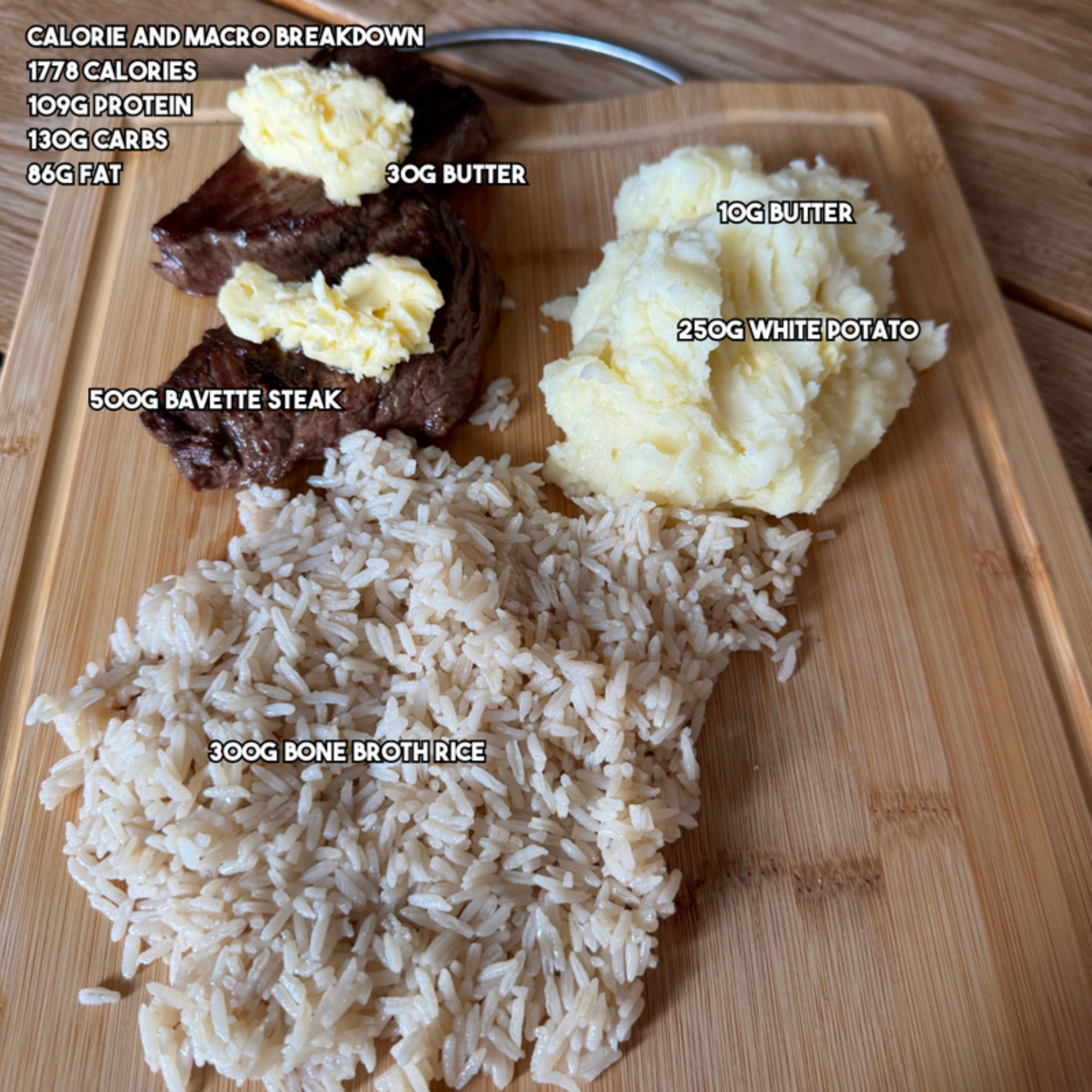
30G BUTTER

10G BUTTER

250G WHITE POTATO

500G BAVETTE STEAK

300G BONE BROTH RICE



CALORIE AND MACRO BREAKDOWN

831 CALORIES

41G PROTEIN

76G CARBS

40G FAT

200G BLUEBERRIES

220G BANANA

20G MAPLE SYRUP

10G BUTTER

6 WHOLE EGGS



CALORIE AND MACRO BREAKDOWN

2551 CALORIES

283G PROTEIN

96G CARBS

116G FAT

1/2 DUCK

300G BEEF SAUSAGES

200G OLIVE SOURDOUGH BREAD

700G BEEF RIBS



CALORIE AND MACRO BREAKDOWN

1498 CALORIES

104G PROTEIN

87G CARBS

78G FAT

350G BASMATI RICE

30G BUTTER

500G BAVETTE STEAK



CALORIE AND MACRO BREAKDOWN

1383 CALORIES

106G PROTEIN

24G CARBS

93G FAT

70G AVOCADO

6 DUCK EGGS

10G BUTTER

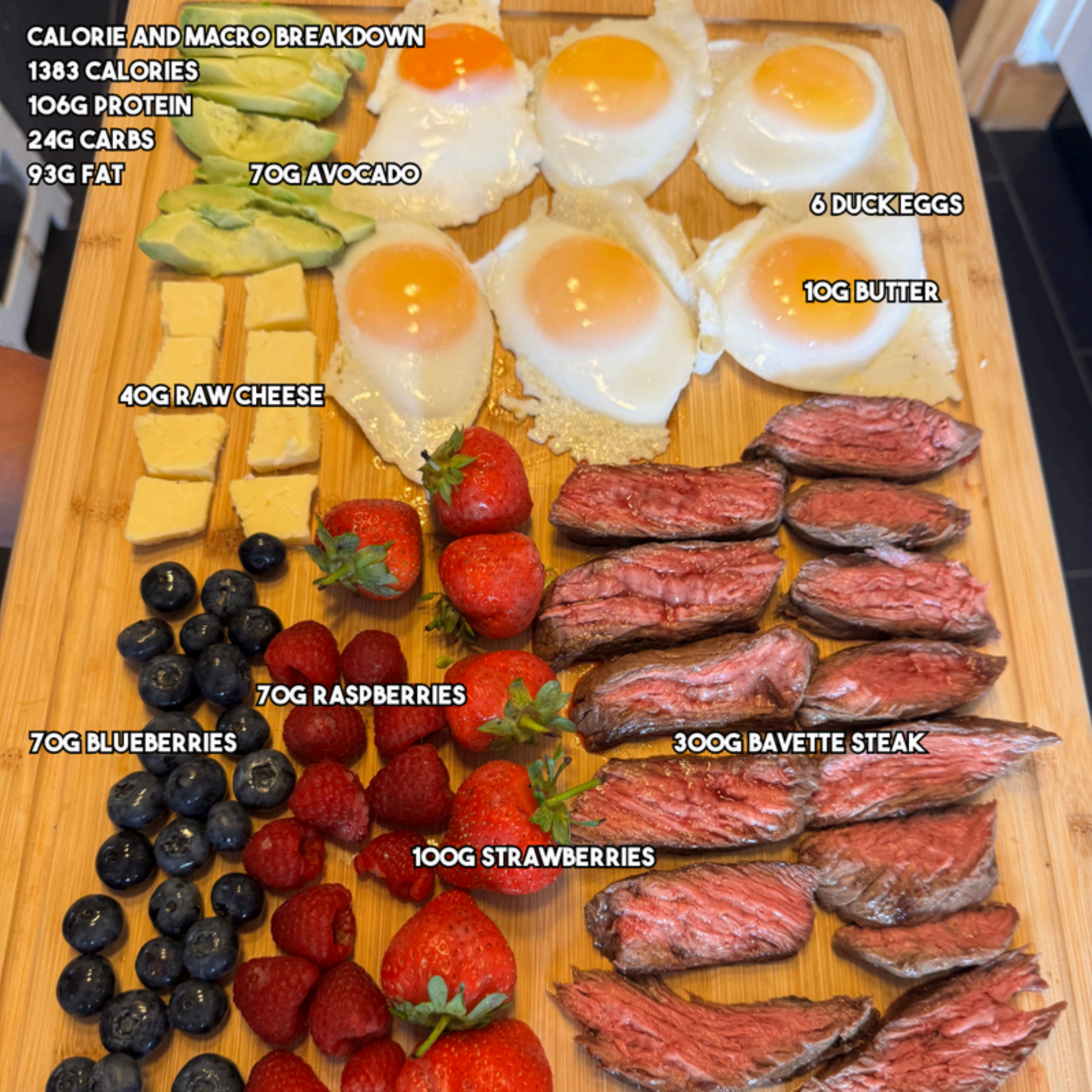
40G RAW CHEESE

70G RASPBERRIES

70G BLUEBERRIES

300G BAVETTE STEAK

100G STRAWBERRIES



CALORIE AND MACRO BREAKDOWN

1236 CALORIES

84G PROTEIN

46G CARBS

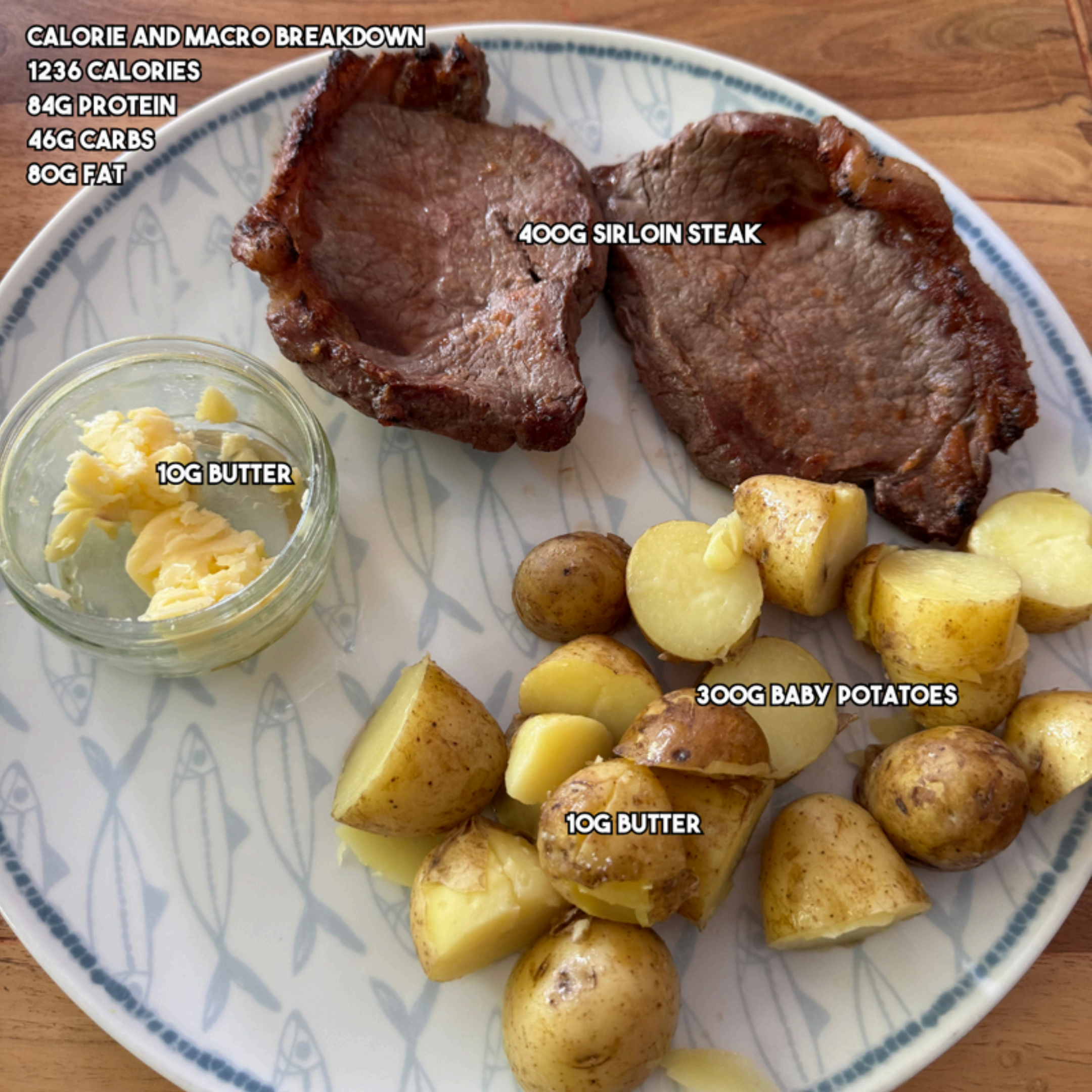
80G FAT

400G SIRLOIN STEAK

10G BUTTER

300G BABY POTATOES

10G BUTTER



CALORIE AND MACRO BREAKDOWN

1174 CALORIES

58G PROTEIN

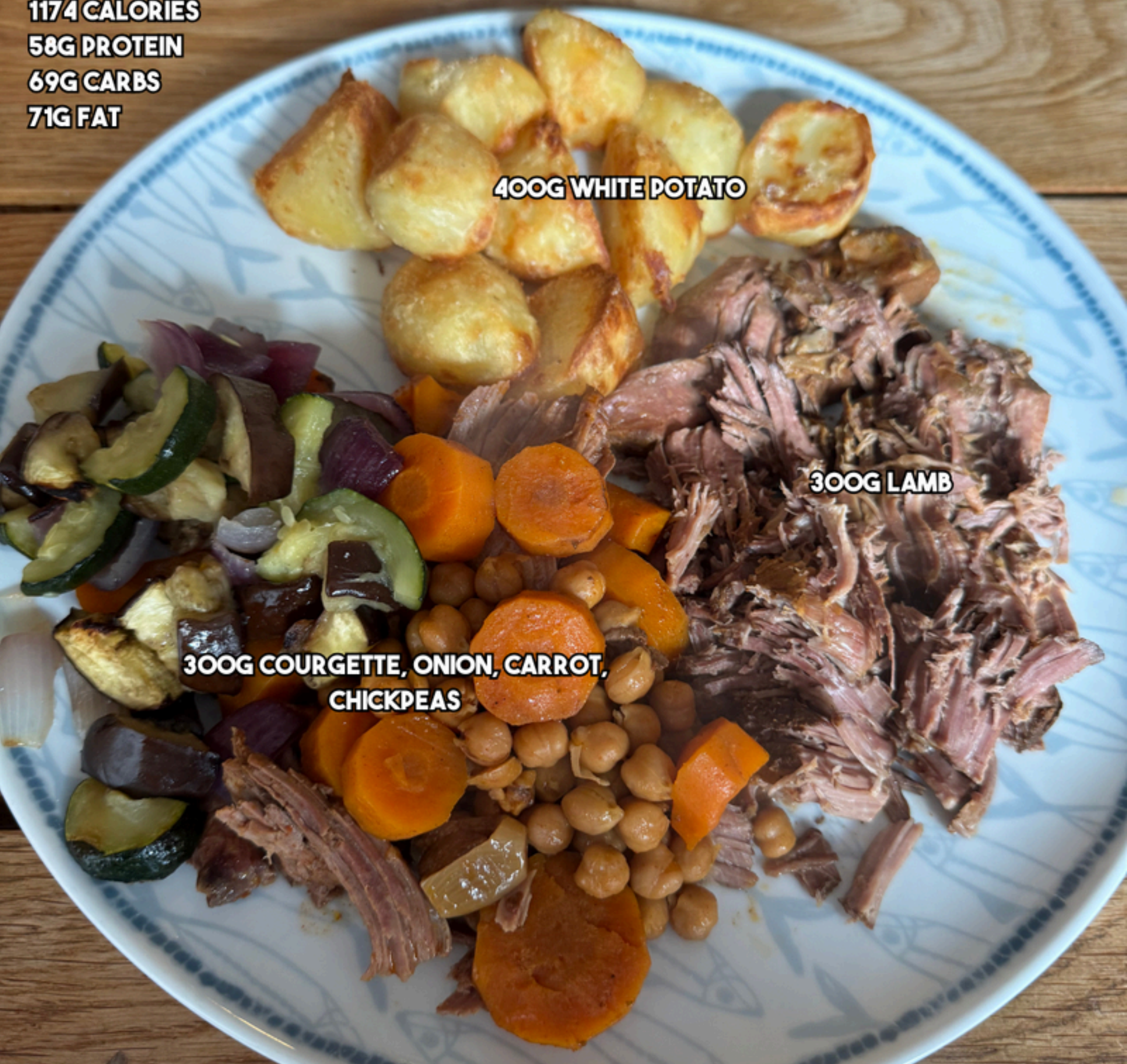
69G CARBS

71G FAT

400G WHITE POTATO

300G LAMB

**300G COURGETTE, ONION, CARROT,
CHICKPEAS**



CALORIE AND MACRO BREAKDOWN

1137 CALORIES

56G PROTEIN

73G CARBS

67G FAT



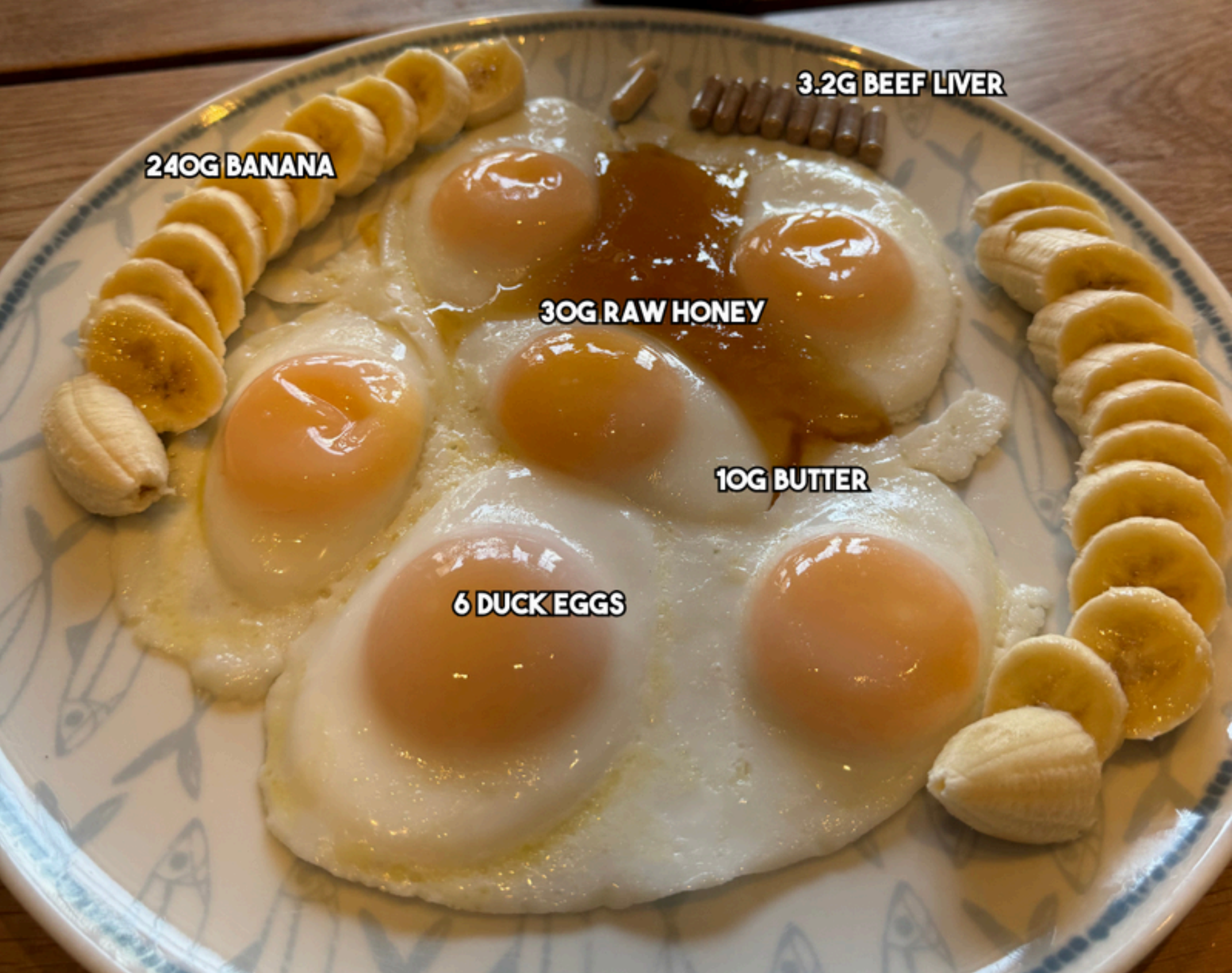
240G BANANA

3.2G BEEF LIVER

30G RAW HONEY

10G BUTTER

6 DUCK EGGS



CALORIE AND MACRO BREAKDOWN

1090 CALORIES

98G PROTEIN

20G CARBS

66G FAT

70G AVOCADO

2 TINS WILD SOCKEYE SALMON

4 RICE CAKES

6 WHOLE EGGS

10G BUTTER



CALORIE AND MACRO BREAKDOWN

1324 CALORIES

105G PROTEIN

69G CARBS

69G FAT

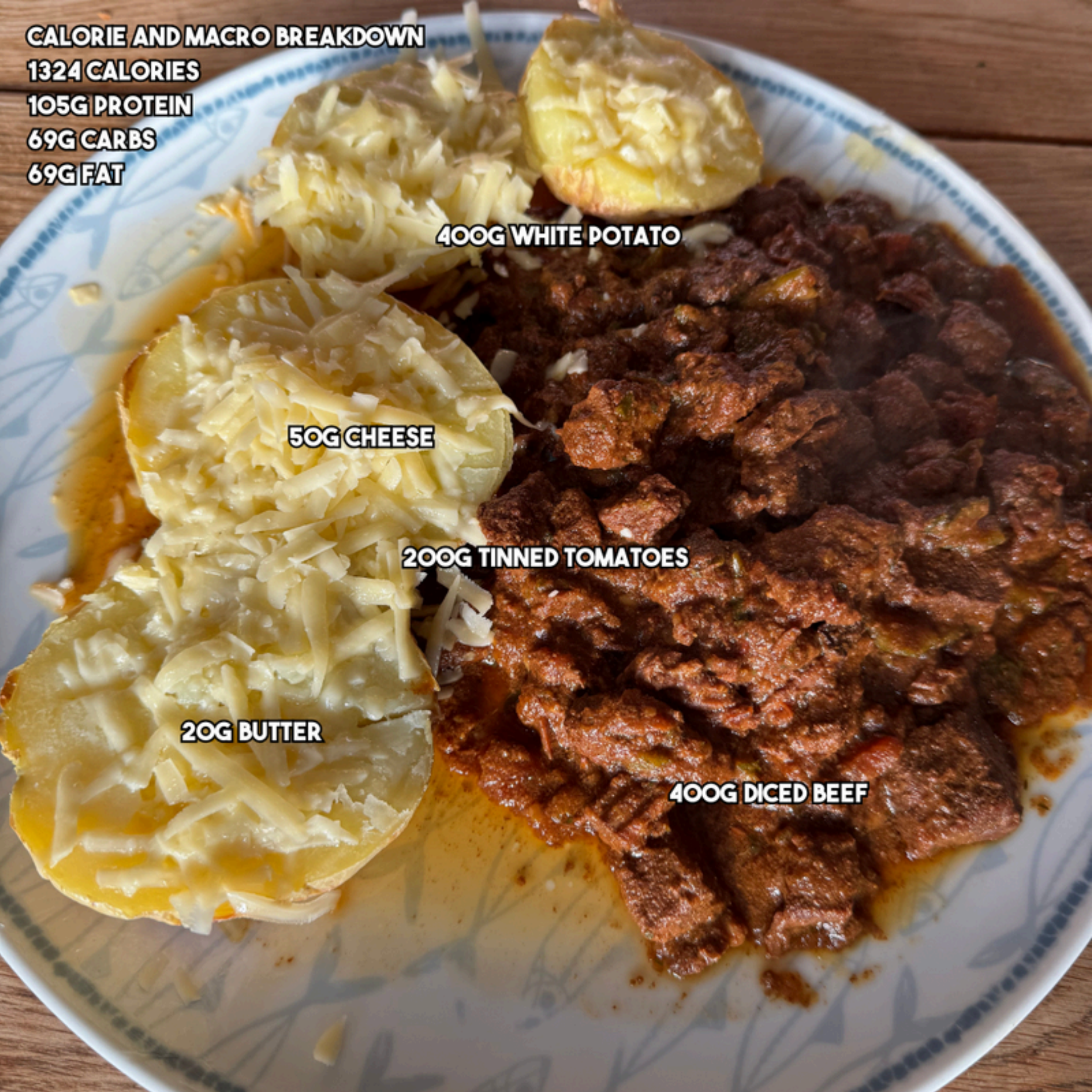
400G WHITE POTATO

50G CHEESE

200G TINNED TOMATOES

20G BUTTER

400G DICED BEEF



CALORIE AND MACRO BREAKDOWN

877 CALORIES

52G PROTEIN

61G CARBS

48G FAT

150G STRAWBERRIES

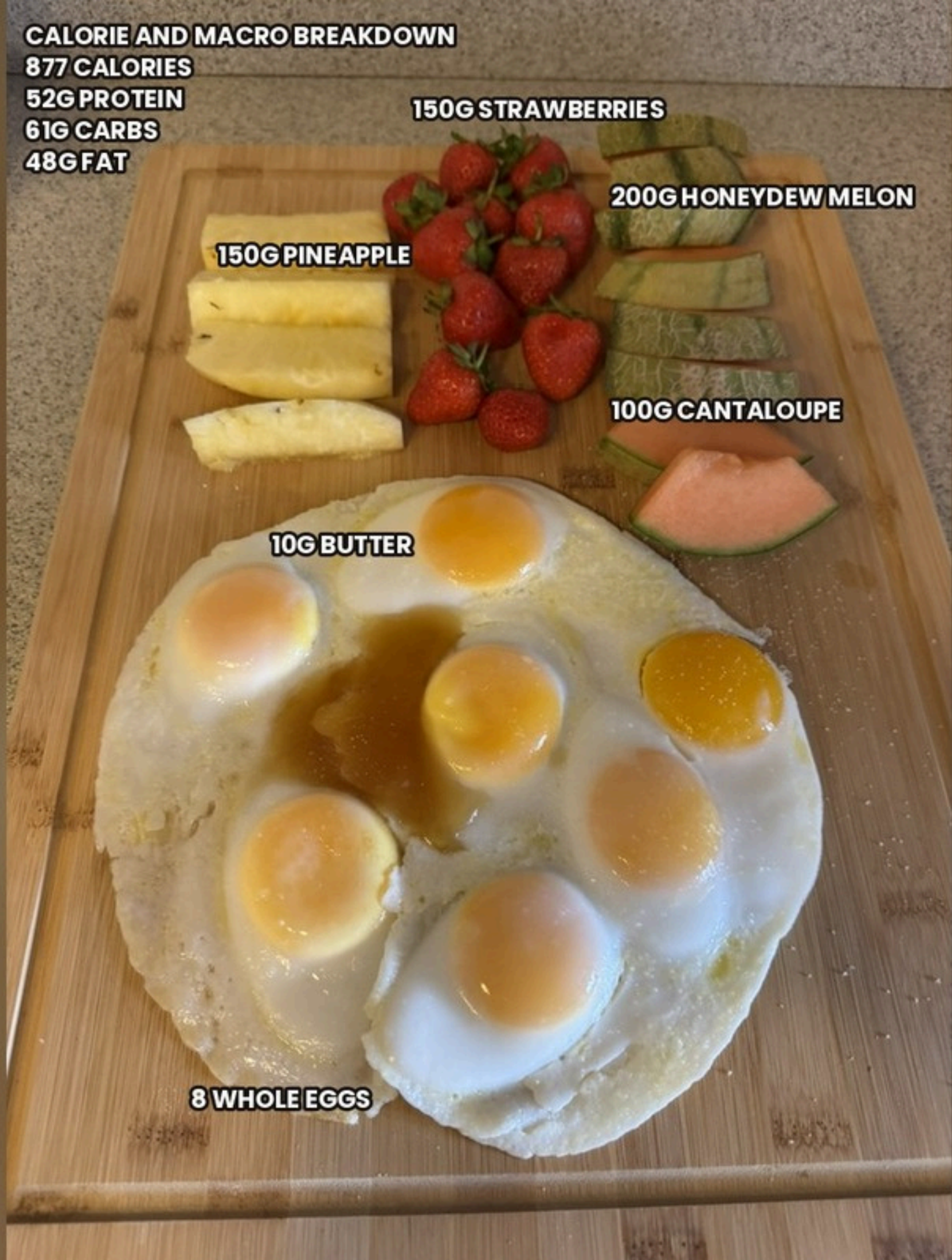
200G HONEYDEW MELON

150G PINEAPPLE

100G CANTALOUPE

10G BUTTER

8 WHOLE EGGS



CALORIE AND MACRO BREAKDOWN

1630 CALORIES

171G PROTEIN

63G CARBS

75G FAT

500G BEEF PATTIES

80G CHEDDAR

120G BLACKBERRIES

250G YELLOW PLUMS

175G SALMON

200G PAPAYA



CALORIE AND MACRO BREAKDOWN

3025 CALORIES

170G PROTEIN

169G CARBS

182G FAT

400G LAMB SAUSAGES

350G STEAK

40G CHEESE

140G AVOCADO

100G BLACKBERRIES

4 MEDJOL DATES

200G PAPAYA

300G MANGO



CALORIE AND MACRO BREAKDOWN

1279 CALORIES

142G PROTEIN

39G CARBS

57G FAT

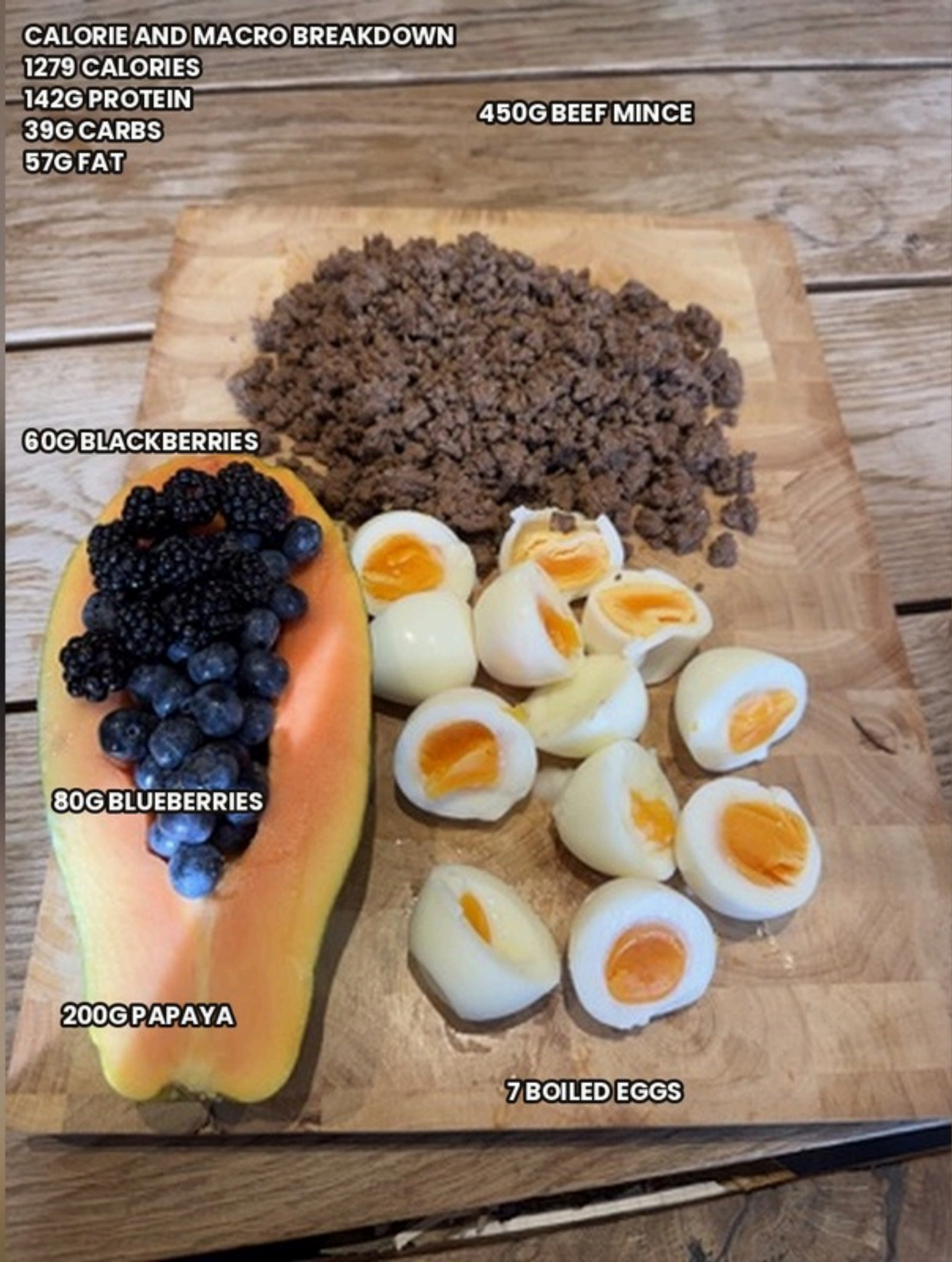
450G BEEF MINCE

60G BLACKBERRIES

80G BLUEBERRIES

200G PAPAYA

7 BOILED EGGS



CALORIE AND MACRO BREAKDOWN

1578 CALORIES

150G PROTEIN

50G CARBS

86G FAT

300G MASHED POTATO

200G KING PRAWNS

10G BUTTER

150G MUSHROOMS

350G RIBEYE STEAK



CALORIE AND MACRO BREAKDOWN

1891 CALORIES

180G PROTEIN

36G CARBS

108G FAT

500G BEEF PATTIES

120G MANGO

120G BLACKBERRIES

80G CHEESE

100G LAMB SAUSAGES

6 WHOLE EGGS



CALORIE AND MACRO BREAKDOWN

990 CALORIES

79G PROTEIN

75G CARBS

39G FAT



250G RICE

250G SIRLOIN STEAK

10G OLIVE OIL

80G MIXED VEG

CALORIE AND MACRO BREAKDOWN

935 CALORIES

86G PROTEIN

8G CARBS

61G FAT

150ML RAW MILK

150G SIRLOIN STEAK

150G LAMB

3 WHOLE EGGS



CALORIE AND MACRO BREAKDOWN
1162 CALORIES
90G PROTEIN
69G CARBS
55G FAT

180G SALMON

120G ROAST BEEF

120G STUFFED PEPPER

50G MEATBALL

200G YELLOW RICE



CALORIE AND MACRO BREAKDOWN

963 CALORIES

102G PROTEIN

13G CARBS

53G FAT

300G BEEF MINCE

80G CARROT

3 GHERKINS

10G BUTTER

6 EGGS SCRAMBLED



CALORIE AND MACRO BREAKDOWN

1661 CALORIES

172G PROTEIN

55G CARBS

82G FAT

280G STEAK

350G CHICKEN

240G PINEAPPLE

300G MIXED BERRIES



CALORIE AND MACRO BREAKDOWN
985 CALORIES
113G PROTEIN
42G CARBS
38G FAT

350G BEEF MINCE



150G SALMON

150G RICE

CALORIE AND MACRO BREAKDOWN
1317 CALORIES
69G PROTEIN
43G CARBS
96G FAT

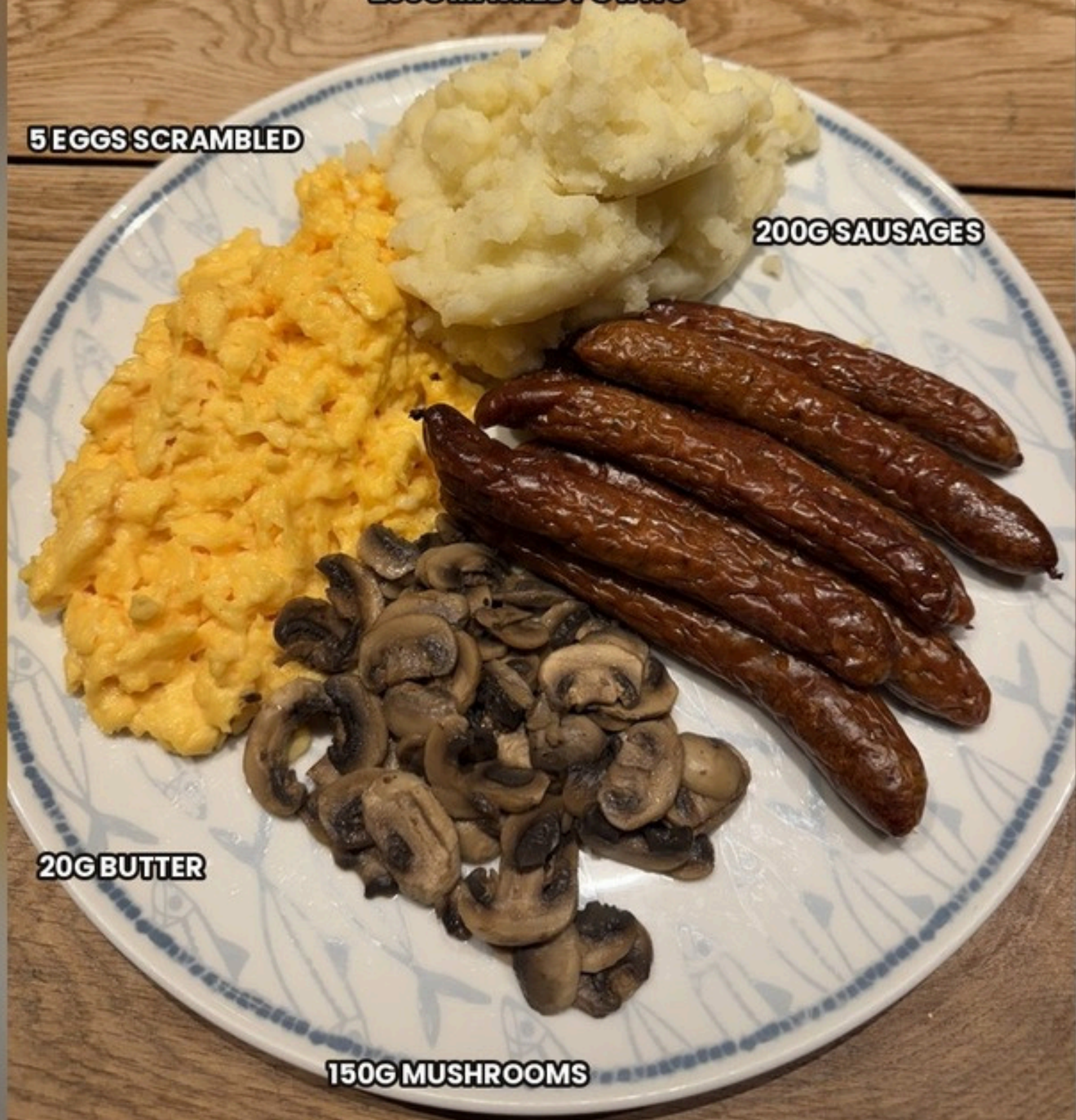
200G MASHED POTATO

5 EGGS SCRAMBLED

200G SAUSAGES

20G BUTTER

150G MUSHROOMS



CALORIE AND MACRO BREAKDOWN

2062 CALORIES

145G PROTEIN

199G CARBS

79G FAT

80G CHEESE

200G BROWN RICE

150G STEAK

6 WHOLE EGGS

8 MEDJOL DATES

200G LIVER



CALORIE AND MACRO BREAKDOWN

1840 CALORIES

123G PROTEIN

98G CARBS

101G FAT

350G STEAK

150G SAUSAGES

300G MASHED POTATO

400G ROAST VEG



CALORIE AND MACRO BREAKDOWN
1170 CALORIES
129G PROTEIN
0G CARBS
71G FAT

150G SALMON

350G DICED BEEF

10G COOKING FAT



CALORIE AND MACRO BREAKDOWN

1215 CALORIES

127G PROTEIN

30G CARBS

61G FAT

200G MASHED POTATO

300G BEEF MINCE

200G STEAK

20G BUTTER

**NEXT LEVEL
COACHING**



CALORIE AND MACRO BREAKDOWN

1146 CALORIES

65G PROTEIN

106G CARBS

53G FAT

8 WHOLE EGGS

10G BUTTER

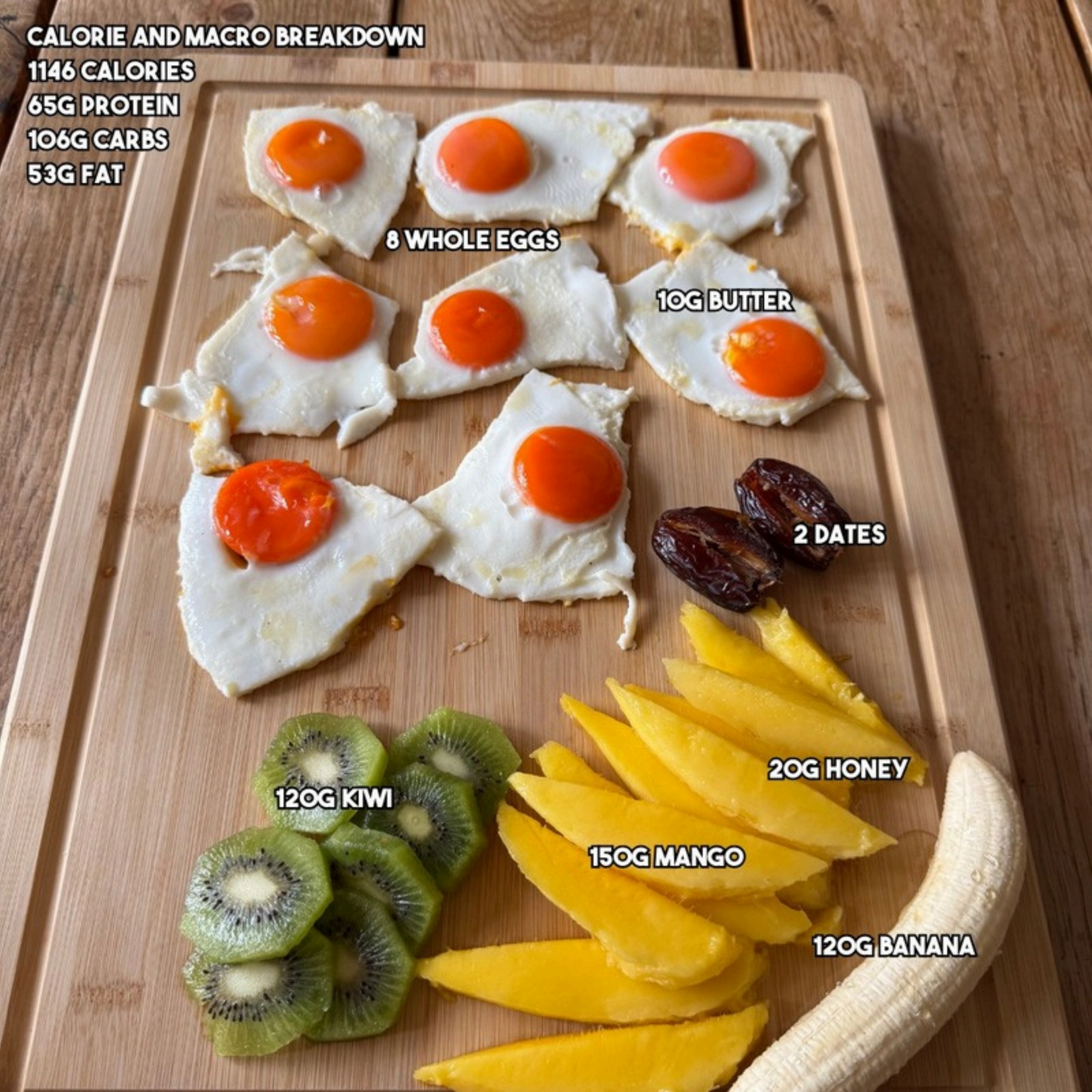
2 DATES

120G KIWI

20G HONEY

150G MANGO

120G BANANA



CALORIE AND MACRO BREAKDOWN

1025 CALORIES

132G PROTEIN

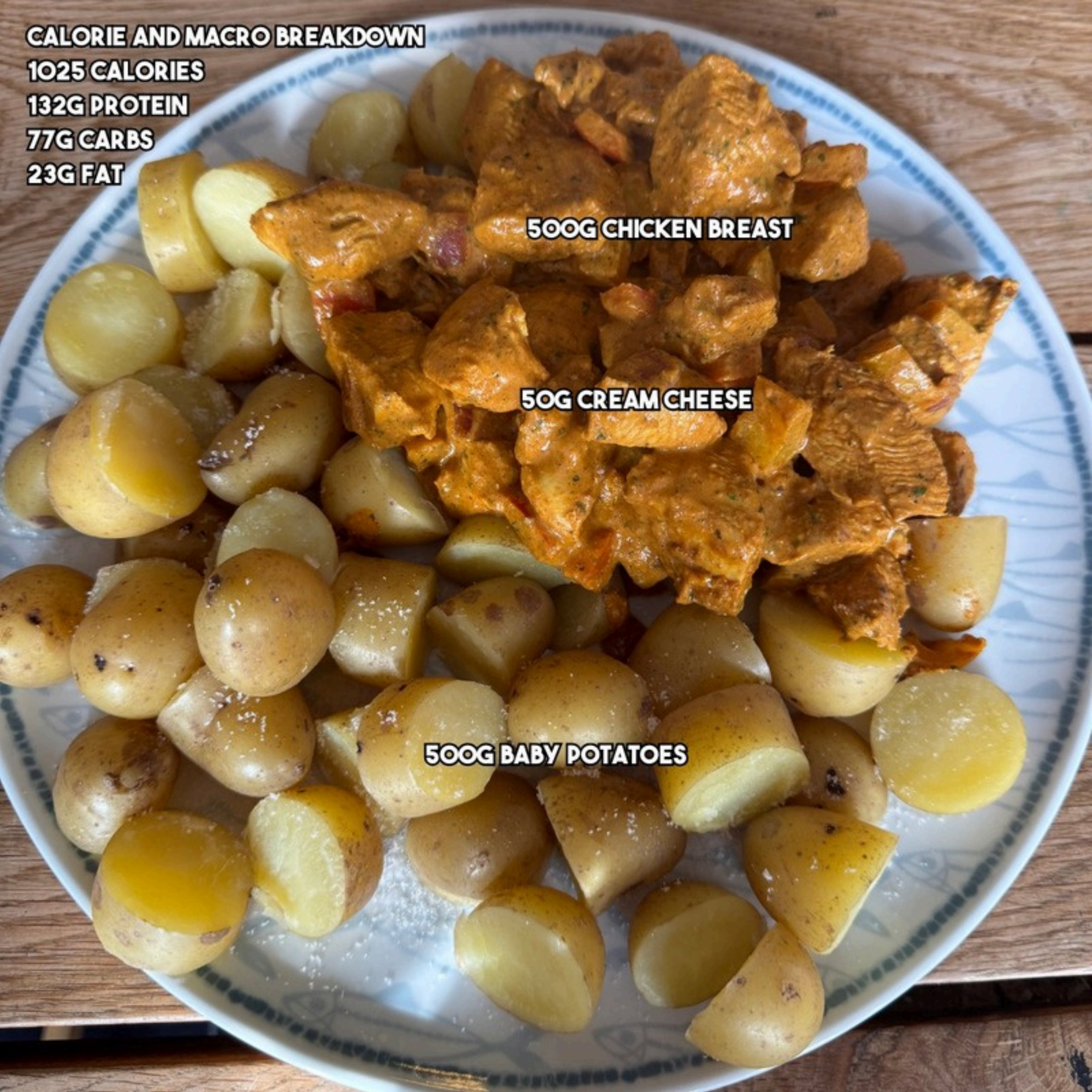
77G CARBS

23G FAT

500G CHICKEN BREAST

50G CREAM CHEESE

500G BABY POTATOES



CALORIE AND MACRO BREAKDOWN

1871 CALORIES

169G PROTEIN

8G CARBS

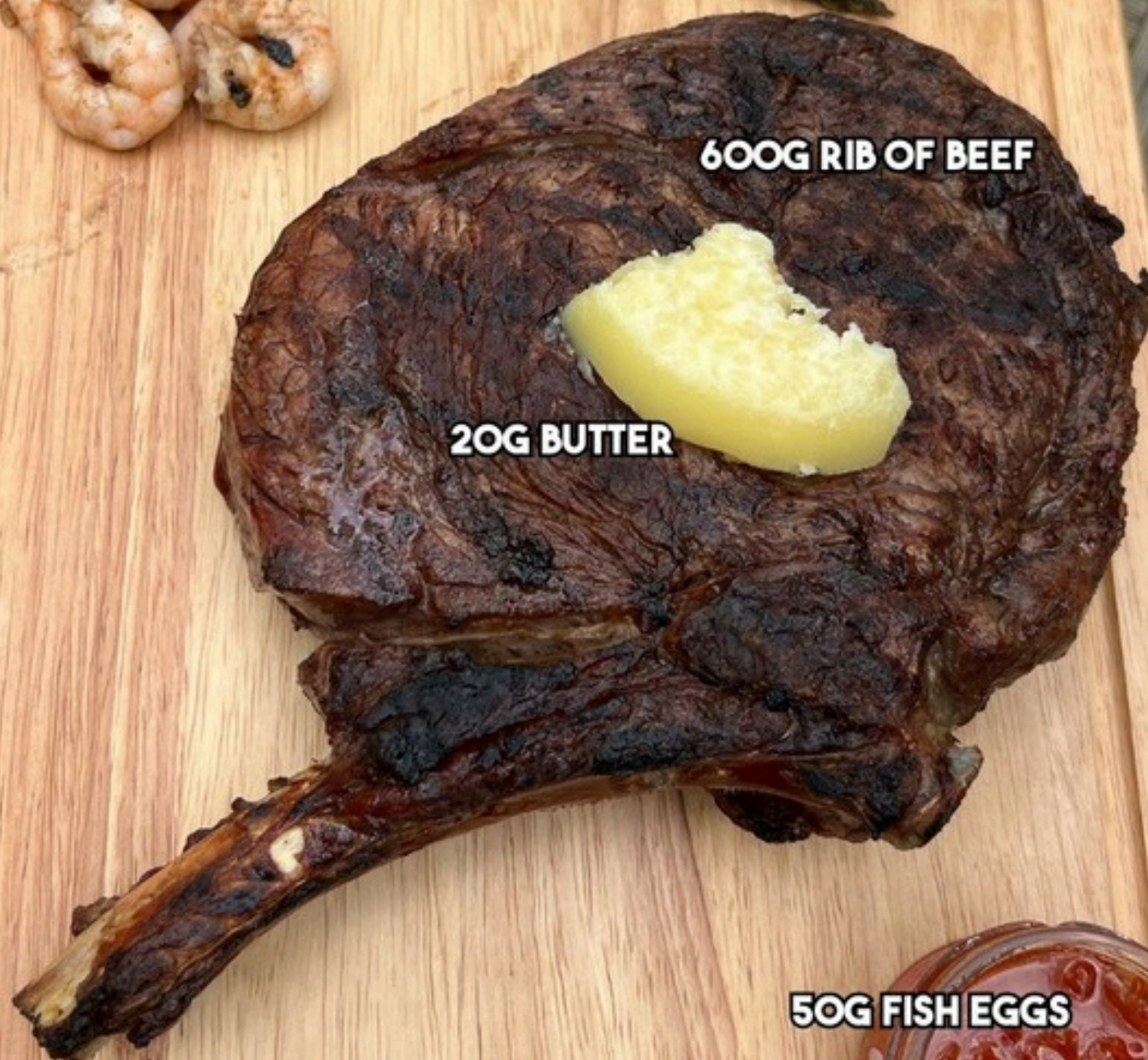
131G FAT



150G PRAWNS



150G ASPARAGUS



600G RIB OF BEEF

20G BUTTER

50G FISH EGGS



CALORIE AND MACRO BREAKDOWN

1320 CALORIES

116G PROTEIN

52G CARBS

74G FAT

20G RAW BUTTER

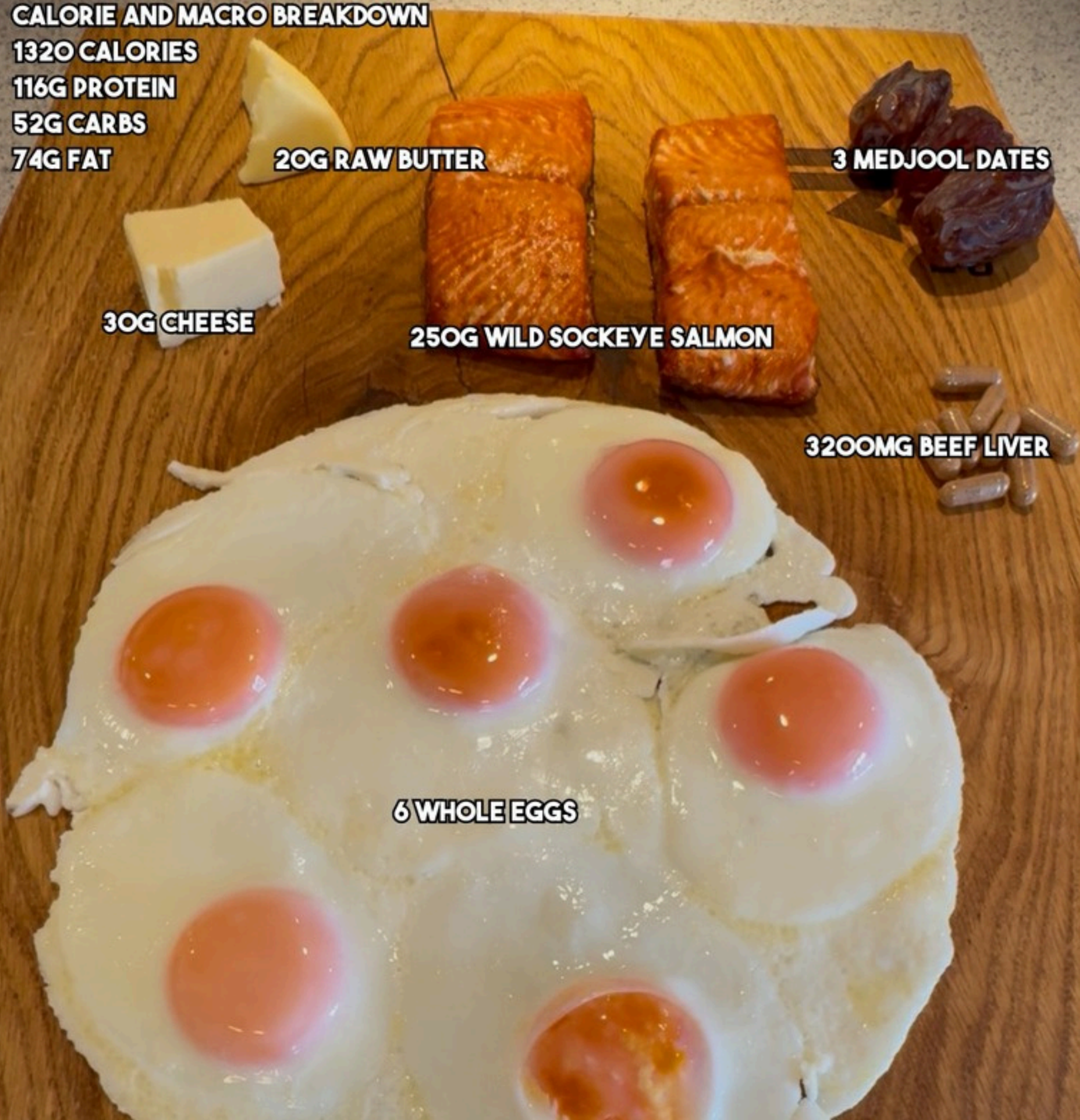
3 MEDJOL DATES

30G CHEESE

250G WILD SOCKEYE SALMON

3200MG BEEF LIVER

6 WHOLE EGGS



CALORIE AND MACRO BREAKDOWN

1516 CALORIES

174G PROTEIN

3G CARBS

90G FAT

3 WHOLE EGGS

300G 5% BEEF MINCE

200G CHICKEN THIGH

50G CHEESE

200G CHICKEN DRUMSTICKS

GHERKINS

CUCUMBER



CALORIE AND MACRO BREAKDOWN

1042 CALORIES

62G PROTEIN

64G CARBS

60G FAT

8 WHOLE EGGS

20G RAW BUTTER

30G HONEY

220G BANANA



CALORIE AND MACRO BREAKDOWN

1358 CALORIES

131G PROTEIN

1G CARBS

92G FAT

300G 5% FAT BEEF MINCE

300G SIRLOIN STEAK

20G BUTTER

40G CHEESE

CALORIE AND MACRO BREAKDOWN

707 CALORIES

49G PROTEIN

32G CARBS

41G FAT

250G WATERMELON

250 SIRLOIN STEAK

150G PAPAYA



CALORIE AND MACRO BREAKDOWN

1310 CALORIES

115G PROTEIN

68G CARBS

59G FAT

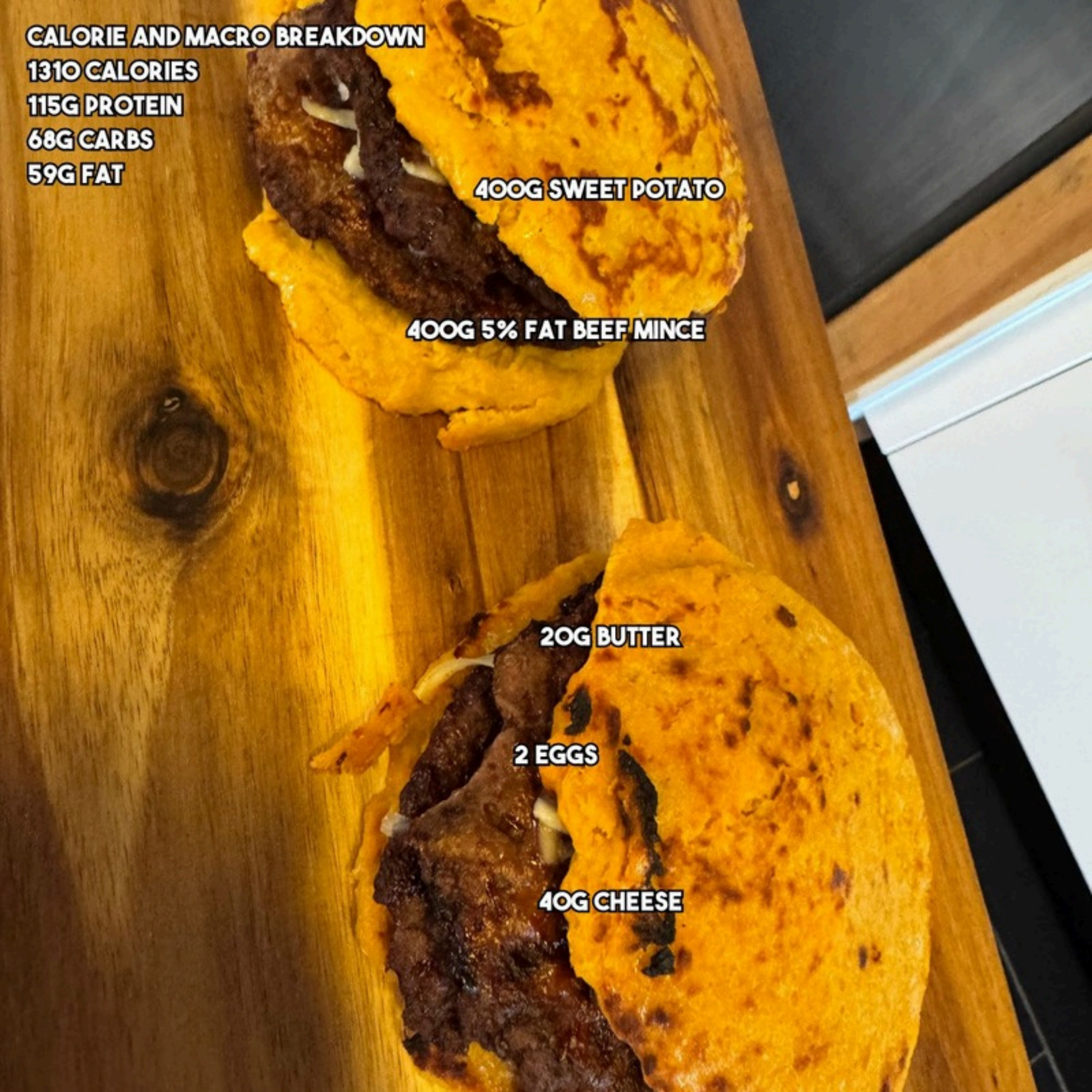
400G SWEET POTATO

400G 5% FAT BEEF MINCE

20G BUTTER

2 EGGS

40G CHEESE



CALORIE AND MACRO BREAKDOWN

885 CALORIES

88G PROTEIN

31G CARBS

42G FAT

120G AVOCADO

400G 5% FAT BEEF MINCE

130G BANANA

150G STRAWBERRIES



CALORIE AND MACRO BREAKDOWN

753 CALORIES

65G PROTEIN

63G CARBS

26G FAT

15G BUTTER

300G 5% BEEF MINCE

220G BANANA

30G RAW HONEY



CALORIE AND MACRO BREAKDOWN

2083 CALORIES

153G PROTEIN

2G CARBS

162G FAT

6 WHOLE EGGS

30G RAW BUTTER

350G BEEF SHORT RIBS

250G SIRLOIN STEAK



CALORIE AND MACRO BREAKDOWN

1907 CALORIES

174G PROTEIN

48G CARBS

111G FAT

100G WATER MELON

70G AVOCADO

120G BANANA

80G BLUEBERRIES

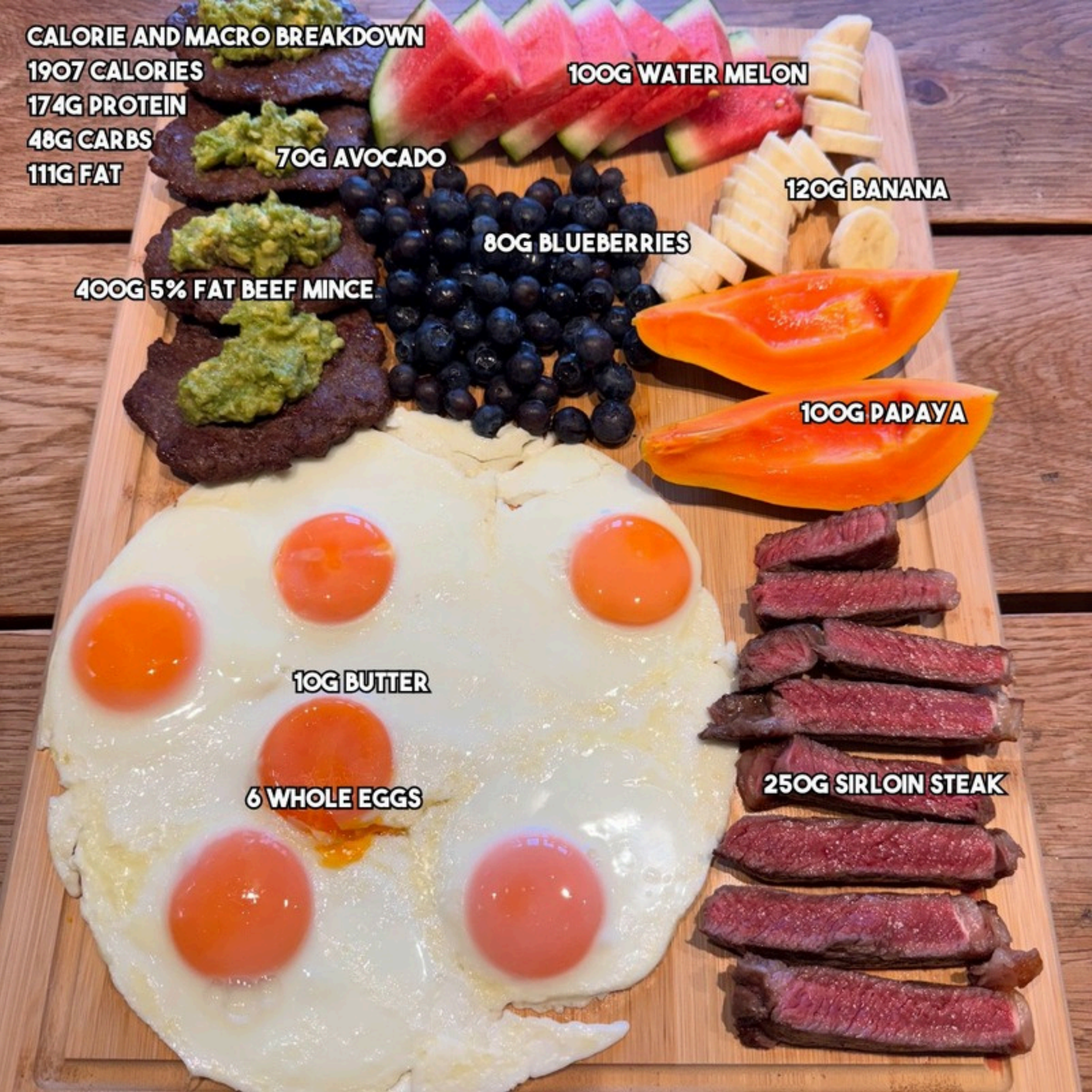
400G 5% FAT BEEF MINCE

100G PAPAYA

10G BUTTER

6 WHOLE EGGS

250G SIRLOIN STEAK



CALORIE AND MACRO BREAKDOWN

1788 CALORIES

152G PROTEIN

4G CARBS

129G FAT

10G BUTTER

30G PARMESAN CHEESE

6 WHOLE EGGS

250G RIBEYE STEAK

30G BUTTER

250 SIRLOIN STEAK



CALORIE AND MACRO BREAKDOWN

1697 CALORIES

112G PROTEIN

126G CARBS

85G FAT



120G BANANA



150G MANGO



4 DATES

20G BUTTER



80G GRAPES



400G BAVETTE STEAK



5 WHOLE EGGS

CALORIE AND MACRO BREAKDOWN

776 CALORIES

75G PROTEIN

2G CARBS

50G FAT



50G OLIVES



MUSTARD



300G ROAST BEEF SLICES



50G BRIE



40G COMTE CHEESE

CALORIE AND MACRO BREAKDOWN

1549 CALORIES

118G PROTEIN

39G CARBS

102G FAT

150G MANGO

100G STRAWBERRIES

60G CUCUMBER

1 TANGERINE

400G SIRLOIN STEAK

10G BUTTER

6 WHOLE EGGS

