

MEAL PLAN - Calorie Target 4802 calories

C-759, P-285, F-75 = 4776 calories @ \$9.07 cents a day.

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MORNING SHAKE C27, P66, F15= 492 calories
3 Scoops Protein (C-3, P-50, F-0)
(60 cents) 500ml Coles Soy Milk (C-24, P-16, F-15)
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POSTWORKOUT SHAKE C27, P66, F15= 492 calories
3 Scoops Protein (C-3, P-50, F-0)
(60 cents) 500ml Coles Soy Milk (C-24, P-16, F-15)
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LENTILS & KIDBEANS C110, P39, F10= 676 calories
(80 cents) Can Coles Kidney Beans (C-64, P-21, F-2)
(80 cents) Can Coles Lentils (C-46, P-18, F-8)
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BASMATI RI & BABEANS C178, P29, F6= 876 calories
(1 dollar 60 cents) 250g Coles Basmati Micro Rice (C-100, P-9, F-4)
(90 cents) Can Coles Baked Beans (C-78, P-20, F-2)
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ONE E MUFFINS W OIL & MARMITE C29, P8, F16= 276 calories
(35 cents) 1 of 6 Coles English Muffins (C-27, P-6, F-2)
(12 cents) 2/50 Serves of 250g Marmite Jar (C-2, P-2, F-0)
(15 cents) 1/33 Serves of Coles Olive Oil Virgin Aus 500ml (C-0, P-0, F-14)
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500g Pasta with Sauce C388, P77, F13= 1964 calories
(2 dollar 20 cents) 500g Raguletto Napoli Sauce (C-45, P-12, F-2)
(95 cents) 500g Coles Pasta Varieties (C-343, P-65, F-11)