

Calorie Target — 4822 calories

Protein 35%- 420g --- Fat 20% 110g, --- Carbs 45% - 540g

5016 Calories - P 421g F 43g C 747g

Morning Shake (C-6, P-59, F-18)

- 500ml Almond Milk (C-3, P-3, F-6)
- 25g LSA Mix (C-3, P-6, F-12)
- 2 Scoop Protein (P-50)

Post Workout Shake (P-50)

- 2 Scoop Protein (P-50)

1 Fruit (C-30, P-2)

- 1x Banana/1x Apple/2x Kiwi/ ¼ Pineapple (C-30, P-2)

Lentils and Beans (C-126, P-73, F-4)

- Packet Lentils (C-40, P-37, F-2)
- Can Kidney Beans (C-72, P-33, F-2)
- 2 Cloves Garlic (C-3, P-1)
- 1 Onion (C-11, P-2)

Sweet Potato with Pepper (C-100, P-9, F-3)

- 500g Sweet Potato (P-9, C-100)
- Coles Canola Spray (F-3)

Veg-Meat Pasta (C-485, P-226, F-18)

- Can Kidney Beans (C-72, P-33, F-2)
- Can Tender Pieces (C-30, P-63, F-4)
- Can Casserole Mince (C-19, P-62, F-2)
- 2 Cloves Garlic (C-3, P-1)
- 1 Onion (C-11, P-2)
- 500g Pasta (C-350, P-65, F-10)