

**2788 Calories** (2520 Clean / 268 Dirty)

**189g Protein, 105g Fat (16g of which: Saturated), 298g Carbohydrates (of which: 35g Sugar)**

**Water:** 3.5L Daily

**Wakeup/Before Bed:** 13g P, 44g F (9g), 11g C

2 x 16g spoon Organic Almond Butter: 7g Protein, 18g Fat (1g), 6g Carbohydrates

2 x 4 Brazilian Nuts: 6g Protein, 26g (8g), 5g Carbohydrates

**Protein Shake:** 61g P, 5g F (1g), 21g C (7g)

333ml So Good Essentials: 11g Protein, 5g Fat (1g Saturated), 21g Carbohydrates (7g Sugar)

2 x Scoop Bioflex Protein: 50g Protein, 0g Fat, 0g Carbohydrates

**Breakfast:** 35g P, 25g F (3g), 82g C (9g)

2 x Portobello Mushrooms: 2g Protein, 0g Fat, 2g Carbohydrates (1g Sugar)

(20g) 1 ½ x Tablespoon Olive Oil: 0g Protein, 21g Fat (3g Saturated), 0g Carbohydrates

400g Edgell 4 Bean Mix No Added Salt: 30g Protein, 4g Fat, 72g Carbohydrates (8g Sugar)

Black Pepper, Rosemary & Thyme: 3g Protein, 0g Fat, 8g Carbohydrates

**Lunch:** 29g P, 1g F, 79g C (11g)

(1.5kg/6) 250g Lentils: 23g Protein, 1g Fat, 50g Carbohydrates (5g Sugar)

100g Spinach: 3g Protein, 0g Fat, 4g Carbohydrates

3 cloves Garlic: 1g Protein, 0g Fat, 3g Carbohydrates

1 Tomato: 1g Protein, 0g Fat, 5g Carbohydrates (3g Sugar)

1 Carrot: 1g Protein, 0g Fat, 7g Carbohydrates (3g Sugar)

**Snack:** 5g P, 5g F, 14g C (3g)

1 Carrot: 1g Protein, 0g Fat, 7g Carbohydrates (3g Sugar)

50g Hummus: 4g Protein, 5g Fat, 7g Carbohydrates

**Dinner:** 46g P, 25g F (3g), 102g C (5g)

Macro Silken Tofu 300g: 21g Protein, 8g Fat (1g Saturated), 7g Carbohydrates (3g Sugar)

(150g) 1 x Broccoli Stalk: 5g Protein, 0g Fat, 10g Carbohydrates (2g Sugar)

125g Sunrice Basmati: 4g Protein, 2g Fat, 37g Carbohydrates

200g Black Beans: 16g Protein, 1g Fat, 48g Carbohydrates

(13.5g) 1 x Tablespoon Olive Oil: 0g Protein, 14g Fat (2g Saturated), 0g Carbohydrates