



WEEKEND FOOD LIST



WEEKEND BREAKDOWN

On weekends you have the freedom to choose your own meals. This aims to give you accountability and also allows you to get into the routine of creating healthy meals from scratch, understanding portion sizes and seeing what combinations work from the ingredients provided below.

When implemented correctly, this process is very effective, not just during the programme (as you stay on track but have freedom to eat different foods), but also after the 90-day period where clients have continued to implement this framework (essentially they learnt how to do it themselves).

The food list provided below contains rich Macro & Micro nutrient foods. This means you'll stay feeling and looking healthy on the inside and out.

All I want you to do is simply follow the same total calories and protein target I have provided for you in your meal plans. These figures can be found on My PT Hub or if you are still unsure, drop me a message.

Don't worry about carb and fat targets, I'll leave that up to you for the weekend, **BUT** you must make sure you are logging your food and that you stay within your calorie target and hit your protein requirements. **THIS IS IMPORTANT.**

Advice 101:

- Stick to the foods listed below to begin with. As you get more comfortable prepping, understanding which foods are similar in kcals, fats, protein etc.. as well as what each food source can provide, then you can start to swap them out for others that aren't on this list.
- Make sure you track what you are eating on these days using either 'myfitnesspal' app
- It's always good to pre-track what you are going to eat the day before. I.e., creating your meal plan in advance than just on the spot. (Planning is Key).
- Continue to weigh your food out and avoid eye-balling it as there can be big calorie differences when doing this.
- Foods that have **(Occasional)** next to them simply mean they are higher in fat but are still very high in nutrients. *(Don't avoid these foods, as they still provide essential nutrients the body needs, but understand there will be a lot more calories per gram when using them).*

PROTEIN: 4 KCALS PER GRAM

- Lean Beef Mince (2-5%)
- Turkey Mince
- Turkey Breast
- Chicken Breast
- White Fleshed Fish (Cod, Haddock, Sea Bass)
- Oily Fish (Salmon, Mackerel) - **OCCASIONAL**
- Prawns
- Whey Protein
- Eggs
- Tuna (Tin)
- Alra/Brooklea Protein Pouch (20-25g)
- Eatlean Cheese
- Skimmed Milk
- Quorn

CHO: 4 KCALS PER GRAM

- Sweet Potato
- White Potato
- Oats
- Granola
- Museli
- Brown Rice
- White Rice
- Whole wheat Pasta
- White Pasta
- Rye Bread / Wholemeal Bread
- Noodles
- Couscous
- Wraps
- Express Rice



FATS: 9 KCALS PER GRAM

- Avocado
- Extra Virgin Olive Oil
- Rapeseed Oil
- Frylight Low Kcals Spray (To cook with)
- Nuts - OCCASIONAL
- Seeds (Chai, Pumpkin, Flax) **OCCASIONAL**
- Fish Oil Capsule

FRUIT & VEG:

LOW KCAL HIGH NUTRIENTS

- Broccoli
- Kale
- Carrots
- Spinach
- Asparagus
- Mixed Salad
- Courgettes
- Green Beans
- Cucumber
- Tomato
- Aubergine
- Bell Peppers
- Blackberries/Blueberries
- Raspberries/Strawberries
- Satsuma
- Banana
- Apples
- Watermelon
- Mango
- Kiwi
- Pineapple



SNACKS

- Cottage Cheese
- Whey protein
- 0% Total Greek Yogurt
- Quark
- Protein Bars (Low Sugar Variety)
- 10 Kcal Jelly
- Fibre One Bars
- Dark Chocolate (80%+)
- Rice Cakes
- Light Babybels
- Protein Yogurts
- Fruit

LOW NUTRITIOUS FOOD HIGH KCALS

- Sugar
- Alcohol
- Cakes & Pastries
- Processed Foods / Packaged Foods
- Sweets & Chocolates

