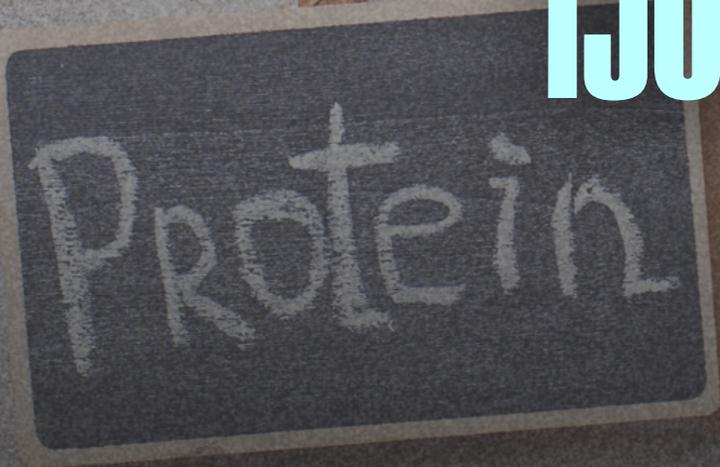




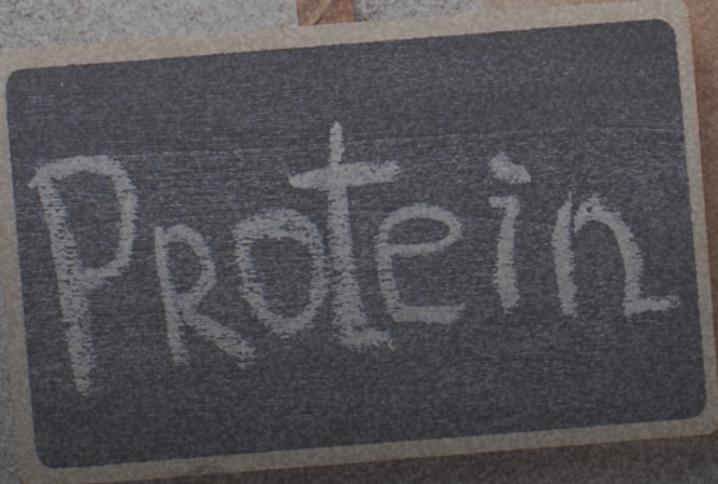
# FULL DAY OF EATING WITH 150G PROTEIN

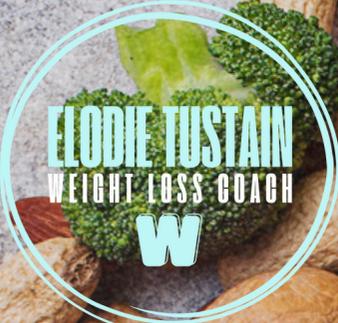




# BREAKFAST 40G PROTEIN

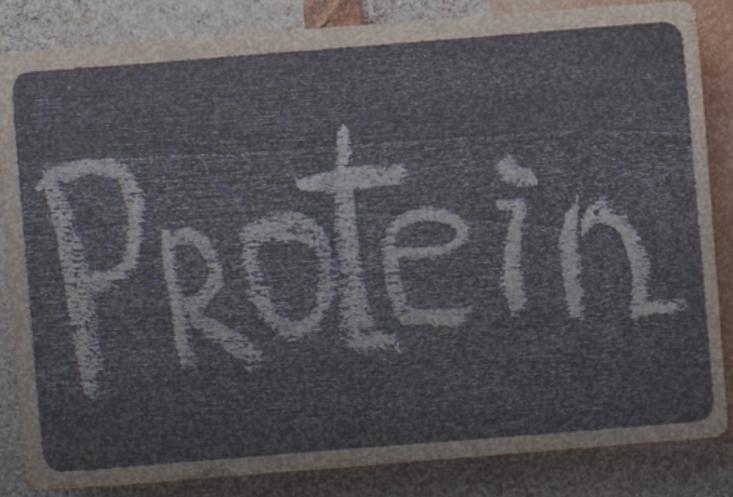
- 3 large eggs
- 3 slices back bacon
- Handful of berries





# LUNCH 45G PROTEIN

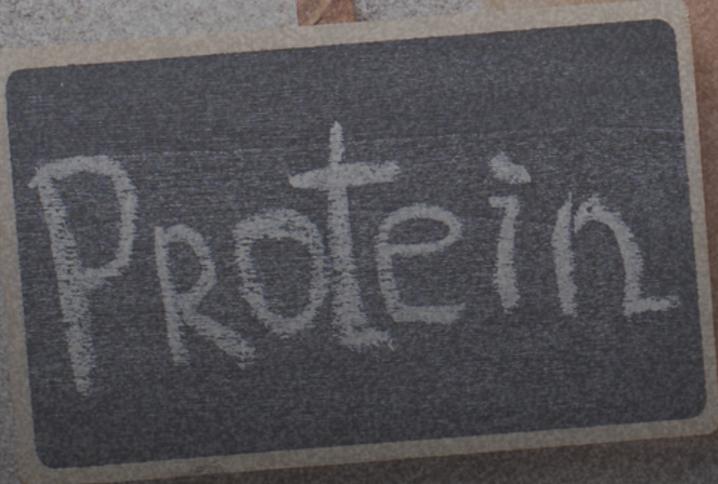
- 180 g cooked chicken breast
- Rice, potatoes, or wrap
- Veg / salad





# SNACK 25G PROTEIN

200 g 0% Greek yogurt  
nuts and berries



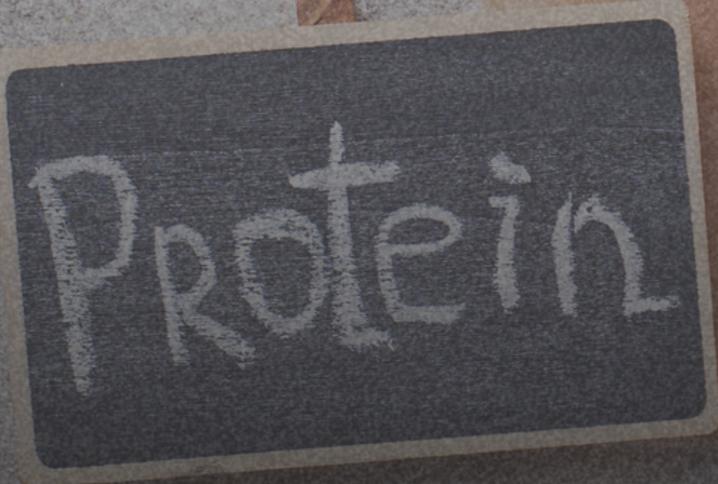


# DINNER 40G PROTEIN

180 g salmon

Carbs of choice

Veg soup





# DAILY PROTEIN TOTAL 150G

