







Diet Plan: 2500 Calories

Miracles for Men aim to give each customer a Diet Plan that could potentially help them strive towards their goals in Life and there sport, whether your an elite Olympian or gym Enthusiast. Please use this Diet Plan in conjunction with regular exercise and Supplements that suit you and your fitness Regime.

	8.00am Breakfast	Amount	Amount of Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)
	Kellogg's Rice Crispies	66g	238	4	58	0.8
	Skimmed Milk	200ml	68	7	10	0
	Whey Protein Shake	1 scoop	122	24	0	2
	Total		411	33	67	2.8
	10.30am Snack	Amount	Amount of Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)
	Protein Bar	1 Bar	222	23	16	7
	Total		222	23	16	7
	1.00pm Lunch	Amount	Amount of Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)
	Wholegrain Bread	2 Slices	134	7	23	2
	Mayonnaise (Low Calorie)	10 grams	30	0	1	3
	Tuna Steak in Brine	1 Tin (200 grams)	156	39	0	1
	Total		320	46	24	6
	3.30pm Snack	Amount	Amount of Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)
	Weight Gain Shake	2 scoops	496	32	68	10
	Total		496	32	68	10

Diet Plan: 2500 Calories

	6.00pm Snack	Amount	Amount of Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)
	Shrimp Salad	236 grams	106	14.5	6.6	2.5
	Frozen Vegetables	2250 grams	95	2	18	1
	Whey Protein Shake	1 Scoop	122	24	0	2
	Total		323	40.5	24.6	5.5
	8.00pm Dinner	Amount	Amount of Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)
	T-Bone Steak	181 grams	348	36.08	0	21.48
	Baked Potato	350 grams	256	7	55	1
	Total		604	43.08	55	22.48
	Daily Total	Amount	Amount of Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)
	TOTAL		2376	217.5	254.6	53.78

Please Note:

- ▶ You can substitute wholegrain bread for rice bread or wheat free bread if you are gluten free diet.
- ▶ You can substitute skimmed milk for Soya or rice milk if you can not tolerate dairy products.