





Diet Plan: 3500 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 Crunchy Nut Cornflakes	75g	293	5	62	3
	Skimmed Milk	200ml	68	7	10	0
	Whey Protein Shake	1 scoop	122	24	0	2
	Total		483	36	72	5
 10.30am Snack	Amount	Amount of Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	
	Protein Bar	1 Bar	222	23	16	7
	Muscle Support Supplement	1 Scoop	215	26	18	4
	Total		437	49	34	11
 1.00pm Lunch	Amount	Amount of Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	
	Chicken Salad	327 grams	157.5	26.1	5.55	3.3
	Salad Cream	20 grams	47	0	3	4
	Wholegrain Bread	4 Slices	268	14	46	4
	Total		472.5	40.1	54.55	11.3
 3.30pm Snack	Amount	Amount of Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	
	Cashew Nuts	20 grams	140	2	1	14
	Weight Gain Shake	2 scoops	496	32	68	10
	Total		706	37.1	111	11.9

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	6.00pm Snack	Amount	Amount of Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)
	Wholegrain Bread	4 Slices	268	14	46	4
	Mayonnaise (Low Fat)	10 grams	30	0	1	3
	Tuna Steak in Brine	1 Tin (20 grams)	156	39	0	1
	Mucle Support Supplement	1 Scoop	215	26	18	4
	Total		669	79	65	12
	8.00pm Dinner	Amount	Amount of Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)
	Cheddar Cheese	80 grams	209	25	0	12
	Baked Potato	450 grams	329	9	71	1
	Baked Beans	1 Tin (200 grams)	154	10	28	13
	Total		692	44	99	26
	Daily Total	Amount	Amount of Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)
	TOTAL		3389.5	282.1	393.55	89.3

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.