







## Diet Plan: 4000 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 Weetabix	72g	268	8.4	55.6	2
	Skimmed Milk	200ml	68	7	10	0
	Whey Protein Shake	1 scoop	122	24	0	2
	<b>Total</b>		<b>458</b>	<b>39.4</b>	<b>65.6</b>	<b>4</b>
	10.30am 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
	<b>Total</b>		<b>636</b>	<b>34</b>	<b>69</b>	<b>24</b>
	1.00pm Lunch	Amount	Amount of Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)
	Wholegrain Bread	4 Slices	268	14	46	4
	Mayonnaise (Low Calorie)	10 grams	30	0	1	3
	Tuna Steak in Brine	1 Tin (200 grams)	156	39	0	1
	Protein Bar	1 Bar	222	23	16	7
	<b>Total</b>		<b>676</b>	<b>76</b>	<b>63</b>	<b>15</b>
	3.30pm Snack	Amount	Amount of Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)

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	Pretzels	62 grams	210	5.1	43	1.9
	Weight Gain Shake	2 scoops	496	32	68	10
	<b>Total</b>		<b>706</b>	<b>37.1</b>	<b>111</b>	<b>11.9</b>
	<b>6.00pm Snack</b>	<b>Amount</b>	<b>Amount of Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
	Tortilla Wraps	2 Wraps	342	9	61	7
	Mayonnaise (Low Fat)	20 grams	60	0	1	6
	Chicken Breast (grilled)	250 grams	290	55	0	8
	Protein Bar	1 Bar	222	23	16	7
	<b>Total</b>		<b>914</b>	<b>87</b>	<b>78</b>	<b>28</b>
	<b>8.00pm Dinner</b>	<b>Amount</b>	<b>Amount of Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
	Spaghetti and Meatballs	600 grams	625	22.75	85.25	21.5
	<b>Total</b>		<b>625</b>	<b>22.75</b>	<b>85.25</b>	<b>21.5</b>
	<b>Daily Total</b>	<b>Amount</b>	<b>Amount of Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
	<b>TOTAL</b>		<b>40.15</b>	<b>296.25</b>	<b>471.85</b>	<b>104.4</b>

### 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.