








## Diet Plan: 4500 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 Frosted Flakes | 77g               | 285                | 2.5             | 70                   | 0.5         |
|   | Skimmed Milk             | 200ml             | 68                 | 7               | 10                   | 0           |
|   | Wholegrain Bread         | 2 slices          | 134                | 7               | 23                   | 2           |
|   | Butter                   | 15g               | 109                | 0               | 0                    | 12          |
|   | Whey Protein Shake       | 1 scoop           | 122                | 24              | 0                    | 2           |
|   | <b>Total</b>             |                   | <b>718</b>         | <b>40.5</b>     | <b>103</b>           | <b>16.5</b> |
|   | 10.00am Snack            | Amount            | Amount of Calories | Protein (grams) | Carbohydrate (grams) | Fat (grams) |
|   | Weight Gain Shake        | 2 scoops          | 496                | 32              | 68                   | 10          |
|   | <b>Total</b>             |                   | <b>496</b>         | <b>32</b>       | <b>68</b>            | <b>10</b>   |
|  | 12.00am Snack            | Amount            | Amount of Calories | Protein (grams) | Carbohydrate (grams) | Fat (grams) |
|   | Protein Bar              | 1 bar             | 222                | 23              | 16                   | 7           |
|   | Weight Gain Shake        | 2 scoops          | 496                | 32              | 68                   | 10          |
|   | <b>Total</b>             |                   | <b>718</b>         | <b>55</b>       | <b>84</b>            | <b>17</b>   |
|  | 2.00pm 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           |
|   | <b>Total</b>             |                   | <b>454</b>         | <b>53</b>       | <b>47</b>            | <b>8</b>    |

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|   | 4.00pm Snack             | Amount      | Amount of Calories | Protein (grams) | Carbohydrate (grams) | Fat (grams)   |
|--|--------------------------|-------------|--------------------|-----------------|----------------------|---------------|
|  | 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>   |
|   | 6.00pm Snack             | Amount      | Amount of Calories | Protein (grams) | Carbohydrate (grams) | Fat (grams)   |
|  | 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             |
|  | <b>Total</b>             |             | <b>692</b>         | <b>64</b>       | <b>62</b>            | <b>21</b>     |
|  | 8.00pm Dinner            | Amount      | Amount of Calories | Protein (grams) | Carbohydrate (grams) | Fat (grams)   |
|  | Chilli Con Carne         | 632.5 grams | 640                | 61.5            | 53.75                | 20.75         |
|  | <b>Total</b>             |             | <b>640</b>         | <b>61.5</b>     | <b>53.75</b>         | <b>20.75</b>  |
|  |                          |             |                    |                 |                      |               |
|  | Daily Total              | Amount      | Amount of Calories | Protein (grams) | Carbohydrate (grams) | Fat (grams)   |
|  | <b>TOTAL</b>             |             | <b>4424</b>        | <b>343.1</b>    | <b>460.75</b>        | <b>104.65</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.