



T-42

「 2000 KCALS 」

ONEBODY
ATHLETIC





IT'S ALL ABOUT FOOD!

Hello and welcome to your 2000 calorie plan.

Here you have a range of meal plans based around your caloric needs. We have included all of the caloric and macronutrient information for you to keep track of.

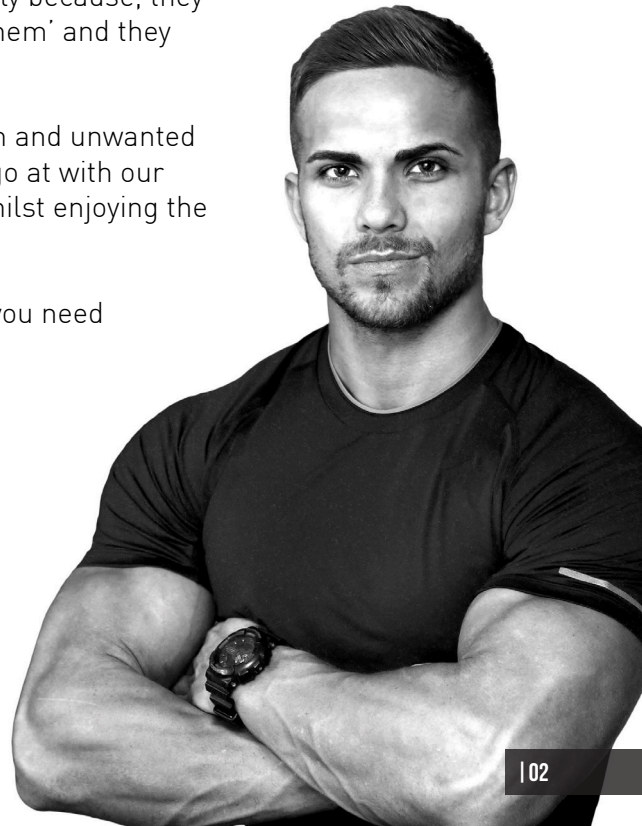
Please be as creative as you can and share your ideas and unique recipes with the rest of the group. We know that the nutrition side of things can really intimidate people as it's the thing that 92% of people who are 'dieting' struggle with. This is usually because, they don't know where to start, they have no idea what is 'good for them' and they tend to over consume at the weekends.

We've tried to make this as simple as possible to avoid boredom and unwanted cravings that we all get from time to time! There's so much to go at with our plans to ensure that you stay on track and smash your goals whilst enjoying the 'dreaded' diet.

We've even got you covered for when you're out and about and you need to grab something quick.

We're making sure your choices aren't going to effect your efforts in the gym!

We're in this together- let's go!



Josh Coburn
OBA Founder, CEO

BALANCED PLAN #1

TOTAL CALORIES: 1989 kcols | PROTEIN: 176g | CARBOHYDRATES: 223g | FATS: 42g

MEAL 1 - BREAKFAST

437 KCAL, 50C, 16F, 25P

*Scrambled eggs and
bagel with spinach and
mushrooms*

- 2 eggs, scrambled
- 1 bagel (eg New York Bakery), toasted
- 15g Flora light spread
- Handful of spinach and mushrooms, sautéed

MEAL 2 - LUNCH

403 KCAL, 56C, 4F, 33P

*Jacket potato with tuna
mayo*

- 1 McCain microwave jacket potato
- 1 tin (approx. 110g drained) tuna in spring water
- 1 tbsp lighter than light mayo (eg Hellmanns)
- 80g sweetcorn

MEAL 3 - DINNER

491 KCAL, 61C, 7F, 50P

Sausages, mash, veg and gravy

- 4 Heck Chicken Italia sausages
- 200g (baked weight) sweet potato, mashed with skin removed
- 80g frozen peas • Broccoli
- 10g Bisto reduced salt gravy granules, made up with water

SNACK #1

198 KCAL, 9C, 7F, 24P

Protein milkshake

- Grenade Fudge Brownie Carb Killa shake

SNACK #2

205 KCAL, 25C, 1F, 20P

Chicken and chutney on Ryvita

- 2 Ryvita original crispbread • 80g sliced cooked chicken
- 20g caramelised onion chutney (eg Baxters)

SNACK #3

255 KCAL, 22C, 7F, 24P

Yoghurt, berries and peanut butter

- 180g 0% fat Greek yoghurt (eg Fage Total 0%)
- 2 handfuls mixed berries
- 15g peanut butter

BALANCED PLAN #2

TOTAL CALORIES: 2001 kcols | PROTEIN: 186g | CARBOHYDRATES: 217g | FATS: 42g

MEAL 1 - BREAKFAST

567 KCAL, 64C, 15F, 43P

*Protein oats with berries
and peanut butter*

- 70g oats
- 300ml skimmed milk
- 1 scoop (25g) protein powder
- Handful berries/frozen berries
- 15g peanut butter

MEAL 2 - LUNCH

366 KCAL, 39C, 8F, 31P

Prawn stir fry

- 150g cooked king prawns
- ½ bag stir fry mix (eg Tesco mushroom stir fry mix)
- ½ pouch (125g) Tilda Wholegrain basmati rice
- 1 tbsp soy sauce

MEAL 3 - DINNER

602 KCAL, 73C, 6F, 65P

Chicken Fajitas

- 200g (raw weight) chicken breast
- 100g onion • 100g pepper
- 2 Weightwatchers wholemeal wraps
- 1 tsp Schwartz Fajita seasoning
- 2 tbsp lighter than light mayo (eg Hellmanns)
- 25g Eatlean protein cheese, grated

SNACK #1

252 KCAL, 27C, 5F, 24P

Bacon bagel with ketchup

- 1 Warburtons thin bagel
- 4 bacon medallions, grilled (eg Tesco Smoked Bacon Medallions)
- 1 tbsp Heinz Low Sugar & Salt Ketchup

SNACK #2

214 KCAL, 14C, 8F, 23P

Protein bar

- Grenade Caramel Chaos Carb Killa bar

HIGH STREET PLAN

TOTAL CALORIES: 2004 kcals | PROTEIN: 138g | CARBOHYDRATES: 212g | FATS: 66g

MEAL 1 - BREAKFAST

492 KCAL, 57C, 11F, 40P

McDonalds & Protein Coffee

- McDonalds Bacon Roll with ketchup
- Ufit Iced Latte protein drink

MEAL 2 - LUNCH

568 KCAL, 60C, 21F, 33P

Tesco Meal Deal

- Tesco Chicken, Bacon Lettuce sandwich
- 1 bag Propercorn sweet and salty popcorn
- Bottle of water/0 calorie drink

MEAL 3 - DINNER

556 KCAL, 41C, 22F, 43P

Subway salad and cookie

- Chicken Tikka Salad Bowl (lettuce, tomatoes, cucumbers, peppers, olives, onions)
- Extra portion of chicken tikka
- Portion of cheese
- Portion of light mayo
- Chocolate chip cookie

SNACK #1	150 KCAL, 31C, 1F, 2P
<i>Fruit platter</i>	<ul style="list-style-type: none">• 1 Tesco Fruit platter (grapes, melon, strawberry, pineapple)

SNACK #1	238 KCAL, 23C, 11F, 20P
<i>Protein bar</i>	<ul style="list-style-type: none">• PhD Nutrition Caramel Crunch Smart bar

General tips

- Use spices/seasonings to make plain foods more tasty
- Low/0 calorie flavourings, syrups and sauces are great for making meals more interesting (eg Blend Bros sauces, Myprotein flavdrops, Myprotein/Bulkpowders 0 calorie syrups)
- Make sure you're drinking a good amount of water
- Try to avoid drinking your calories. Water is always the best option, but 0 calorie fizzy drinks are ok. Avoid things like full fat coke and milky coffees!
- Load up on the veggies (especially green veggies like spinach and broccoli as these are extremely low calorie)
- Ensure you're getting a good amount of protein in
- Use oil spray (eg Frylight) to cook with
- Don't cut out ALL 'bad' food – including some treats in moderation makes it more likely that you'll stay on track
- Switch up your carb/protein sources for something like for like to mix up your meals (eg swapping rice for potatoes, lean chicken for lean fish)
- Make sure you're tracking your food accurately – eg if you're weighing your food raw/dry, make sure you're tracking the raw/dry weight and not the cooked weight!
- Eat foods you enjoy. Food is a big part of life - if you don't like what you're eating, you won't be able to/won't want to change your habits long term in order to create a new lifestyle



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