

	Protein	Fats	Carbs	calories
Break fast				
2 pieces of Rye toast (topping mushrooms/or Tomatoes)		5grams	50grm	247cal
Tea (Green Tea/Jasmine Tea/black coffee/no sugar)	zero			
or				
Small bowl of uncl tobies oats (Chinese Bowl)			40grm	160cal
Trim milk /shape milk 250 ml	12grms	neg	14grm	120cal
or				
6 eggs (remove 4 yokes) omelette	24	12	nil	220cal
*NB : one of the above choices				
Snack				
strawberries x10	Nil	Nil	3grams	12cal
Protein bar(Musashi Bulk)	27grms	6grams	9grams	260cal
20 nuts almonds	7grams	7grams	nil	90cal
*NB : one of the above choices				
Lunch(light)				
Protein drink on water	34grams	1.2grams	5.5carbs	180cal
Fruit/(apple /orange/pear)	Nil	Nil	20grams	80cal
Early dinner (have at about 4pm)				
Small Chinese bowl of rice(fried ok)/or basmati	nil	nil	50grams	200cal
Tuna 200gms in spring water	60grams	2grams	Zero	200cal
Boiled mince/small grilled stake/ etc as above				
Lean Cuisine/McCain's Health Choice	23grms	8grams	35 gram	350 cal
*NB : one of the above choices				
8pm Snack				
Protein drink on water	34grams	1.2grams	5.5carbs	180cal
Fruit/(apple /orange/pear)	Nil	Nil	20grams	80cal
Totals	145grams	22.4grms	20 to 100grms	1020cal to 1400cal

Note : use the **Healy's 30 day nutrition plan** to add more variety , but when you are 'strict' as above your gross calorie count = about 1,400 calories ,

Protein 100 to 145 grams
 Fats 22 to 30 grams
 Carbs 100grs to 150 grams

Supplements refer our **URBAN MUSCLE** supplement page
 Depending on your training program we will recommend varying levels of supplements from Basic to advanced GH

If you keep the intake in to about this range , then any exercise calorie burn is deducted (for example 45 min @ 7 cal per min = 315 cal)

So 1,400 – 315 cal exercise = 1,085 calories net (basil metabolism = about 1,800 calories for heart and lungs to function)

Therefore 1,085 calories intake net less 1,800 cal (basil metabolism) = 800 cal deficit

To burn 1 kg of fat per week you need to be in a overall calorie deficit .

If you tried to burn off 1kg of body fat =7,700 calories !!! by working out ?

7,700-: 315 calories (a workout) = 24.44 hours :-7 = 3.49 hours per day to burn it off

Or you can reduce your calorie intake as advised above, and use your workouts to reduce your calorie intake marginally, but more importantly increase your metabolism (where 98% of body fat is burned) (read Healy's info for details and science behind this)