Eat *well,*



anywhere.

Your meal plan, your macros, and what to order when the table isn’t yours.

DAILY TARGETS · CUT PHASE

Your *numbers*

CALORIES

2,200 kcal

PROTEIN

180 g

CARBS

210 g

FATS

65 g

Protein at every meal. Palm-sized, twice.

Three litres of water. More on training days.

Half the plate vegetables. Always.

Weigh in Sunday morning. Same time.

TRAINING DAY · EXAMPLE

A day *on plan*

TIME	MEAL	KCAL	P	C	F
08:00	**BREAKFAST** 3 eggs, 200 ml egg whites, 60 g oats, berries	520	45	50	16
13:00	**LUNCH** Low Calories chicken & rice box	600	50	65	14
17:00	**SNACK** 250 g Greek yoghurt, 1 scoop whey, banana	380	45	40	5
21:00	**DINNER** 200 g sea bass, 150 g rice, salad, 10 g olive oil	650	45	55	25
	TOTAL	**2,150**	**185**	**210**	**60**



Busy day? Lunch is already solved.

Every Low Calories box is portioned to your targets. Use code AY10 at checkout.



Eat out, *stay lean*

THE GRILL HOUSE

Mixed grill, salad, half a portion of rice. Skip the bread basket.

SUSHI

Sashimi plate plus one roll. Edamame instead of tempura.

BURGER NIGHT

Single patty, no cheese sauce. Side salad, not fries.

ITALIAN

Grilled chicken or fish. Pasta as a starter, not a main.

BRUNCH

Eggs any way, sourdough, fruit. Leave the pastries.

FRIDAY FAMILY LUNCH

Protein first, then vegetables, then a small plate of the rest.

Travelling this week? Message the team before you fly and we will swap your plan for the hotel version.