Getting started...

2300 CALORIE MEAL PLAN

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@bodyscience Expert
2300 CALORIE MEAL PLAN

This meal plan has been specifically designed for men who would like to lose fat and improve their overall health. This meal plan has been structured using the below target ranges, which have been calculated for the average man to promote fat loss.

<table>
<thead>
<tr>
<th>CALORIES</th>
<th>PROTEIN (g)</th>
<th>CARBOHYDRATES (g)</th>
<th>FAT (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2185 - 2415</td>
<td>182 - 200</td>
<td>228 - 252</td>
<td>61 - 67</td>
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It is important to note that this is a starting point. If you find that you are losing weight too quickly then increase your calories slightly. Alternatively, if you find that you aren’t losing weight at the desired rate then you may need to decrease your calorie intake slightly. Refer to ‘100 Points System to Tracking Your Progress’ and ‘Safe and Realistic Weight Loss Expectations’.

As per flexible dieting rules, you are permitted to make changes to this provided you still reach your provided macronutrient recommendations for each day. It is important to follow the 80/20 rule – this means that 80% of your diet should comprise of whole nutritious foods, while the other 20% can be of your personal preference.

The most important factor in achieving your body composition goals is that you reach your calorie and macronutrient targets daily!

### MEAL 1

**OMELETTE ON TOAST**

- 2 large whole eggs
- 2 large egg whites
- 2 slices wholemeal bread
- 80g avocado
- 25g baby spinach

**SUPPLEMENTS**

- 1 x 5g scoop Body Science Hydroxyburn Shred Neuro-thermogenic mixed in 300ml cold water
- 1 x Body Science Multivitamin
- 1 x Body Science Triandrobol Test tablet

Other suggested supplements:

- 2 x 1500mg fish oil capsules
- 1 x probiotic capsule
- 2 x vitamin D capsules

### MEAL 2

**PROTEIN YOGHURT & MUESLI**

- 200g Chobani 0% yoghurt
- 100g fresh or frozen blueberries
- 40g low fat untoasted muesli

### MEAL 3

**CHICKEN & RICE SALAD**

- 120g cooked chicken breast
- 125g cooked brown rice
- 60g baby spinach & rocket mix
- 60g cherry tomatoes
- 20ml fat free salad dressing

**SUPPLEMENTS**

- 1 x 5g scoop Body Science Hydroxyburn Shred Neuro-thermogenic mixed in 300ml cold water
<table>
<thead>
<tr>
<th>MEAL 4</th>
<th>CALORIES</th>
<th>CARBS (g)</th>
<th>FAT (g)</th>
<th>PROTEIN (g)</th>
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<tbody>
<tr>
<td>TUNA &amp; AVOCADO RICE CAKES</td>
<td></td>
<td>374</td>
<td>41</td>
<td>6</td>
</tr>
<tr>
<td>- 3 x thick rice cakes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- 1 tin tuna slices in olive oil</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- 80g avocado</td>
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<tr>
<td>- 100g fresh watermelon</td>
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<tbody>
<tr>
<td>FISH &amp; CHIPS</td>
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<td>374</td>
<td>41</td>
<td>6</td>
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<tr>
<td>- 140g baked barramundi seasoned with lemon juice and pepper to taste</td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>- 150g baked sweet potato chips</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>- 150g broccolini</td>
<td></td>
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| SUPPLEMENTS | | | | |
| 1 x Body Science Triandrobol Test tablet | | | | |
| 2 x 1500mg fish oil capsules | | | | |

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<tr>
<th>DESSERT/TREATS</th>
<th>CALORIES</th>
<th>CARBS (g)</th>
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<tr>
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<td>119</td>
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<tr>
<td>2308</td>
<td>237</td>
<td>68</td>
<td>187</td>
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MEAL 5
7x HEALTHY MEAL SWAPS 300-400 CALORIES + 3 QUICK & EASY MEAL OPTIONS FOR THOSE BUSY DAYS. USE WITH YOUR MEAL PLAN.

Author: Body Science
@bodyscience
HOW TO USE OUR HEALTHY RECIPES

When it comes to starting a new plan focus on small manageable changes.

Instead of replanning every meal, we keep it simple, healthy & delicious with these 7 x (MEAL 5 - Calorie Meal Plan) dinner substitutions + 3 Quick & Easy meals for those busy days. NOTE: Breakfast & snacks don’t change each day as we don’t want to overwhelm you, so we focus on making your day simple & sustainable.

The next 7 days:

Any of these meals can be substituted for the Calorie Meal Plan - MEAL 5. These 7 meals are dietician prepared meals and average between 300-400 calories. The Quick & Easy meals are around 400 calories. Each recipe has instructions and all fit into the prepared daily meal plans.

ENJOY.

MEAL 5 substitution 1. Veggie Omelette

MEAL 5 substitution 2. Tuna Stuffed Italian Mushrooms

MEAL 5 substitution 3. Grilled Fish & Veggies

MEAL 5 substitution 4. Salmon with Kipfler Potato & Green Beans & Chive & Lemon Dressing

MEAL 5 substitution 5. Chicken & Pumpkin Stir Fry

MEAL 5 substitution 6. Parmesan Meatballs

MEAL 5 substitution 7. Salmon Rocket Salad

QUICK & EASY

MEAL 5 substitution 8. Garlo’s Chicken Breast Pie 220g

MEAL 5 substitution 9. Garlo’s Chunky Steak Pie 220g

MEAL 5 substitution 10. Garlo’s Lean Beef Pie 220g
1. Veggie Omelette

Healthy and simply delicious, this light and fluffy omelette is chock-full of fresh garden veggies and flavour.

Serves: 1 Person

Ingredients:

2 eggs
1/2 cup corn tinned kernels, drained
1 tsp. olive oil
100g low fat cottage cheese
1/4 brown onion, diced
2 mushrooms
1/4 bunch fresh spinach
1 tsp. chives, chopped finely
4 asparagus spears, chopped into 2cm lengths

Method:

Steam asparagus in microwave safe container for 2 minutes in 2 tbsp. of water.
Lightly beat eggs with cottage cheese in a bowl. Heat a non-stick pan over medium to high heat, sauté onions for two minutes in olive oil and then pour in egg mixture. Gently lift edges of egg mixture around the sides of the pan when able to do so, so that uncooked egg slides underneath the cooked mixture at the bottom of the pan. Sprinkle over top of omelette the corn, mushrooms, spinach and asparagus. Cover pan with lid and remove from heat to allow for residual cooking for about 2 minutes. Serve garnished with chives.
2. Tuna Stuffed Italian Mushrooms

Baked tuna-stuffed mushrooms that is never short on flavour but packed with everything that’s good for you. Dive in!

**Serves:** 1 Person

**Ingredients:**
- 1 tin 95g tuna
- 2 large flat mushrooms
- 1/2 cup cooked couscous
- 2 tbsp. tomato, diced
- 1 tsp. Italian herb mix
- 1/2 small brown onion
- 2 sprigs fresh thyme
- Tabasco Sauce to your liking
- 1/4 cup low fat cottage cheese

**For the Crumb:**
- 4 tbsp. almond meal
- 2 tbsp. chopped fresh parsley
- Zest of one lemon

**Method:**
Lay the mushrooms on an oven tray lightly spray with cooking oil. In a bowl combine tuna couscous, diced tomato, onion and Tabasco and spoon onto mushrooms. Top each mushroom with the cottage cheese. In a bowl combine almond meal, parsley and lemon zest and place on top of cottage cheese. Bake for approximately 20 mins on 180 C oven and serve.
3. Grilled Fish & Veggies

Fresh Fresh Fresh! Satisfying home style recipe packed with super healthy fresh ingredients.

Serves: 1 Person

Ingredients:
150g fillet of white fish (dory, bream or barramundi)
2-3 cups fresh or frozen vegetables:
  - Carrots
  - Broccoli
  - Bok Choy
  - Beans
  - Red Capsicum
2 tsp olive oil

Method:
Grill piece of white fish for 5 mins each side or until browned.
Stir fry mixed vegetables with olive oil.
Serve fish alongside vegetables.
Wonderfully fragrant salmon drizzled with chive & lemon dressing and accompanied by Kipfler potatoes & Green Beans. This is easily made at home and deliciously fresh.

**Serves:** 1 Person

**Ingredients:**
- 1 tbsp. olive or coconut oil
- 1 tsp. chives
- 1 tbsp. lemon juice
- 200g green beans
- 4 small Kipfler potatoes
- 150g salmon fillet

**Method:**
Wash kipfler potatoes under warm running water and place into a pot. Cover potatoes with cold water and a pinch of salt, bring water to the boil. Turn down heat to simmer potatoes to cook for 5-10 minutes. Remove potatoes from pot using strainer, wait a few minutes to allow to cool & slice them into the 1cm thick rounds. Place potatoes on small oven tray or plate. (Potatoes can be cooked a day in advance) Pre-heat oven to 180degrees. Once oven is hot, place salmon on lightly sprayed oven proof pan and place in oven (handle facing door). How you like your salmon will determine cooking time. As a guide between 5-7 minutes is recommended. To cook beans place pot of water on heat with a pinch of salt bring water to boil. Remove Salmon from oven & allow to rest for 1 minute. Add potatoes to salmon pan. Place beans in pot of boiling water and leave for 3-5 minutes. Apply Salmon & potatoes to low – medium heat on stove top. Turn potatoes as they brown to your liking. Remove pan from heat once potatoes are brown allow to rest. Remove beans & drain water using strainer. Plate salmon, potatoes, beans and add butter, chives & lemon juice. Finish with cracked pepper and serve.
5. Chicken & Pumpkin Stir Fry

This dish is an fantastically delicious & quick nutritious and tasty meal.

**Serves:** 1 Person

**Ingredients:**
150g skinless, boneless chicken breast, cut into strips
1 carrots, cut into matchsticks
1 bunch bok choy, chopped
1 cup pumpkin
2 tbsp. chives, chopped finely
2 tbsp. gluten free soy sauce
1-1/2 red chili, deseeded and chopped finely
Juice of a lemon
1 tsp. brown sugar
1 tsp. sesame oil
1/3 cup cooked brown rice

**Method:**
Heat sesame oil in a pan over a medium to high heat. Add chives and chicken. Brown the chicken and then add the carrots and bok choy, stir fry for a couple of minutes, then add the pumpkin. Add the soy, lemon, sugar and chilli, seasoning to taste. Serve with 1/3 cup of rice.
6. Parmesan Meatballs

This recipe is quick, easy and tastes great as a simple and delicious meatballs should.

Serves: 1 Person

Ingredients:
- 2 tablespoon basil
- 1/2 cup parmesan
- 1/3 cup salt reduced tomato paste
- 1 small onion
- 1 clove garlic
- 150 grams extra lean mince
- 2 tablespoon water

Method:
Chop onion and basil grate parmesan. Mix all ingredients and separate mixture into even sized meat balls. Roll to shape. Bake in oven at 180°C for 20-30 minutes or until nicely browned.
Smoked salmon, is lean, mean and flavoursome. It’s loaded with omega-3s, protein, and an arsenal of other benefits. You can’t go wrong with this delish fish.

Serves: 1 Person

Ingredients:
- 2 to 3 artichoke hearts, chopped
- 3/4 cup cherry tomatoes, halved
- A few handfuls of fresh rocket
- 2 cloves garlic, minced
- 2 to 3 sprigs fresh thyme
- 1 tbsp. coconut oil
- 150g salmon fillet

Method:
Fire up the grill and keep it at a medium-low heat. While the grill heats up season both sides of the salmon fillet with salt and pepper to taste. Place on a sheet of foil (enough to wrap around the whole piece of fish) and drizzle with coconut oil. Sprinkle the top of the fillet with minced garlic and place a few sprigs of thyme on top. Seal the salmon in the foil and place on the barbecue. Cook for 15 to 20 minutes until soft pink and flaky. Meanwhile in a large salad bowl combine the rocket cherry tomatoes and artichoke hearts. During this time you can also combine the ingredients for the dressing and set aside for later use. Once the salmon has cooked remove from the grill and allow it to cool for a few minutes. Using a fork, pull apart the salmon into smaller pieces. Toss in with the rest of the salad. Drizzle with the dressing and serve while the salmon is still a little warm.
8. Garlo’s Chicken Breast Pie 220g & Broccolini

This recipe is quick, easy and tastes great. Thin and golden puff pastry, filled with diced chicken breast chunks in a white gravy.

Serves: 1 Person

Ingredients:
1 Garlo’s Chicken Breast Pie 220g
100g Broccolini

Method:
**Pie:** CONVECTION OVEN: Preheat oven to 175°C. If refrigerated, heat for 25-30 mins. If frozen 35-40 mins. Heat until thoroughly hot before eating. MICROWAVE OVEN (800 WATT): A microwave may be used to speed up heating time. If refrigerated heat on high for 1 1/2 mins. If frozen heat on high for 5 mins. To make pastry crispy after microwaving, place in convection oven for 4 mins on 200°C. Instructions are a guide only as individual oven characteristics may vary.

**Broccolini:** Steam Broccolini for 3-5 minutes, or until tender, taking care not to let it over cook. Uncover and remove from steamer to a serving bowl immediately so that it does not lose its pretty colour. Meanwhile heat the oil in a skillet over medium low heat and add the garlic, ginger and red pepper flakes.
9. Garlo’s Chunky Steak Pie 220g & Broccolini

This recipe is quick, easy and tastes great. Thin and golden puff pastry, filled with lean diced steak in a rich brown gravy.

Serves: 1 Person

Ingredients:
1 Garlo’s Chunky Steak Pie 220g
100g Broccolini

Method:
Pie: CONVECTION OVEN: Preheat oven to 175°C. If refrigerated, heat for 25-30 mins. If frozen 35-40 mins. Heat until thoroughly hot before eating. MICROWAVE OVEN (800 WATT): A microwave may be used to speed up heating time. If refrigerated heat on high for 1 1/2 mins. If frozen heat on high for 5 mins. To make pastry crispy after microwaving, place in convection oven for 4 mins on 200°C.
Instructions are a guide only as individual oven characteristics may vary.

Broccolini: Steam Broccolini for 3-5 minutes, or until tender, taking care not to let it over cook. Uncover and remove from steamer to a serving bowl immediately so that it does not lose its pretty colour. Meanwhile heat the oil in a skillet over medium low heat and add the garlic, ginger and red pepper flakes.
This recipe is quick, easy and tastes great. Thin and golden puff pastry, filled with lean minced beef in a rich brown gravy.

**Serves:** 1 Person

**Ingredients:**
1 Garlo’s Lean Beef Pie 220g
100g Broccolini

**Method:**
**Pie:** CONVECTION OVEN: Preheat oven to 175°C. If refrigerated, heat for 25-30 mins. If frozen 35-40 mins. Heat until thoroughly hot before eating. MICROWAVE OVEN (800 WATT): A microwave may be used to speed up heating time. If refrigerated heat on high for 1 1/2 mins. If frozen heat on high for 5 mins. To make pastry crispy after microwaving, place in convection oven for 4 mins on 200°C. Instructions are a guide only as individual oven characteristics may vary.

**Broccolini:** Steam Broccolini for 3-5 minutes, or until tender, taking care not to let it over cook. Uncover and remove from steamer to a serving bowl immediately so that it does not lose its pretty colour. Meanwhile heat the oil in a skillet over medium low heat and add the garlic, ginger and red pepper flakes.
## Garlo’s Pie Specification

### CHICKEN BREAST PIE 220G

<table>
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<th>Nutritional Information</th>
<th>Avg Per Serve*</th>
<th>Avg Per 100g</th>
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<tr>
<td>Energy</td>
<td>1747 kJ</td>
<td>794 kJ</td>
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<tr>
<td>Protein</td>
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<tr>
<td>Fat - Total</td>
<td>16.1 g</td>
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<tr>
<td>Fat - Saturated</td>
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<td>Carbohydrate</td>
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<tr>
<td>Sugars</td>
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<tr>
<td>Sodium</td>
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*Serving size : 220g

### CHUNKY STEAK PIE 220G

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<td>Carbohydrate</td>
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<td>Sodium</td>
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*Serving size : 220g

### LEAN BEEF PIE 220G

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<td>Sodium</td>
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*Serving size : 220g

### BROCCOLINI 100G

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<td>Carbohydrate</td>
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BODYSCIENCE
LEAN & KEEN
GETTING STARTED STACK

PERFECT RATIO FOR WEIGHT LOSS PROGRAMS

- Support a healthy metabolic rate
- Target unnecessary fat stores
- Enhance fat cell breakdown
- Help increase energy levels and calorie burning
- Help boost metabolism
- Low carbohydrate

Get Lean & Keen with the HydroxyBurn LEAN5 Protein and HydroxyBurn Shred starter combination. If you think ordering flavours is boring, with this lean & keen stack there is over 11 flavours to choose from.

A RECOMMENDED STACK
TRANSFORMATION

HYDROXYBURN LEAN5
Fast acting 3 x Whey proteins | Extended action 2 x Casein proteins | DigeZyme® 5 x digestive enzyme | Orafti® prebiotic.

FLAVOURS

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<td>FAT</td>
<td>CARBOHYDRATE</td>
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*Chocolate Flavour*

HYDROXYBURN SHRED
Weight Loss | Focus, Intense Energy Drink | Vegan Friendly | Neuro-Thermogenic weight loss powder | 300mg Caffeine | 4g Acetyl L-Carnitine | 1g Amino Acids, Herbals & Caffeine.

FLAVOURS

| 4g ACETYL L-CARNITINE | 5g Amino Acids, Herbals & Caffeine | 1g Tyrosine | 300mg Caffeine |

ADD TO RECOMMENDED STACK
WELLNESS & FAST RESULTS

GREENTEA TX100
Wellness | Gut Health | Weight Loss | Energy | Vegan Friendly | All natural GreenTea TX100 is a delicious tasting, 7 calorie, convenient and easy to use sachet | Hydration.

FLAVOURS

| 3 Billion COUNT | 125g GREEN TEA | 300mg Amino Acids | 7 CALORIE | 3g SUGAR | 100+ CUPS |

VEGAN STACK
REPLACE LEAN5 PROTEIN WITH:

ORGANIC PLANT DAILY PROTEIN

FLAVOURS

| 100% VEGAN | 18g PROTEIN | NO GLUTEN | 3g CARBOHYDRATE | Added Superfoods | Added Ancient Grains |