

Your macronutrient and calorie targets are:

Fat	Carbs	Protein	Calories
10	48	25	387

MEAL OPTIONS REPORT



Fat	Carbs	Protein	Calories	Here are some options for DINNER that closely match your macronutrient and calorie targets for this meal	
10	50	25	387	Pork and wholegrain rice [50g Pork tenderloin (medallions); 100g Passata; 50g Onion; 50g Peppers; 100g Cabbage; 100g Asparagus; 30g Wholegrain rice] Fruit and nut mix [25g Fruit and nut mix]	with
9	50	26	387	Fruit [150g Melon] Tesco Healthy Living Fish pie [1 Tesco Healthy Living Fish pie]	with
9	48	23	387	Waitrose LoveLife Keralan Chicken Biryani 350g [1 Waitrose LoveLife Keralan Chicken Biryani 350g] Fruit [150g Strawberries]	with
10	49	26	387	Salmon and wholegrain rice [50g Salmon fillet ; 100g Passata; 50g Onion; 50g Peppers; 100g Pak choi; 100g Asparagus; 30g Wholegrain rice] Berries & yoghurt [50g Greek yoghurt - total 0%; 150g Mixed berries]	with
10	48	27	387	Fruit [150g Raspberries] Tesco Healthy Living Fish pie [1 Tesco Healthy Living Fish pie]	with
9	48	28	387	Chicken and wholegrain rice [50g Chicken breast; 100g Passata; 50g Onion; 50g Peppers; 100g Cabbage; 100g Asparagus; 30g Wholegrain rice] Fruit and nut mix [20g Fruit and nut mix]	with
9	51	26	387	Tuna steak, parsnips & vegetables [30g Tuna steak; 50g Parsnip; 100g Red cabbage; 100g Kale; 100g Peas] Chia pod [1 Chia pod dark cacao]	with
11	50	23	387	Salmon, parsnips & vegetables [50g Salmon fillet ; 100g Parsnip; 100g Carrots; 100g Sugar snaps; 150g Asparagus] One cocoa drink with calorie free sweetener [10g Raw cacao powder]	with
11	50	22	387	Tesco beautifully balanced chicken prawn chorizo paella [1 Tesco beautifully balanced chicken prawn chorizo paella] Nothing else [1 Nothing else]	with
11	50	22	387	Tesco beautifully balanced Hoisin duck noodles [1 Tesco beautifully balanced Hoisin duck noodles] Oatcakes & cottage cheese [1 Oatcakes; 25g Cottage Cheese - Low Fat]	with
10	47	29	387	Steak, potatoes & vegetables [60g Trimmed rump steak; 125g New potato; 100g Cabbage; 100 Broccoli; 100g Mushrooms] Yoghurt, apple & seeds [70g Greek yoghurt - total 0%; 6g Pumpkin seeds; 6g Sunflower seeds; 1 Apple]	with
9	48	29	387	Pork, butternut & vegetables [70g Pork tenderloin (medallions); 220g Butternut squash; 100g Red cabbage; 100g Leeks; 100g Peas] Fruit and nut mix [20g Fruit and nut mix]	with
9	49	28	387	Steak, butternut & vegetables [50g Trimmed rump steak; 160g Butternut squash; 100g Broccoli; 100g Mushrooms; 100g Chard] Yoghurt, apple, seeds & raisins [60g Greek yoghurt - total 0%; 5g Pumpkin seeds; 5g Sunflower seeds; 1 Apple; 12g Raisins]	with
9	47	29	387	Pork, sweet potato & vegetables [50g Pork tenderloin (medallions); 100g Sweet potato; 100g Cabbage; 100 Broccoli; 100g Mushrooms] Yoghurt, apple & seeds [90g Greek yoghurt - total 0%; 7g Pumpkin seeds; 7g Sunflower seeds; 1 Apple]	with
13	44	25	387	Yoghurt, apple & seeds [110g Greek yoghurt - total 0%; 9g Pumpkin seeds; 9g Sunflower seeds; 1 Apple] Cauliflower and broccoli curry (Recipe)	with
10	47	28	388	Piece of fruit [1 Clementine] Tesco Healthy Living Beef Lasagne [1 Tesco Healthy Living Beef Lasagne]	with
8	50	28	387	Tesco beautifully balanced Salmon watercress [1 Tesco beautifully balanced Salmon watercress] Two cocoa drinks with calorie free sweetener [20g Raw cacao powder]	with
7	52	28	387	Shellfish and wholegrain rice [60g Prawns; 120g Passata; 60g Onion; 60g Peppers; 100g Cabbage; 100g Asparagus; 40g Wholegrain rice] Yoghurt & seeds [50g Greek yoghurt - total 0%; 4g Pumpkin seeds; 4g Sunflower seeds]	with
8	50	28	387	Steak, potatoes & vegetables [70g Trimmed rump steak; 150g New potato; 100g Aubergine; 100g Cauliflower; 150g Butternut squash] Yoghurt & seeds [50g Greek yoghurt - total 0%; 4g Pumpkin seeds; 4g Sunflower seeds]	with
9	49	27	387	Chicken, potatoes & vegetables [30g Chicken breast; 50g New potato; 100g Cabbage; 100 Broccoli; 100g Mushrooms] Yoghurt, apple, seeds & raisins [90g Greek yoghurt - total 0%; 7g Pumpkin seeds; 7g Sunflower seeds; 1 Apple; 18g Raisins]	with
8	50	25	388	Apple, berries & yoghurt [100g Greek yoghurt - total 0%; 100g Mixed berries; 1 Apple] Waitrose LoveLife Mushotto 350g [1 Waitrose LoveLife Mushotto 350g]	with
8	49	30	387	Turkey steak, butternut & vegetables [30g Turkey steak; 100g Butternut squash; 100g Red cabbage; 100g Leeks; 100g Peas] Yoghurt, apple & seeds [70g Greek yoghurt - total 0%; 6g Pumpkin seeds; 6g Sunflower seeds; 1 Apple]	with
12	43	27	387	Salmon, parsnips & vegetables [40g Salmon fillet ; 75g Parsnip; 100g Red cabbage; 100g Kale; 100g Peas] Yoghurt & seeds [50g Greek yoghurt - total 0%; 4g Pumpkin seeds; 4g Sunflower seeds]	with
10	44	27	387	Waitrose lovelife calorie controlled beef lasagne [1 Waitrose lovelife calorie controlled beef lasagne] Fruit and nut mix [10g Fruit and nut mix]	with
8	52	27	387	Salmon, sweet potato & vegetables [40g Salmon fillet ; 75g Sweet potato; 100g Aubergine; 100g Cauliflower; 150g Spinach] Apple, berries & yoghurt [100g Greek yoghurt - total 0%; 100g Mixed berries; 1 Apple]	with
8	50	30	387	Chicken, parsnips & vegetables [30g Chicken breast; 50g Parsnip; 100g Broccoli; 100g Broad beans; 100g Spinach] Yoghurt, apple, seeds & raisins [50g Greek yoghurt - total 0%; 4g Pumpkin seeds; 4g Sunflower seeds; 1 Apple; 10g Raisins]	with
9	54	23	387	Pork, potatoes & vegetables [60g Pork tenderloin (medallions); 125g New potato; 100g Spinach; 100g Cauliflower; 100g Carrots] Fruit and nut mix [25g Fruit and nut mix]	with
8	54	25	387	Apple, berries & yoghurt [100g Greek yoghurt - total 0%; 200g Mixed berries; 1 Apple] Salmon, sweet potato & vegetables [40g Salmon fillet ; 75g Sweet potato; 100g Cabbage; 100 Broccoli; 100g Mushrooms]	with
13	46	22	388	Salmon, sweet potato & vegetables [80g Salmon fillet ; 175g Sweet potato; 100g Cabbage; 100 Broccoli; 100g Mushrooms] Piece of fruit [1 Clementine]	with
9	53	24	388	Chicken, sweet potato & vegetables [50g Chicken breast; 100g Sweet potato; 100g Aubergine; 100g Cauliflower; 150g Butternut squash] Fruit and nut mix [25g Fruit and nut mix]	with
7	50	31	387	Steak, butternut & vegetables [100g Trimmed rump steak; 310g Butternut squash; 100g Broccoli; 100g Mushrooms; 100g Chard] Fruit [100g Grapes]	with
8	49	31	387	Pork, butternut & vegetables [80g Pork tenderloin (medallions); 250g Butternut squash; 100g Red cabbage; 100g Leeks; 100g Peas] Fruit and nut mix [15g Fruit and nut mix]	with