

MEAL PREP FOR THE OPEN.



Meal	Macronutrient Values				
	Size	Protein	Fat	Carbs	Calories
Steak, asparagus, sweet potato	Ladies	25g	14,5g	14,2g	284
	Men	36,6g	22,2g	24,7g	428
	Hungry	46g	27,4g	37,4g	557
Teriyaki beef meatballs, brown rice, broccoli, carrots	Ladies	28,8g	10g	25,8g	300
	Men	41,7g	14,5g	38,7g	440
	Hungry	51,9g	18g	51,5g	559
Beef stir-fry, stir-fry vegetables, egg noodles	Ladies	33,9g	5,5g	29g	292
	Men	45g	7,5g	42,7g	408
	Hungry	56,2g	94g	56,4g	524
Mexican beef stuffed pepper, green beans, butternut	Ladies	27,5g	6,4g	17,3g	243
	Men	35,9g	8,3g	24,8g	327
	Hungry	44,4g	10,2g	32,4g	412
Sriracha beef meatballs, bulgur wheat, carrots, baby marrow	Ladies	32,3g	11,6g	27,4g	333
	Men	42,9g	15,4g	40,9g	458
	Hungry	55g	20,8g	58,9g	623
Shredded chicken, whole wheat pasta, pesto, baby marrow, sundried tomato	Ladies	32,5g	13,4g	24,7g	331
	Men	43,1g	16g	36,5g	438
	Hungry	53,7g	18,7g	48,3g	545
Spinach & feta stuffed chicken breast, broccoli, butternut	Ladies	36,9g	15,1g	18,1g	308
	Men	46,9g	17,6g	26,6g	387
	Hungry	56,9g	20,1g	35,1g	467
Tikka chicken, roasted butternut, broccoli, quinoa	Ladies	35,3g	10,3g	35,8g	344
	Men	47,8g	13,7g	47,8g	462
	Hungry	59,6g	16,7g	60g	563
Spicy minced chicken, roasted vegetables, couscous	Ladies	30,8g	9,9g	25,7g	295
	Men	41g	13,4g	40,8g	422
	Hungry	50,5g	16,8g	51,4g	528
Chicken stroganoff, green beans, brown rice	Ladies	31,7g	9,4g	21,4g	280
	Men	41,6g	12g	36,6g	379
	Hungry	51,5g	14,6g	48,1g	478

Each meal above will be provided 10 times during the 6 weeks