



FEMALE - BIKINI BODY

Based on 60KG / 132Lbs Female

Please Note: Broly Labs has sourced specialist dietary plans, macronutrient calculation guidelines and all nutrition knowledge from a Registered Dietitian.

This is a Base line eating plan, it is recommended to start with this and then see how your weight fluctuates. If you decrease in weight then you know you are in a calorie deficit, if it increases then you are overeating and in a surplus.

I recommend using this eating plan initially and then hiring a good online coach or nutritionist to progress from here.

BREAKFAST

Food	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)
Egg - 2 Large	148	13	1	10	-
Haddock - 170 g	218	37	-	7	-
Cooked Broccoli - 100 g	54	2	7	3	3
Cooked Asparagus (from Fresh) - 60 g	23	1	2	1	1
White Potatoes (Flesh and Skin) - 150 g	105	3	24	-	3
TOTAL	400	43	33	11	7

LUNCH

Food	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)
Tesco Salmon Fillets - 1 servings of 1 fillet	270	25	-	19	-
Mixed Salad Greens - 100 g	17	2	3	-	2
Vinegar (Cider) - 2 tbsp	6	-	-	2	-
Snow or Sugar Snap Peas - 100 g	42	3	-	8	-
Flax Seeds - 5 g	27	1	1	1	1
Cooked Broccoli - 50 g	27	1	4	2	2
TOTAL	389	32	16	23	8

Snacks throughout day

Food	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)
English Fat Free Greek Yoghurt - 170 g	94	13	10	-	-
Peanut Butter - 20 g	118	5	4	10	1
Puffed Rice Cake - 2 serving (9g)	70	1	15	1	1
TOTAL	282	19	29	11	2

Post Workout

Food	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)
Sour Dough Bread - 25 g	69	2	13	1	1
Unsalted Butter Stick - 5 g	36	-	-	4	-
Blueberries - 100 g	57	1	14	-	2
Avocado - 50 g	80	1	5	8	4
TOTAL	390	17	33	23	7

DINNER

Food	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)
Tesco Skimmed Milk - 200 ml	70	7	10	-	-
Dates - 30 g	85	1	23	-	2
TOTAL	155	8	33	0	2

DAILY TOTALS

Food	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)
Total	1616	119	144	68	28
CLIENT DAILY TOTAL	1650	124	144	64	30