Week 1 commencing 02.10.17 Monday. Target 2500 cals. 150g protein minimum	05:30	12:00	14:00	16:00	17:00	2300				total		body weight	body fat %
Day 1 workout: weights.	Tea.	Shake: 500ml semi skimmed milk. Protein powder. Egg.	Steak and egg. Pint of tea.	Tuna and salad cream	tea	toast. Breaded haddock						94.6	18
protein	3	40	50	30	3	43				169			
calories	100	450	650	300	100	800				2400			
	09:30	11:30	1300	1700	2100								
Day 2	tea, twirl stick, shake	tea and twirl	prawn and noddle stir fry with an egg mixed in	2 breaded place fillets	shake 300mil semi milk and powder								
protein	36	3	46	36	30					151			
calories	550	200	700	700	250					2400			
	05:00	09:15	14:30	18:00	2100								
Day 3 bag workout	tea	mega shake throughout the morning. 500m semi milk. Blueberries, double scoop protein, 500m yog, egg, salt, sugar.	tortolloni with kale and sauce	tea and twirl stick	twirl stick								
protein	3	115	36	3						157			
calories	100	950	1100	200	100					2450			
	06:30	09:30	12:00	14:15	16:30	20:30							
Day 4	tea and twirl stick	other half of twirl sticks	scrambled eggs on toast. 3 whole 2 whites. Tea.	tuna and kale sarnie	prawn stir fry	shake							
protein	3		38	36	50	30				157			
calories	200	100	750	500	550	350				2450			

	05:00	08:00	10:00 throughout the day	16:00	20:15								
Day 5 workout weights	toast	tea	shake: 300 m semi milk, skyr, egg, banana, powder, sugar, salt.	pasta and salmon fillets with kale and tomato sauce	finished shake after workout with a little added milk and egg								
protein	3	3	125	76	10					217			
calories	200	100	1000	1200	200					2700			
	07:30	11:00	13:00 - 17:00	17:30	20:00								
Day 6	tea	tuna and kale sarnie	tea x 2. strawberry laces	tea and cod fillets	beers and burger								
protein	3	36	6	38	35					118			
calories	100	500	450	550	1600					3200			
	10:30	12:00	16:00	19:00									
Day 7	egg sarnie and tea	tea x 2	sushi and sarnie	prawns and more sushi									
protein	20	6	55	55						136			
calories	550	200	1145	450						2345			
Week 2	05:15	08:15	11:45	14:00	16:00 onwards	18:00	21:00						
Day 8 workout day: met con	tea	tea and toast	tuna roll	salmon fillets swet potato and kale. Mousse	big shake	tea	toast					93.5kg	16.5
protein	3	7	40	45	70	3	5			173			
calories	100	250	430	600	800	100	200			2480			
		08:30	10:30	13:00	15:00	17:00	20:30						
Day 9		tea and toast	scrambled eggs on toast, tea, mousse	fish and veg	nutella bar	banana and mousse	small shake. Banana and mousse						
protein		7	35	40	2		35			119			
calories		250	650	700	112	200	470			2382			
	05:00	08:00	09:00	11:00 throughout day	15:30								

Day 10 workout day lifting	tea	egg roll and tea	banana mousse	mega shake. Milk, yog, butter milk, honey, powder, egg, blue berries	steak and veg	two teas troughout afternoon/evening							
protein	5	20		125	55	10				215			
calories	100	500	200	1000	650	200				2650			
	06:30	08:30	11:00	13:00	15:00	17:30	21:00						
Day 11	tea	scrambled eggs on toast	tea	milk	cookie	tuna and veg and beer	shake						
protein	5	35	5	20	2	80	70			217			
calories	100	600	100	200	300	750	550			2600			
	05:00	08:00	14:00	16:00	18:00	20:00	22:00						
Day 12 workout day met con	tea	shake throughout the morning	tea	sausage roll and tea	crisps and coke	salmon and veg	shake					pre weekend 92.5	14.8
protein	5	90	5	7	3	45	25			180			
calories	100	850	100	500	450	400	250			2650			
	08:00	12:00	14:00	20:00									
Day 13 long walk	tea	shake	ham and snacks	dinner and beers									
protein	5	45	31	30						111			
calories	100	500	440	3000						4040			
	09:30	11:00	13:00	17:00									
Day 14 long walk	teas	fish	brownies and crisps	kievs and veg									
protein	6	40	5	60						111			
calories	200	600	850	700						2350			
Week 3	09:00	11:00	15:00 and throughout day	16:00	21:00	22:00						91.4	14.1
Day 15 workout weights	tea	bran flakes and milk cup of tea	shake	lamb shank in veg a small ice cream	rest of shake and beet root	milk							

protein	3	20	100	55		15				193			
calories	100	550	900	750	60	150				2510			
	09:00	10:30	12:00	12 and 1600 split	14:00	18:00	21:00						
Day 16	bran flakes and milk	tea	tea	pork stir fry with noodles and mousse	shake	tea	some ice cream						
protein	21	5	5	70	75	5	5			186			
calories	400	100	100	1100	700	100	200			2700			
	09:00	11:00	14:00	18:00	21:00								
Day 17 workout day met con and 2 hour dog walk	tea toast mousse	shake throughout morning.	ham, brownie and chicken thing	tea and mousse	pork stirfry								
protein	10	65	35	5	60					175			
calories	400	500	600	200	700					2400			
	06:30	08:30	10:30	12:30	16:00	18:00 onwards	19:30						
Day 18	tea	bran flakes and milk and mousse	tea	scrambled eggs on toast	beetroot and salad cream and some ben and j	shake	rob bday cake small slice						
protein	5	26	5	40	5	78	5			164			
calories	100	500	100	700	300	800	200			2700			
	07:30	11:00	15:00	16:00	21:00								
Day 19 workout weights and rideout	tea and toast	tuna sarnie and tea	tea	tuna steak and toast with spinach	steak tuna steak and egg and veg							91.2	13
protein	10	55	5	55	110					235			
calories	300	570	100	400	900					2270			
	08:30	13:00	18:00	20:00 - 22:00	23:00	12:00							
Day 20 90 min dog walk	branflakes and tea	brownies	shake	beer and bourbon	morrocan chicken	ice cream							
protein	35		95		57	5				192			
calories	500	570	650	600	350	200				2870			

	09:00	12:00	13:30	15:00- 17:00	18:30	20:00							
Day 21 workout met con and dog walk	tea and toast	tea twix and nature bar	tuna sarnie	2 teas	morrocan chicken and ice cream	shake							
protein	10	9	50	10	57	45				181			
calories	300	600	470	200	680	350				2600			
Week4	05:00	08:00	11:00 throughout the day	13:00	15:00	17:00	21:30						
Day 22	tea and toast	egg sarnie and milk	shake	tea	chicken carrots and sweet potatoes	chicken carrots and sweet potatoes	toast						
protein	10	37	107	5	45	50	5			259		90.1	13.5
calories	300	450	980	100	350	450	200			2830			
	08:30	10:30	13:00	15:00	16:30	17:30	21:30						
Day 23 workout weights	bran flakes and milk	tea	ham and choclate bar	tea	2 chicken breasts and veg	tea	steak egg and veg plus nutella bar :)						
protein	25	5	36	5	80	5	55			211			
calories	350	100	400	100	400	100	850			2300			
	05:30	08:30 thorughout the day	15:00	17:00	20:30	21:30							
Day 24	tea and toast	shake	tea and biscuits	fish and veg	toast and milk	yoghurt and honey							
protein	10	105	5	30	10	12				172			
calories	300	800	600	600	250	65				2615			
	07:30	10:00	11:30	13:00	16:00	21:00							
Day 25 dog walk	tea and toast	tea	prawn sarnie	pepperami and scotch egg	pork stir fry	shake							
protein	10	5	40	15	90	35				195			
calories	300	100	400	350	900	225				2275			

day off dieting today as ahead of shcedule... hunt kill and feast:)	05:00	08:30	10:00	13:00	20:30								
Day 26 dog walk and workout met con	tea and toast	brank flakes	tea	ham, twix and chicken thing	mega burger and shake							90.2	12.9
protein	10	15	3	45	150					223			
calories	300	250	100	660	3000					4310			
	08:30	12:00	17:30	19:00	21:00								
Day 27 dog walk and bike ride	tea and toast	brownies and tea	chicken and rice dish	turkey and veg	beer							90.4 after mega feast	13.1
protein	8	10	40	70						128			
calories	300	550	350	600	250					2050			
	09:00	10:00-14:00	14:00	15:00	17:00	18:30	20:00						
Day 28 dog walk and bike ride	tea and toast	tea x 3	shake	ham and nutella stick thing	tea	haddock and veg	toast						
protein	10	15	35	33	5	30	5			133			
calories	300	300	250	400	100	650	200			2200			
Week 5	05:00	08:00	11:30	16:00	18:00	20:30						89.7	13
Day 29 workout weights. Monday.	tea and toast	had to try brownie butter I was just given...on toast	prawn bagette	tea and dark chocolate :)	drumsticks and crap	shake							
protein	10	5	45	12	45	40				157			
calories	300	200	500	660	600	300				2560			
	08:00	11:00 throughout the day	15:00	16:00	17:00	21:00							

Day 30	tea and bran flakes	shake. Milk egg powder raspberries butter milk	scrambled eggs on toast	tea	chicken and mousse	chicken							
protein	35	66	40	5	30	10				186			
calories	550	700	650	100	400	100				2500			
	05:30	07:30	12:00	15:00	17:00	20:30							
Day 31 workout met con day just a quick spritn blast 20 mins and dog walk	tea and toast	shake	chicken	ham, cake and tea :)	steak veg and eggs	shake							
protein	10	40	40	37	55	35				217			
calories	300	300	300	650	700	250				2500			
	08:30	13:00	14:30	16:30	19:30	20:30	21:30						
Day 32	tea and toast	chicken and mousse and cup of tea	ham and peanuts bar	tea	shake	thai chicken and rice	butter milk slurps						
protein	10	35	45	5	40	44	5			184			
calories	300	400	430	100	350	400	50			2030			
	05:30	08:30 throughout the day	11:30	13:30	15:00	21:30						89.4	12.4
Day 33 workout day weights	tea	mega shake: 300 milk, 500 skir, 100 butter milk, egg, 2 scoops, sprinkle salt and sugar	tea	tea	toast	tuna steaks and veg and a beer plus mousse							
protein	5	120	5	5	5	90				230			
calories	100	900	100	100	200	900				2300			
	08:30	11:30 throughout day	14:00	20:00									
Day 34	bran flakes and milk	shake	ham coffee and malteasers	out for dinner and drinks									
protein	20	100	35	40						195			
calories	500	1000	450	2000						3950			

	10:00	12:00	15:00	21:00									
Day 35	tea x 2	ham and snacks	shake	tea and Toast									
protein	10	40	100	10						160			
calories	200	450	850	300						1800			
week 6 may have to drop calories a small amount to continue on. 2300 target	05:00	07:00-08:30	11:34	13:30	15:00	17:00	21:30					89.6 surprised it wasn't more after a boozie weekend, happy enough	12
Day 36 workout day weight and cardio mix met con style	tea and toast	protein bar tester and coffee	bacon baguette	grabbed a pork medallion and tea	coffee	pork medallions and veg	ham and shake						
protein	10	24	34	35	5	60	70			238			
calories	300	370	500	400	150	700	460			2880			
	09:00	10:00 throughout the day	11:00	13:00	16:00	18:00							
Day 37	coffee	shake	bacon sarnie	tea	pork and veg	coffee							
protein	7	95	25	5	60	7				199			
calories	170	825	400	100	700	200				2395			
	05:30	08:45	14:00	15:00	17:30	21:30							
Day 38 workout weights	tea	scrambled eggs on toast and coffee	ham	tea	chicken and veg. Coffee	chicken and veg and shake							
protein	5	45	30	5	65	110				260			
calories	100	800	160	100	500	750				2410			
	08:30	11:00	15:00	16:00	17:00	20:30							
Day 39	coffee	scrambled eggs on toast and shake	chicken breast and coffee	protein bar	tea	chicken and veg							
protein	6	74	65	20	5	60				230			

calories	150	900	450	220	100	380				2200			
	05:30	08:00	09:00 throughout the day	11:00	13:00 and 1700	21:30	10:00						
Day 40 workout bag work	tea	coffee and toast	shake	chicken and veg	two cups of tea	toast	2 tuna steaks and veg plus milk					88.3	11.6
protein	5	10	115	60	10	5	95			300			
calories	100	300	800	380	200	200	600			2580			
	08:30	12:00	13:00 to 1700	18:00	20:00								
Day 41	brank flakes	tea	tea and coffe, brownies	burger and chips and beer	thai green curry								
protein	25	5	15	40	44					129			
calories	450	100	1000	1000	388					2938			
				guesstimate									
	09:00	11:00 throughout day	12:00 to 1700	20:00	20:30								
Day 42	tea and toast	mega shake	three teas and a twix	steak and mushrooms	tea								
protein	10	120	10	50	5					195			
calories	300	900	550	600	100					2450			
week 7	05:00	08:30	10:30	11:30	15:00	15:30	18:00	21:30				88.4	12.6
Day 43 workout weights	tea and toast	coffee	coffee	pork medallion and mousse	shake	pork and veg. Coffee	shake	pork and veg					
protein	10	5	5	30	45	35	35	30		195			
calories	300	200	100	360	350	500	250	350		2410			
	08:00	11:00	12:30	14:00	16:00 onward								
Day 44	coffee	scrambled eggs on toast and tea	tea and mousse	chicken and veg. Coffee	mega shake								
protein	5	40	5	60	95					205			
calories	200	750	200	450	750					2350			

	05:30	09:00 throughout mornng	13:30	15:00	17:00	18:00	21:00						
Day 45 workout cardio	coffee	shake	tea	coffee	chicken and spinach	mousse	big ole bowl of bran flakes						
protein	5	100	5	5	100		29			244			
calories	200	850	100	100	450	100	500			2300			
	07:30	10:30	12:00	13:30	14:30	17:00	20:30	21:30					
Day 46	coffee	tea	tea	chicken rice and veg	coffee	tea	steak eggs and veg	shake and mousse					
protein	5	5	2	50	5	2	60	45		174			
calories	200	100	50	500	100	50	750	450		2200			
	05:20	09:00	11:00	13:30	15:00	15:00 thoughout day	17:45	21:00					
Day 47 workout weights	coffee	tea	scrambled eggs on toast	mousse and slurp of milk	tea	shake	coffee	steak eggs and veg				88	11.4
protein	5	5	40	5	5	108	5	55		228			
calories	200	100	650	150	100	900	100	700		2900			
	08:00	10:00	12:00	15:00	15:30	16:00	17:30	20:00	22:30				
Day 48	coffee	bran flakes	coffee	tea	haddock	coffee	toast and shake	pulled pork burger and chips. Drinks	tea				
protein	5	23	1	5	30	5	35	70	5	179			
calories	200	300	100	100	500	100	425	1200	100	3025			
	08:00	10:00 - 12:00 riding	13:00	14:00	16:00	16:30	19:30	21:00					
Day 49. bike ride	tea and toast	ham and a nutella pot	tea	ham and a nutella crepe	coffee	haddock	chicken and quinoa	buttermilk				88.1 good news, thought it may have gone up After Saturday night	ran out of time for BF this morning...busy morning indeed.
protein	10	30	2	32	5	30	55	15		179			
calories	300	400	100	260	100	500	380	150		2190			

Week 8	05:30	08:00	11:00	13:30	15:00	16:30	18:00	21:30					
Day 50 workout met con	tea	coffee and toast	skyr and honey and mousse	coffee	chicken and broccoli	coffee	chicken and broccoli	shake and raspberries					
protein	5	10	55	5	60	5	60	35		235			
calories	100	400	550	100	400	200	350	300		2400			
	08:00	11:00	11:30	14:00	16:00	20:00	21:00						
Day 51 workout weights	coffee	scrambled eggs on toast	mousse and tea	ham	coffee	chicken and veg	shake						
protein	5	46	5	30	5	60	45			196			
calories	200	700	200	160	100	550	350			2260			
	05:30	10:30:00 throughout day	13:30	16:00	17:30	20:45	21:30						
Day 52 workout easy cardio	coffee	tea and start of shake	toast	coffee	chicken and veg	toast and finished shake	beetroot and salad cream						
protein	26	125	5	5	30	5				196			
calories	350	1150	200	100	400	200	150			2550			
	08:00	11:00	14:00	15:00 throughout day	16:00	17:30	19:00	20:30					
Day 53	coffee	scrambled eggs on toast	tea	shake	coffee	tea	browie	chicken and quinoa					
protein	5	40	5	95	5	5		45		200			
calories	200	700	100	700	100	100	200	300		2400			
	05:00	08:00	11:00	14:00	15:45	18:00	21:00					87.7	10.4 lowest it's been in a decade
Day 54	coffee	tea and toast	scrambled eggs on toast	ham, choc shake and peanut butter chocolate thing	ham	coffee	chicken and rice and quinoa... lots and mousse						
protein	5	10		45	30	5	100			195			
calories	200	300	600	635	160	100	850			2845			
	08:00	10:00	12:00	14:00	16:00	21:00							

Day 55	tea and toast	milk and brownie	te and brownie thing	plaice goujons and chips pub lunch plus beer	tea and smarties	drinks and snacks leaving do							
protein	10	50	5	30	3	20				118			
calories	300	770	250	800	300	1200				3620			
	10:00	11:00	12:00 to 16:00	18:30	throughout day								
Day 56	coffee	scrambled eggs on toast	tea and coffee x3 and some crisps	toast	mega shake								
protein	5	30	10	5	150					200			
calories	200	650	350	200	1100					2500			
week 9. last week	07:00	09:00	11:30	15:00	17:00	17:30	22:00	23:00					
Day 57	coffee	coffee and french bread	steak and egg. tea.	coffee	shake	chicken and veg	tuna steaks and veg	shake					
protein	5	7	60	5	30	50	90	30		277		87.9	
calories	100	350	450	100	250	350	450	200		2250		11	
	08:30	10:00	11:00	11:40	15:30	17:30	21:00	22:30					
Day 58	coffee	steak and eggs	tea	tea and chicken	tea and chicken	chicken	tuna steaks and veg	chicken					
protein	5	62	3	28	50	25	90	25		288			
calories	100	650	80	230	350	200	350	150		2110			
	06:30	10:00	11:30	14:00	rest fo the day								
Day 59. phot shoot workout	eggs	banana and chocolate baguette :) skittles and wispers	photo shoot	mocha and chocolate shake	everything tasty in sight and so much water							84.7!	9.8
protein	30	dont know don't care - carb loading								30			
calories	350	haha								350			
												05.011l.18 p.m. 89.8 post holiday	