## 4000 Calorie Diet Plan

<table>
<thead>
<tr>
<th>AM</th>
<th>PM</th>
<th>1PM</th>
<th>3PM</th>
<th>6PM</th>
<th>8PM</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 1</strong></td>
<td><strong>Protein Smoothie</strong></td>
<td><strong>2 rice cakes with peanut butter</strong></td>
<td><strong>Giant Salad</strong></td>
<td><strong>Protein Shake with Coconut Milk</strong></td>
<td><strong>Steak, Sweet Potatoes, Vegetables</strong></td>
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<tr>
<td><strong>Day 2</strong></td>
<td><strong>Protein Smoothie</strong></td>
<td><strong>Home Made Flap Jacks</strong></td>
<td><strong>Overnight Oats</strong></td>
<td><strong>Protein Shake with Coconut Milk</strong></td>
<td><strong>Fish, Rice, Cheese &amp; Crackers</strong></td>
</tr>
</tbody>
</table>

### Giant Salad
- Feta Cheese (20g)
- Ham or chicken (50g)
- 1 avocado
- Bap with Butter

Then eat a banana & handful of almonds

### Home Made Flap Jacks
- butter, oats, raisins, ground almonds, peanut butter

### Overnight Oats
- 80g oats
- 15g peanut Butter
- 15g honey
- goji berries
- 350ml almond milk