

**(POST TRAINING SHAKE)
MY BANANA/EGG/HONEY PROTEIN SHAKE:**

APPROXIMATE STATS:

700 Calories

30 g Fat

75 g Carbs

40 g Protein

*100 ml Milk of preferred choice

*Two Medium Sized Bananas

*4 M/L Whole Eggs

*100 Grams Cottage Cheese

*1 Tbsp Honey

Blend everything together into a smooth shake:

Tip: Add ice cubes to make it more slushy when blending

Tip: Add A bit of Raw Natural Vanilla or Cocoa-powder to make different flavors.

**(LUNCH: HIGH FAT, LOW CARB)
MY DELICIOUS PUMKIN OIL TUNA SALAD**

APPROXIMATE STATS:

900 Calories

75 g Fat

10 g Carbs

45 g Protein

*100 g Green Salad

*140 g Tuna

*1-2 Tomatoes

*1 Boiled Egg

*A bit of Parmesan Cheese

*Pinch of Salt & Pebber

*5 Tbsp of Pumpkin Oil

Cut and dice everything up into a salad.