



# COMPELLO FITNESS

## CREATE YOUR PERFECT MEAL

Mix 'n' match any of the ingredients for your meal. Remember you are not limited to what's on the list, there are hundreds of meal options out there.

PICK A PROTEIN	PICK A VEGETABLE	PICK A CARB	PICK A FAT
<b>EGGS</b> 	<b>BROCCOLI</b> 	<b>SWEET POTATO</b> 	<b>E.V. OLIVE OIL</b> 
<b>CHICKEN</b> 	<b>PEPPERS</b> 	<b>BAKED POTATO</b> 	<b>NUT OIL</b> 
<b>STEAK</b> 	<b>ONIONS</b> 	<b>SALAD POTATO</b> 	<b>RAPESEED OIL</b> 
<b>MINCE MEAT</b> 	<b>SPINACH OR KALE</b> 	<b>BASMATI / BROWN RICE</b> 	<b>COCONUT OIL</b> 
<b>PORK / LAMB CHOPS</b> 	<b>GREEN BEANS</b> 	<b>CHICK PEAS</b> 	<b>BUTTER</b> 
<b>SALMON</b> 	<b>CARROTS</b> 	<b>RICE NOODLES</b> 	<b>AVACADO</b> 
<b>LENTILS</b> 	<b>TOMATOES</b> 	<b>BUTTERNUT SQUASH</b> 	<b>REAL NUTS</b> 

### BREAKFAST OPTIONS



Scrambled Eggs, poached Eggs or boiled Eggs with Bacon and or Sausage



Yoghurt



Overnight Oats with accompanying Protein (powders, etc)



Cereals with accompanying Protein (powders, etc)

### SNACK OPTIONS (LIMIT THESE)



Fruit



Yoghurt



Protein bars / shakes



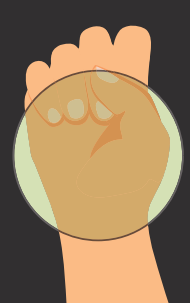
Meats / Cheese (Deli and Cured)

### PORTION SIZE/DAY



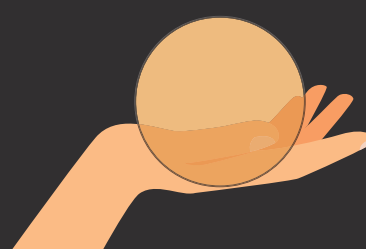
**PROTEIN**

Women: 4-6 Palm  
Men: 6-8 Palm



**VEGETABLES**

Women: 4-6 Fist  
Men: 6-8 Fist



**CARBS**

Women: 4-6 Cupped  
Men: 6-8 Cupped



**FAT**

Women: 4-6 Thumb  
Men: 6-8 Thumb