

INFINITY PERFORMANCE

NUTRITIONAL GUIDANCE E-BOOK



**BUDGET FRIENDLY
MEALS & GROCERY LIST**

BREAKFAST

Granola Bowl

For the shopping basket:

- Honey & Almond Granola (50g serving = £0.11)
- Mixed berries (80g serving = £0.23)
- 0% Greek yoghurt (100g serving = £0.20)
- Mixed Nuts (25g serving - £0.34)

Starting your morning off with a fresh, easy granola bowl. Simply defrost the fruit as per packaging and throw it all into the bowl!

Calories & protein

PROTEIN = 17.2G PER SERVING

CALORIES = 454 PER SERVING

Sausage and egg breakfast burrito

with vegan / veggie alternative

For the shopping basket:

- (2) Meat Free Sausages (£0.44)
- (2) Sausages (£0.45)
- (1) Wholemeal wraps (£0.12)
- (1) Eggs (£0.25)

For days when you want something more, this protein dense meal is great for slow release of energy, especially if you're headed the gym.

Calories & protein

PROTEIN = 18.3G (VE) / 28.5G PER SERVING

CALORIES = 351 (VE) / 428 PER SERVING

BRUNCH

Chia Seed Pudding

For the shopping basket:

- Chia Seeds (20g serving = £0.16)
- Mixed berries (80g serving = £0.23)
- Oat Milk (125ml serving = £0.26)

This is another easy staple that you can prep for. Prepare this the night before and let the seeds soak up until you get a pudding mixture and top with whatever you like!

Calories & protein

PROTEIN = 5.2G PER SERVING

CALORIES = 140 PER SERVING

Tofu Scramble on Toast

For the shopping basket:

- Tofu (100g serving = £0.61)
- Wholemeal Bread (per slice = £0.06)
- Non-dairy milk (2 table spoons)
- **Recommended spices / seasonings (1/4 tsp):**
 - Nutritional yeast, salt, turmeric, garlic powder

Tofu is a great high protein base, you can turn it into whatever flavour you prefer. It is super versatile and easy to prep, this is an affordable way to get in protein whether you're vegan or not.

Calories & protein

PROTEIN = 14.3G PER SERVING

CALORIES = 173 PER SERVING

LUNCH

Tuna & Avocado sandwich / wrap

For the shopping basket:

- Tuna (51g serving = £0.40)
- Avocado (1 serving = £0.79)
- Sandwich thins (1 thin = 0.23)
- Seasonings & fillings (1/4 tsp): Salt, pepper, light mayo, onion & garlic.

Create your own budgeted take on the J&J Tunacado. Add fillings and seasonings as you please and toast your thins for a warm and crispy sandwich. Don't forget, you can substitute for wraps and even vegan tuna, like Tuno.

Calories & protein

PROTEIN = 18.2G PER SERVING

CALORIES = 313 PER SERVING

Teriyaki chicken rice bowl / Spicy tofu rice bowl

For the shopping basket:

- Chicken (125g serving = £1.13) **OR** Tofu (100g serving = £0.61)
- Sticky rice (125g serving = £0.50)
- Mixed vegetables (89g serving = 0.31)
- Teriyaki cooking sauce (100g serving = £1.15)

This high protein lunch is going to keep you full for the day ahead. Add seasonings to your taste and top off with some sesame seeds and spring onion for a complete look and taste.

Calories & protein

PROTEIN = 35.5G / 17.1G (VE) PER SERVING

CALORIES = 529 / 515 (VE) PER SERVING

DINNER

Baked Lemon & Herb Salmon & Veg

For the shopping basket:

- Salmon fillets (115g serving = £2.35)
- Lemon & Herb Marinade (20g serving = £0.19)
- Mediterranean style veg (175g serving = £0.75)
- Rice (75g serving = £0.14)

This easy yet tasty fish dish grants you with Omega 3, protein, veggies and carbs all in one delicious dinner. Feel free to use your favourite vegan or veggie alternative meat for this dish too and make your own!

Calories & protein

PROTEIN = 29G PER SERVING

CALORIES = 445 PER SERVING

Thai Red Curry (Vegan Alternative)

For the shopping basket:

- Chicken (125g serving = £1.13) **OR** Tofu (100g serving = £0.61)
- Thai red curry paste: (42.5g serving = £0.57)
- Coconut milk (100ml serving = £0.21)
- Rice (75g serving = £0.14)
- Optional additions: Lime leaves, coriander, vegetables.

End your day with a hearty curry, with just the right amount of spice, this will fill you up with all the right macros throughout.

Calories & protein

PROTEIN = 35.7G / 17.5G (VE) PER SERVING

CALORIES = 577 / 563 (VE) PER SERVING

STILL NEED MORE HELP?



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