



BARE
NUTRITION

FAT LOSS FOR BUSY MUMS:

A REAL (AND DELICIOUS) DAY OF EATING

A real day of eating for busy mums wanting to lose weight without giving up the foods they love!



3 meals and snacks, easy to prep and Ready in minutes plus the whole family will love it!

I wanted to show you what a normal day of eating actually looks like when you're trying to lose weight (especially as a busy mum, this is exactly what I'm doing!!).

Not a "diet day". A real one - bacon and eggs, a toastie, bangers and mash for dinner. Food your kids will eat, from the same shop you already go to.

Because you shouldn't have to give up the things you love to see a change. You just need it built the right way.

YOUR DAY ON A PLATE

Meals your family will love, results you'll see and feel.



BREAKFAST - Bacon & Egg Wrap

Calories 346 Protein 25g Carbs 25g Fat 17g

INGREDIENTS

- 1 x Old El Paso tortilla
- 2 x eggs
- 50g rindless bacon
- Tomato sauce/hot sauce
- Salt and pepper to taste



SNACK 1 - Carman's Protein Bar & Banana

Calories 224 Protein 23g Carbs 26g Fat 2g

INGREDIENTS

- 1 x Carman's Caramelised Biscuit Protein Bar
- 1 x banana



LUNCH - Tuna Toastie

Calories 203 Protein 22g Carbs 22g Fat 5g

INGREDIENTS

- 1 x Tip Top Burger Thin
- 70g Sirena Tuna in Oil (Lite)
- 10g Praise 99% Fat Free Mayo
- 5g Dijon mustard
- Big squeeze lemon juice
- 10g red onion
- 30g cucumber
- 30g tomato



SNACK 2 - Strawberry Nesquik Protein Smoothie

Calories 224 Protein 23g Carbs 26g Fat 2g

INGREDIENTS

- 20g whey protein, vanilla flavour
- 10g Nesquik Strawberry Classic
- 80g frozen strawberries
- 250mL skim milk



DINNER - Bangers & Mash

Calories 554 Protein 33g Carbs 43g Fat 21g

INGREDIENTS

- 3 x Peppercorn Extra Lean Beef Sausages
- 250g White Spud Lite Potatoes
- 10g Reduced Fat Nuttalex
- 20mL High Protein Milk (The Complete Dairy)
- 20g brown onion
- 55g Gravox Best Ever Bangers 'n' Mash Liquid Gravy
- 60g frozen peas

DAILY TOTALS

Calories ~1,603 Protein ~115g Carbs ~155g Fat ~54g



WHAT HAPPENS NEXT?

**This is one day.
BARE gives you
every day with
unlimited swaps!**

Three short points:

- A new meal plan every week, built around your goal
- Swap any meal you don't like
- Check in weekly for progress tracking and accountability
- Your weekly shop, sorted with a grocery list
- Access to real dietitians

Your 24/7 personal nutrition coach.

Start your BARE plan



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