

Sample daily menu for an 80 kg individual covering all protein requirements

Breakfast	85 g breakfast cereal 300 ml low-fat milk 2 slices toast with low-fat spread 200 ml pint orange juice
Morning snack	1 tuna sandwich (2 slices bread and 85 g tuna) 2 apples
Lunch	2 baked potatoes (170 g each) 225 g baked beans Salad 4 apricot 150 g yoghurt
Snack	6 rice cakes 1 banana 25 g dried fruit
Dinner	170 g pasta 85 g chicken Tomato sauce Vegetables 100 g fruit 150 g yoghurt
Snack	2 slices of toast 1 banana 1 orange
Calories	3000
Protein	120 g / 17% of calories

Task:

Use this as a basis to compile a selection of similar menus / meal ideas.