

Daily Meal Plan with Macros

Meal 1

70g oats: 266 kcal | 9g protein | 44g carbs | 5g fat

5 eggs: 350 kcal | 30g protein | 2g carbs | 25g fat

1 banana: 105 kcal | 1g protein | 27g carbs | 0.3g fat

Supplements: 20 kcal | - protein | - carbs | - fat

Total: 741 kcal | 40g protein | 73g carbs | 30g fat

Meal 2

200g rice: 260 kcal | 5g protein | 58g carbs | 0.5g fat

200g chicken: 330 kcal | 42g protein | 0g carbs | 7g fat

Salad: 80 kcal | 1g protein | 3g carbs | 7g fat

Total: 670 kcal | 48g protein | 61g carbs | 14.5g fat

Meal 3

200g pasta: 260 kcal | 8g protein | 52g carbs | 1g fat

200g chicken: 330 kcal | 42g protein | 0g carbs | 7g fat

Total: 590 kcal | 50g protein | 52g carbs | 8g fat

Meal 4

250g potatoes: 215 kcal | 5g protein | 48g carbs | 0.3g fat

200g fish: 400 kcal | 40g protein | 0g carbs | 24g fat

Total: 615 kcal | 45g protein | 48g carbs | 24g fat

Meal 5

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100g ricotta: 174 kcal | 11g protein | 3g carbs | 13g fat

2 eggs: 140 kcal | 12g protein | 1g carbs | 10g fat

50g oats: 190 kcal | 6g protein | 31g carbs | 3g fat

Total: 504 kcal | 29g protein | 35g carbs | 26g fat

Supplements

Magnesium (200mg) before bed

Creatine (5g) 30min post-workout (0 kcal)

Daily Total

Calories: 3120 kcal

Protein: 212g

Carbs: 269g

Fat: 102g