



## **Breakfast**

### **Power Oatmeal Breakfast**

#### **Ingredients:**

*Quick Oats - 55 grams (2 small packet)*

*1 serving protein powder / egg whites*

*2 tbsp organic peanut butter*

*50ml almond milk*

#### **Instructions:**

*Mix the oats with a tiny amount of water. Put it in the microwave for a minute till the water dries up. Mix the ingredients together including the protein(or egg whites) , add the almond milk and mix well and you will have a nice tasting dessert. Have this meal with one Banana before your workout.*

#### **Macros:**

*Calories - 520*

*Protein - 37g*

*Fats - 5g*

*Carbs - 65g*

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### **Post Workout Shake**

*Blend all ingredients thoroughly.*

*35g frozen blueberries*

*1/3 cup almond milk*

*2 scoop protein powder*

*Macros:*

*Calories - 185*

*Protein - 27g*

*Fat - 3g*

*Carbs - 4g*

### **Lunch**

#### **Chicken Breast & White Jasmine Rice**

##### **Ingredients:**

*120grams of white Jasmine rice*

*140gram of chicken breast seasoned*

**Instructions:**

*You can for 3-4 days in advance. Boil the jasmine rice in water and spray some pam oil before boiling so the rice does not stick together. You can season the salt and chicken to your liking. Do not be afraid of salt, salt in moderate amounts is actually good for better pumps in the gym and muscle recovery. You can grill or fry the chicken, chop it into little pieces before doing first so you can easily weigh it out later on.*

**+ Snack below****Strawberries-Nuts Snack:****Ingredients:**

*Roasted unsalted mixed nut - 1/3 cup*

*Strawberries - 200grams*

*Sugar free pancake Syrup - 1tbsp*

**Instructions:**

*You can Cut the strawberries, mix it with Nuts and syrup. Have this as a dessert.*

**Macros:**

*Calories - 750*

*Protein - 48g*

*Fats - 27g*

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*Carbohydrates - 75g*

## ***Dinner***

### **Oikos Greek Yoghurt:**

*160grams*

**+**

### **Omelette & Pita sandwich**

#### **Ingredients:**

*5 whole eggs*

*50gram of spinach*

*Seasoning of your liking*

*1 large pita*

#### **Instructions:**

*You can make this in an omelette style or scrambled eggs.*

*Macros:*

*Calories - 600*

*Protein - 28g*

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*Fats - 12g*

*Carbohydrates - 95g*

**Daily Total:**

***Calories - 2600 | Protein - 160g | Fats - 60g | Carbohydrates - 255g***