



Breakfast

Power Oatmeal Breakfast

Ingredients:

Quick Oats - 55 grams (2 small packet)

1 serving protein powder / egg whites

1 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

2

Post Workout Shake

Blend all ingredients thoroughly.

35g frozen blueberries

1/3 cup almond milk

1 scoop protein powder

Macros:

Calories - 185

Protein - 27g

Fat - 3g

Carbs - 4g

Lunch

Chicken Breast & White Jasmine Rice

Ingredients:

120grams of white Jasmine rice

100gram 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

4

Carbohydrates - 75g

Dinner

Oikos Greek Yoghurt:

120grams

+

Omelette & Pita sandwich

Ingredients:

4 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 - 2280 | Protein - 140g | Fats - 50g | Carbohydrates - 255g