



Breakfast

Power Oatmeal Breakfast

Ingredients:

Quick Oats - 80 grams (3 small packet)

1 scoop protein powder

½ tbsp organic peanut butter

70ml almond milk

Instructions:

Mix the oats with a tiny amount of water. Put it in the microwave for a minute.

Mix the ingredients together, add the almond milk and mix well.

Have this meal with one Banana.

Macros:

Calories - 640

Protein - 37g

Fats - 7g , Carbs - 85g

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**Rice-Beans****Ingredients:**

White jasmine rice - 100grams

Red Beans - 1 cup (240grams)

Instructions:

Boil the white rice. Use seasonings according to your likings. Mix with the red beans. You can top with this some lemon juice and apple cider.

Strawberries-Nuts Snack:**Ingredients:**

Roasted unsalted mixed nut - 1/4 cup

Strawberries - 200grams

Sugar free pancake Syrup - 1tbsp

Instructions:

Mix the nuts, strawberry and the syrup and you can top this off with some light ice cream.

Macros:

Calories - 750

Protein - 28g

Fats - 27g

Carbohydrates - 80g

Dinner

Oiks Greek Yoghurt

150grams

Spinach-Potatoes Pita Sandwich Greek Yoghurt Snack

Ingredients:

1 medium pita

Spinach - 4 cups

Russet potatoes - 150g

Instructions:

You can cook this in bulk. Boil the spinach down

And mix it with seasoning. Boil the potatoes

And cut it into small pieces. Roll everything into

A Pita sandwich.

Macros:

Calories - 600

Protein - 28g

Fats - 12g ,Carbohydrates - 95g

Daily Total:**Calories - 1800 | Protein - 120g | Fats - 40g | Carbohydrates - 240g**