

MACRO TEMPLATE

1500 Calories

Training Day - **Moderate Carb**

P 140 **C** 125 **F** 50 **kCal** 1510

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	28		15	247
Meal 2	28	20	15	327
Meal 3	28	25	10	302
Train				
PWO	28	30		232
Meal 4	28	50	10	402

Example

Mela 1	3 whole egg omelette, cooked 5g butter, onions, peppers,
Meal 2	150g prawns, cooked 5g coconut oil, 1/2 medium avocado, onions, peppers
Meal 3	150g chicken fillet (cooked 5g coconut oil), 200g baby boil potatoes, spinach
Train	
PWO	25g whey protein, 30g skittles
Meal 4	Arla protein yoghurt, 50g Kelloggs Frosties, 400ml unsweetened almond milk

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FITTER. STRONGER. TOGETHER

MACRO TEMPLATE

1500 Calories

Training Day - Low Carb

P 150 C 75 F 70 kCal 1530

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	30		30	390
Meal 2	30		20	300
Meal 3	30		10	210
Train				
PWO	30	25		220
Meal 4	30	50	10	410

Example

Meal 1 3x grilled venison sausages, tomatoes, spinach, kale

Meal 2 150g salmon fillet, 50g feta cheese, asparagus

Meal 3 100g chicken fillet grilled, 15g cashews

Train

PWO 25g whey protein, 2x Jaffa cakes

Meal 4 1x bagel, 15g peanut butter spread, 170g total greek yoghurt

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MACRO TEMPLATE

1500 Calories

Rest Day - No Carb

P 150 C 30 F 90 kCal 1530

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	30		30	390
Meal 2	30		20	300
Meal 3	30		15	255
Meal 4	30		15	255
Meal 5	30		10	210

Example

Meal 1 1x (130g) steak burger, 1x grilled bacon medallion, stacked with onions, peppers, mushrooms

Meal 2 100g turkey fillet (cooked 5g coconut oil), 1/2x medium avocado, asparagus

Meal 3 100g cod fillet, 1x tablespoon peanut butter (15g), broccoli, onions

Meal 4 125g lean steak mince (cooked 5g butter), onions, peppers, kale

Meal 5 100g prawns (cooked 5g coconut oil), 15g cashews, onions, spinach

*30g carbohydrate allowance for vegetables only

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