

MACRO TEMPLATE

1700 Calories

Training Day Higher Carb

P 150 C 125 F 70 kCal 1730

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	30		30	390
Meal 2	30		20	300
Meal 3	30	20	10	290
Train				
PWO	30	30		240
Meal 4	30	75	10	510

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, 15g almonds
Meal 3	125g chicken fillet (grilled), 3x lightly salted rice cakes, 1x tablespoon (15g) peanut butter
Train	
PWO	25g whey protein, 30 skittles
Meal 4	Arla protein yoghurt, 50g Kelloggs Frosties, 400ml unsweetened almond milk

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MACRO TEMPLATE

1700 Calories

Training Day Moderate Carb

P 150 C 75 F 90 kCal 1710

	PROTEIN	CARBOHYDRATES	FAT	CALORIES
Meal 1	30		40	480
Meal 2	30		25	345
Meal 3	30		15	255
Train				
PWO	30	25		220
Meal 4	30	50	10	410

Example

Meal 1 3x grilled venison sausages, 30g almonds, 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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