

**7,800**  
**TOTAL DAILY CALORIES**

## MACRONUTRIENTS

29% Protein (130g)  
45% Carbohydrate (203g)  
26% Fat (52g)

Below is a series of example meals which can be interchanged. Cooking oils are not included. Remember, this is for inspiration. Everyone's nutritional needs are different.

### BREAKFAST

#### Option #1

503 Calories: 35 g P, 48 g C, 21 g F  
2 whole eggs and 130 g egg whites  
100 g blueberries  
1/2 cup (40 g) dry oatmeal  
17 g natural peanut butter

#### Option #2

452 Calories: 25 g P, 67 g C, 16 g F  
2 scoops (46 g) protein powder  
150 g banana  
100 g raspberries  
70 g avocado

### LUNCH

#### Option #1

665 Calories: 43 g P, 73 g C, 23 g F  
120 g (cooked) salmon  
200 g (cooked) brown rice  
100 g (cooked) peas  
70 g avocado

#### Option #2

475 Calories: 42 g P, 37 g C, 18 g F  
130 g (cooked) skin-on chicken thigh  
100 g (cooked) zucchini  
200 g (cooked) yellow potatoes



Try to eat at least 3 meals during the day, about once every 3-4 hours. Each meal should include protein, carbs, and fat. You'll see some example meals are higher in calories and macronutrients, so remember to track your meals to better understand what you are eating.

If your next meal is around the same time as a workout, have a small snack 30-60 minutes before exercise. This will help avoid being overly full while you train. Post-workout meals with fast-digesting carbs will replace muscle glycogen which was depleted during exercise, and eating protein after a workout will assist with tissue recovery. Remember, fats such as nut butter slow digestion of other macros. Therefore, you can focus on protein and carbohydrates around exercise times to allow for accessible nutrients pre- and post- workout.



## DINNER

### Option #1

664 Calories: 43 g P, 76 g C, 24 g F

120 g (cooked) 93% lean ground beef

57 g (3 tortillas) corn tortillas

70 g avocado

30 g (2 TBSP) Mateo's Gourmet Salsa

250 g red bell pepper, green bell pepper, yellow onion

### Option #2

542 Calories: 52 g P, 65 g C, 8 g F

100 g (cooked) skinless chicken breast

50 g white miso

28 g liquid aminos

120 g broccoli

70 g shredded carrots

100 g snap peas

50 g yellow onion

100 g white rice

## SNACKS

### Pre-Exercise

1 scoop essential amino acids

1-2 rice cakes

### Post-Exercise Carbohydrate

1 (34 g) scoop whey protein

50 g blueberries