

BUILD YOUR MEAL PLAN

REST DAY - LOW CARBOHYDRATE RECIPES

BREAKFAST

LUNCH

DINNER

SNACKS

DRINKS

Roast Broccolini Frittata



Harissa Chicken Burger



One-pot Chili



Pro Espresso Pudding



Vegan Protein Shake



Scrambled Egg & Salmon Bagel



Coconut Curry Pumpkin Soup



Mince Taco Boats



Peanut Butter Date Bars



G&T Recovery Tea



French Toast with Bacon and Honey



Spicy Green Coconut Curry



Chicken Goats Cheese Melt



Protein Balls



Peach Green Tea



EXERCISE DAY - MODERATE CARBOHYDRATE RECIPES

BREAKFAST

LUNCH

DINNER

SNACKS

DRINKS

Pesto and Avocado Smash



Sweet Potato and Chickpea Satay



Chicken Pie with Garlic Potatoes



Protein Bombs



Bluespresso



Run Down the Stairs Overnight Oats



Chicken Burrito Bowl



Chorizo and Garlic Pasta



Chocolate Mousse



Cherry Almond Smoothie



Overnight Blueberry Pie Oatmeal



Lackey Laksa



Creamy Pumpkin Pasta



Blueberry Banana Bread



Peach Green Tea



HIGH INTENSITY DAY - HIGH CARBOHYDRATE RECIPES

BREAKFAST

LUNCH

DINNER

SNACKS

DRINKS

Strawberry Delight Overnight Oats



Creamy Salmon Mega Mix



Spicy Mince Bonanza



Cranberry and Chocolate Cookies



Power Up Mocha



Fuel up Banana Pancakes



Pad Thai



Nasi Goreng



Recovery Apple Cookies



Drink Up Raise Your Game: Orange



Overnight Chocolate Pudding



Vegetarian Burrito Bowl



Pineapple and Turmeric Curry



Orange Split Jellies



Speedy Recovery Smoothie



SAMPLE SHOPPING LIST

REST DAY - LOW CARBOHYDRATE RECIPES

BREAKFAST

LUNCH

DINNER

SNACKS

DRINKS

Roast Broccolini Frittata



Harissa Chicken Burger



Mince Taco Boats



Pro Espresso Pudding



G&T Recovery Tea



Nutrition Facts

Calories	1964kcal
Carbohydrates	103g
Protein	168.6g
Fat	97.3g

KEY INGREDIENTS

PANTRY

FRESH

CHILLED

OTHER

- ☐ Olive oil
- ☐ Eggs
- ☐ Burger buns
- ☐ Harissa
- ☐ Tortillas
- ☐ Sweetcorn
- ☐ Whey protein
- ☐ Cacao powder
- ☐ Chia seeds
- ☐ Honey
- ☐ Vanilla extract
- ☐ Coffee

- ☐ Broccoli
- ☐ Cucumber
- ☐ Tomatoes
- ☐ Peppers
- ☐ Avocado
- ☐ Lettuce
- ☐ Onions
- ☐ Garlic
- ☐ Mixed berries
- ☐ Ginger
- ☐ Lime
- ☐ Spinach

- ☐ Chicken
- ☐ Minced beef
- ☐ Greek yoghurt
- ☐ Cheddar cheese
- ☐ Mozzarella cheese

- ☐ Paprika
- ☐ Thyme
- ☐ Cayenne
- ☐ Chilli
- ☐ Cumin
- ☐ Coriander
- ☐ Turmeric
- ☐ Basil
- ☐ Ginger

MEAL PLANNER & SHOPPING LIST

MONDAY

- | | | |
|--|---|--|
| <input type="checkbox"/> REST - LOW | B | |
| <input type="checkbox"/> EXERCISE - MODERATE | L | |
| <input type="checkbox"/> INTENSIVE - HIGH | D | |

TUESDAY

- | | | |
|--|---|--|
| <input type="checkbox"/> REST - LOW | B | |
| <input type="checkbox"/> EXERCISE - MODERATE | L | |
| <input type="checkbox"/> INTENSIVE - HIGH | D | |

WEDNESDAY

- | | | |
|--|---|--|
| <input type="checkbox"/> REST - LOW | B | |
| <input type="checkbox"/> EXERCISE - MODERATE | L | |
| <input type="checkbox"/> INTENSIVE - HIGH | D | |

THURSDAY

- | | | |
|--|---|--|
| <input type="checkbox"/> REST - LOW | B | |
| <input type="checkbox"/> EXERCISE - MODERATE | L | |
| <input type="checkbox"/> INTENSIVE - HIGH | D | |

FRIDAY

- | | | |
|--|---|--|
| <input type="checkbox"/> REST - LOW | B | |
| <input type="checkbox"/> EXERCISE - MODERATE | L | |
| <input type="checkbox"/> INTENSIVE - HIGH | D | |

SATURDAY

- | | | |
|--|---|--|
| <input type="checkbox"/> REST - LOW | B | |
| <input type="checkbox"/> EXERCISE - MODERATE | L | |
| <input type="checkbox"/> INTENSIVE - HIGH | D | |

SUNDAY

- | | | |
|--|---|--|
| <input type="checkbox"/> REST - LOW | B | |
| <input type="checkbox"/> EXERCISE - MODERATE | L | |
| <input type="checkbox"/> INTENSIVE - HIGH | D | |

SHOPPING LIST

Date :

PRODUCE

- ☐ _____
- ☐ _____
- ☐ _____

CANNED GOODS

- ☐ _____
- ☐ _____
- ☐ _____

CONDIMENTS

- ☐ _____
- ☐ _____
- ☐ _____

OTHERS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN FOODS

- ☐ _____
- ☐ _____
- ☐ _____

DAIRY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY

- ☐ _____
- ☐ _____
- ☐ _____