

OFFSEASON

Name: James

Daily Caloric Intake: 3150

Meal 1

100g Oats	7	57.8	13
2 Scoop Vanilla WPI	3	4	50
150g Unsweeten Yogurt	2	9	6
30g peanut butter	14	4	10
	26	74.8	79

Pre-Workout

Dark Coffee	0	0	0
	0.0	0.0	0.0

Meal 2

4 egg whites, 1 whole egg	6	0	28
	6.0	0.0	28.0

Meal 3

150g lean beef	10	0	30.8
1 cup cooked brown rice	4	38	4
	14.0	38.0	34.8

Meal 4

150g lean beef	10	0	30.8
1 cup cooked brown rice	4	38	4
	14.0	38.0	34.8

Meal 5

VPX Zero Impact bar	16	35	30
	16.0	35.0	30.0

Meal 6

150g skinless boneless chicken breast	4.0	0	31.5
150g frozen chips	2.0	30	1
Sauce + Veg	2	15	0
	8.0	45.0	32.5

Post-Workout

1 scoop WPC	2	4	24
300ml fruit juice	0	35	0
5g creatine	0	0	0
	2.0	39.0	24.0

Meal 7

150g Yogurt + 100g blueberries	2	21	6
	2.0	21.0	6.0

AMOUNT OF NUTRIENTS REQUIRED

Protein (g)

Carbohydrates (g)

Fat (g)

269.1

290.8

88.0

Note each meal can be taken either 2 or 3 hours after the pervious meal, also ensure to drink plenty of water throughout the day hydration is critical.

