



foodforsport[™]
proactive health & performance

Adrian Penzhorn R.D.
B.Sc. Sports Science (Stell.)
B.Sc. (Med)(Hon) Nutrition and Dietetics (U.C.T.)
cell 082 6237609 | tel 021 7624914
adrian@foodforsport.co.za|www.foodforsport.co.za
Pr 0492515 | HPCSA DT0040207

Men's Health Lean Gain Challenge 4 Week Nutrition Plan

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This plan can be used as a template and adjusted to fit in with your day and your needs. The plan has been developed assuming a few points.

1. **You will be training hard, daily, with a mix of pure strength and higher intensity work**
2. **Your goals are to increase lean mass at a rate of 250-300 g per week**
3. **You currently fall in a weight category between 75-80 kg, or 85-90 kg**
4. **The programme runs over 12 weeks**

If you are not training as much, or not seeking as much in terms of mass gain, then you can drop the portions of carbohydrate rich foods down to half. If you fall outside the above weight categories you can choose the nearest group and adjust your portions according to progress.

The basis of this plan provides **regular, moderate doses of protein** to maximise muscle protein synthesis. **Carbohydrate** is provided throughout the day to meet energy demands for growth and training. **Fat** is added to meals to further allow daily energy needs to be met with an eye on quality fat to assist health and recovery.

The foods and food lists provided should make up **80%** of your intake over the next 12 weeks. Don't try and stick to this 100% of the time, it is unrealistic and might drive you up the wall. The remaining percentage aims to allow **flexibility** to choose less ideal foods, more refined or "unclean" options 10% of the time and the final 10% is for calorie swops. At the end of the day your total intake should remain consistent.

- This may mean **1 in 10 meals** has a food that is not ideal but still the same suggested portions size. White bread in place of brown, creamy sauce in place of quality fat dressing etc.
- The **10% calorie swop** would mean cutting out your daily allowances or your daily snacks to have a 300-350 calorie treat. You can bank this for a few days for a bigger blowout too.
- Example follow in your 4 week plan.

A **progress snack** can be added after 3 weeks if progress has been slow. This will provide extra protein and calories. If weight gain is much quicker than the described rate assess whether your training load is sufficient and consider reducing carbohydrate portions by 25% or cutting out the floating snack. Try listening to your body's hunger cues a little better too if this is the case.

Below is a description of each meal for you to build your own meals and snacks. The calorie and macronutrient amounts are given to guide you if you are tracking calories or buying a meal and reading nutritional info on the labels.

All weights are raw/uncooked unless stated otherwise

Daily Allowances

These can be used for tea/coffee/snacks or with meals not described in the plan

1 cup low fat milk for tea/coffee etc 2-3 tsp sugar/honey/syrup/agave 2 blocks dark chocolate (70% minimum) 1 unit alcohol, 1 glass wine, 1 beer, 1 tot liquor

300 kcal swop outs to replace daily allowances or daily snacks

60 g milk chocolate 1 small chocolate bar 1 slice cake 2 beers or 2 glasses of wine 500 ml coke or similar gas drink 150 g ice cream (1 large scoop) 1 ½ slice pizza
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Pre/Post Workout

Morning or afternoon sessions, this can be used as your pre workout snack or recovery option. If you are training in the morning, do not do this on an empty stomach unless it is a light cardio session. If you struggle to eat supplementing with a protein shake or branch chain amino acid can be considered.

	<75-80 kg	85-90> kg
	430 kcal; 59 g carbohydrate, 31 g protein; 9 g fat	430 kcal; 59 g carbohydrate, 31 g protein; 9 g fat
Protein Rich Food	4 egg whites OR 220 g fat free cottage cheese OR 80 g skinless chicken/turkey/ham OR 100 g tuna OR 250 g fat free plain yoghurt OR 30 g Whey protein	4 egg whites OR 220 g fat free cottage cheese OR 80 g skinless chicken/turkey/ham OR 100 g tuna OR 250 g fat free plain yoghurt OR 30 g Whey protein
Carbohydrate & Fiber Rich Food	100 g (fist size) fruit OR 25 g dried fruit PLUS 3 slices bread OR 2 bread rolls OR 50 g pasta/rice/cous cous (uncooked weight) OR 200 g potato/sweet potato OR 60 g oats/muesli OR 230 g beans/chickpeas	100 g (fist size) fruit OR 25 g dried fruit PLUS 3 slices bread OR 2 bread rolls OR 50 g pasta/rice/cous cous (uncooked weight) OR 200 g potato/sweet potato OR 60 g oats/muesli OR 230 g beans/chickpeas
Additional Source of Fat	None	None
Non-starchy vegetables	None	None

Breakfast or Morning Meal

In addition to pre/post workout snack if used

If more practical a meal replacement with similar macronutrient breakdown can be used

		<75-80 kg	85-90> kg
		455 kcal; 48 g carbohydrate, 29 g protein; 17 g fat	490 kcal; 54 g carbohydrate, 31 g protein; 17 g fat
Protein Rich Food	Non-Lean	3 eggs OR 100 g salmon OR 200 g full cream plain yoghurt OR 140 g sausage OR 90 g bacon OR 70 g beef	3 eggs OR 100 g salmon OR 200 g full cream plain yoghurt OR 140 g sausage OR 90 g bacon OR 70 g beef
	OR Lean	4 egg whites PLUS ½ avo or ¼ cup nuts or 2 tsp olive/avocado/coconut oil or 30 g cheese OR 80 g skinless chicken/turkey/ham PLUS ½ avo or ¼ cup nuts or 2 tsp olive/avocado/coconut oil or 30 g cheese OR 30 g Whey protein PLUS ½ avo or ¼ cup nuts or 1 Tbsp nut butter or 2 tsp olive/avocado/coconut oil or 30 g cheese	4 egg whites PLUS ½ avo or ¼ cup nuts or 2 tsp olive/avocado/coconut oil or 30 g cheese OR 80 g skinless chicken/turkey/ham PLUS ½ avo or ¼ cup nuts or 2 tsp olive/avocado/coconut oil or 30 g cheese OR 30 g Whey protein PLUS ½ avo or ¼ cup nuts or 1 Tbsp nut butter or 2 tsp olive/avocado/coconut oil or 30 g cheese
Carbohydrate & Fiber Rich Food		100 g (fist size) fruit OR 25 g dried fruit PLUS 2 slices bread OR 1 ½ bread rolls OR 40 g oats/muesli/cereal OR 170 g beans/chickpeas	100 g (fist size) fruit OR 25 g dried fruit PLUS 3 slices bread OR 2 bread rolls OR 60 g oats/muesli/cereal OR 170 g beans/chickpeas
Source of Fat		None extra	None Extra
Non-starchy vegetables		1 cup non-starchy vegetables if possible	1 cup non-starchy vegetables if possible

Lunch or Midday Meal

If more practical a meal replacement with similar macronutrient breakdown can be used

		<75-80 kg	85-90> kg
		620 kcal; 68 g carbohydrate, 40 g protein; 21 g fat	744 kcal; 94 g carbohydrate, 43 g protein; 22 g fat
Protein Rich Food	Lean Only	100 g trimmed steak OR 100 g lean beef/ostrich mince OR 100 g skinless chicken OR 100 g turkey mince OR 120 g tuna or white fish OR 45 g Whey protein OR 250 g fat free low fat cottage cheese OR	100 g trimmed steak OR 100 g lean beef/ostrich mince OR 100 g skinless chicken OR 100 g turkey mince OR 120 g tuna or white fish OR 45 g Whey protein OR 250 g fat free low fat cottage cheese OR
Carbohydrate & Fiber Rich Food		4 slices bread OR 3 bread rolls OR 2 wraps OR 80 g pasta/rice/cous cous (uncooked weight) OR 300 g potato/sweet potato OR 350 g beans/chickpeas OR 8 x Provita/6 x Ryvita	4 slices bread OR 3 bread rolls OR 2 wraps OR 80 g pasta/rice/cous cous (uncooked weight) OR 300 g potato/sweet potato OR 350 g beans/chickpeas OR 8 x Provita/6 x Ryvita PLUS 200 g (2 x fist size) fruit OR 50 g dried fruit OR 200 ml fruit juice
Source of Fat		½ avo OR ¼ cup nuts OR 1 Tbsp nut butter OR 1 Tbsp olive/avocado/coconut oil OR 30 g cheese OR 1 Tbsp dressing/mayonnaise	½ avo OR ¼ cup nuts OR 1 Tbsp nut butter OR 1 Tbsp olive/avocado/coconut oil OR 30 g cheese OR 1 Tbsp dressing/mayonnaise
Non-starchy vegetables		1 cup non-starchy vegetables minimum	1 cup non-starchy vegetables minimum

Floating Snack

To be used if and when hungry. Can be added to another meal or pre-bed snack too.

		<75-80 kg	85-90> kg
		160 kcal; 18 g carbohydrate, 2 g protein; 7 g fat	160 kcal; 18 g carbohydrate, 2 g protein; 7 g fat
Protein Rich Food		None extra	None extra
Carbohydrate & Fiber Rich Food		100 g (fist size) fruit OR 25 g dried fruit OR 1 slices bread OR 1 bread rolls OR 3 baby potatoes OR 3 provita OR 2 Ryvita OR 5 Tbsp hummus	100 g (fist size) fruit OR 25 g dried fruit OR 1 slices bread OR 1 bread rolls OR 3 baby potatoes OR 3 provita OR 2 Ryvita OR 5 Tbsp hummus
Additional Source of Fat		1 Tbsp cream cheese OR 1 Tbsp nuts OR ¼ avocado OR 1 Tbsp nut butter OR 30 g cheese	1 Tbsp cream cheese OR 1 Tbsp nuts OR ¼ avocado OR 1 Tbsp nut butter OR 30 g cheese
Non-starchy vegetables		Any extra if desired	Any extra if desired

Dinner or Evening Meal

If more practical a meal replacement with similar macronutrient breakdown can be used

		<75-80 kg	85-90> kg
		620 kcal; 68 g carbohydrate, 40 g protein; 21 g fat	830 kcal; 94 g carbohydrate, 58 g protein; 24 g fat
Protein Rich Food	Lean Only	100 g trimmed steak OR 100 g lean beef/ostrich mince OR 100 g skinless chicken OR 100 g pork fillet OR 100 g turkey mince OR 120 g tuna or white fish OR 45 g Whey protein OR 250 g fat free low fat cottage cheese	150 g trimmed steak OR 150 g lean beef/ostrich mince OR 150 g skinless chicken OR 100 g pork fillet OR 150 g turkey mince OR 200 g tuna or white fish OR 60 g Whey protein OR 375 g fat free low fat cottage cheese
Carbohydrate & Fiber Rich Food		4 slices bread OR 3 bread rolls OR 2 wraps OR 80 g pasta/rice/cous cous (uncooked weight) OR 300 g potato/sweet potato OR 350 g beans/chickpeas OR 8 x Provita/6 x Ryvita	4 slices bread OR 3 bread rolls OR 2 wraps OR 80 g pasta/rice/cous cous (uncooked weight) OR 300 g potato/sweet potato OR 350 g beans/chickpeas OR 8 x Provita/6 x Ryvita PLUS 200 g (2 x fist size) fruit OR 50 g dried fruit OR 200 ml fruit juice
Source of Fat		½ avo OR ¼ cup nuts OR 1 Tbsp nut butter OR 1 Tbsp olive/avocado/coconut oil OR 30 g cheese OR 1 Tbsp dressing/mayonnaise	½ avo OR ¼ cup nuts OR 1 Tbsp nut butter OR 1 Tbsp olive/avocado/coconut oil OR 30 g cheese OR 1 Tbsp dressing/mayonnaise
Non-starchy vegetables		1 cup non-starchy vegetables minimum	1 cup non-starchy vegetables minimum

Pre-Bed Snack

90 kcal; 11 g carbohydrate; 7 g protein; 2 g fat

150 ml plain low fat yoghurt

Progress Snack or Meal Additions

This can be added after 3 weeks if progress is slow. The addition of carbohydrate and protein can be used with your floating or pre-bed snack.

220 kcal; 25 g carbohydrate; 25 g protein; 3 g fat

Protein Rich Food	Lean Only	4 egg whites OR 40 g lean biltong OR 80 g trimmed steak OR 80 g lean beef/ostrich mince OR 80 g skinless chicken OR 80 g pork fillet OR 80 g turkey mince OR 100 g tuna or white fish OR 30 g Whey protein OR 200 g fat free low fat cottage cheese 250 g low fat plain yoghurt
Carbohydrate & Fiber Rich Food		2 slices bread OR 1 bread rolls OR 1 wraps OR 35 g oats/muesli/cereal OR 4 x Provita/3 x Ryvita OR 160 g fruit/45 g dried fruit/200 ml fruit juice

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre/Post Workout (AM or PM?)	4 egg white omelette with mushrooms and 3 slices bread. 150 ml orange juice	30 g Whey, 60 g milled oats, 1 banana (Smoothie/ Nutribullet)	45 g muesli with 125 g fat free yoghurt, 1 banana PLUS ½ scoop whey with water	30 g Whey, 60 g milled oats, 1 banana (Smoothie/ Nutribullet)	2 tuna (1 tin) filled rolls. 2 naartjies.	3 egg whites, 1 Tbsp oat bran, 2 Tbsp cottage cheese (mix together and microwave in a mug for 2 minutes) Top with 1 Tbsp cottage cheese. 200 ml orange juice	4 egg white omelette with mushrooms and 3 slices bread. 150 ml orange juice
	If training without a protein rich meal within previous 2 hours consider BCAA supplementation Caffeine can enhance training quality – coffee, espresso or caffeine supplementation can be considered						
Breakfast	100 g smoked salmon, 2-3 slices rye bread, handful of baby spinach, 1 cup melon	200 g yoghurt, 40-60 g muesli, 1 chopped banana (yoghurt pot)	30 g whey with water. 2-3 slices toast with 2 Tbsp peanut butter. 150 ml orange juice	3 egg omelette with baby spinach and mushroom. 1 slice bread. 90-120 g baked beans. 150 ml orange juice	200 g yoghurt, 40-60 g muesli, 1 cup (3) kiwi fruit (yoghurt pot)	4 banana and almond crumpegs ½ scoop whey with water (or add whey to crumpegs)	2 slices oat and walnut high protein banana bread with granadilla butter and 150 ml plain yoghurt
Lunch	100 g skinless chicken, 300 g sweet potato, 1 Tbsp sour cream, 1 cup side salad with balsamic dressing	1 tin tuna, 80 g wholewheat cous cous, ½ avocado, handful baby spinach	100 g trimmed steak, 3 bread rolls 1 cup side salad, 1 Tbsp mayo, 1 Tbsp mustard	100 g smoked chicken, 80 g pasta salad with rocket and tomato, 1 Tbsp olive oil	Lunch jar with: 1 handful baby spinach, 80 g brown rice, 100 g shredded chicken, 1 Tbsp flaxseed oil and 1 tsp lemon juice	2 chicken mayo sandwiches with 1 cup side salad	1 ham and cheese sandwich 1 scoop whey with milk
85 kg+	200 ml red grape juice	2 guavas	2 guavas	1 mango	1 mango	1 cup fruit salad	1 cup fruit salad
Dinner	100-150 g mince, 2 wraps, 2 cups mixed salad filling, 30 g grated cheese	100-150 g trimmed steak, 1 cup roast veg, 300 g mash potato with 1 Tbsp olive oil	120-200 g fish fillet, 1 large sweet potato, 1 Tbsp sour cream, 1 cup brocolli with lemon juice dressing	100-150 g skinless chicken, 80 g brown rice, 1 cup grilled baby marrow, onion and tomato with 1 Tbsp olive oil	1 beef or chicken burger, 200 g sweet potato wedges, ½ cup coleslaw with mayo dressing	100-150 g pork fillet, 80 g brown rice, 1 cup cauliflower with white sauce	100-150 g grilled hake, 80 g wholewheat cous cous, 1 cup broccoli with 1Tbsp flaxseed oil dressing
85 kg+	2 cups fruit salad	1 large banana	1 large banana	2 oranges	2 cups fruit salad	2 oranges	1 large banana
Floating Snack	1 slice wholewheat bread with 1 Tbsp peanut butter	3 provita with 30 g cheddar cheese	25 g dried mango 1 Tbsp almonds	1 slice wholewheat bread with 1 Tbsp peanut butter	1 seed bar 1 banana	3 provita with 30 g cheddar cheese	1 granola bar
Pre-Bed Snack	150 ml yoghurt, 1 glass milk or milk based drink						
Progress Snack							
	Creatine monohydrate supplementation of 5 g per day can be considered to enhance strength and mass gains Supplementation should be considered on a case-by-case situation						

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre/Post Workout (AM or PM?)	45 g muesli with 125 g fat free yoghurt, 1 banana PLUS ½ scoop whey with water	2 chicken (80 g) filled rolls. 1 cup berries.	30 g Whey, 60 g milled oats, 1 banana (Smoothie/ Nutribullet)	3 egg whites, 1 Tbsp oat bran, 2 Tbsp cottage cheese (mix together and microwave in a mug for 2 minutes) Top with 1 Tbsp cottage cheese. 200 ml orange juice	30 g Whey, 60 g milled oats, 1 banana (Smoothie/ Nutribullet)	45 g muesli with 125 g fat free yoghurt, 1 banana PLUS ½ scoop whey with water	DIY recovery drink
	If training without a protein rich meal within previous 2 hours consider BCAA supplementation Caffeine can enhance training quality – coffee, espresso or caffeine supplementation can be considered						
Breakfast	2-3 slices bread with ham (80 g) and avo (½) topping. 1 apple.	3 egg omelette with baby spinach and mushroom. 2-3 slices rye bread. 1 orange	2 slices oat and walnut high protein banana bread with granadilla butter and 150 ml plain yoghurt	2 slices oat and walnut high protein banana bread with granadilla butter and 150 ml plain yoghurt	200 g yoghurt, 40-60 g muesli, 1 cup mixed berries (yoghurt pot)	2 poached eggs, 2 rasher bacon, 2-3 slices toast. 150 ml orange juice	4 banana and almond crumpegs ½ scoop whey with water (or add whey to crumpegs)
Lunch	2 chicken mayo sandwiches with 1 cup side salad	100 g smoked chicken, 80 g pasta salad with rocket and tomato, 1 Tbsp olive oil	1 tin tuna, ½ tin chickpeas, 1 cup lettuce, tomato and cucumber, 1 Tbsp olive oil, 1 bread roll	Lunch jar with: 1 handful baby spinach, 80 g brown rice, 100 g shredded chicken, 1 Tbsp flaxseed oil and 1 tsp lemon juice	2 bolognaise filled wraps with ½ avo and 1 handful rocket	1 ham and cheese sandwich 1 scoop whey with milk	100 g cold steak, 2 wraps, 2 handful lettuce and cucumber, 1 Tbsp mustard-mayo dressing
85 kg+	1 cup grapes	1 cup pineapple	1 cup grapes	1 cup pineapple	2 guavas	1 cup melon	1 cup melon
Dinner	100-150 g salmon or trout, 80 g pasta, 1 Tbsp sour cream, 1 handful rocket, ½ cup mushrooms, 1 tsp lemon juice, salt and pepper	100-150 g ostrich kebabs, 300 g mash potato, ½ cup tomato salsa, 1 cup side salad	100-150 g skinless chicken, 80 g brown rice, 1 cup grilled baby marrow, onion and tomato with 1 Tbsp olive oil	150-200 g bolognaise, 80 g spaghetti, 2 cups mixed green salad with flaxseed oil dressing	100-150 g grilled hake, 80 g wholewheat cous cous, 1 cup broccoli with 1Tbsp flaxseed oil dressing	100-150 g steak, 2 Tbsp mushroom sauce, 80 g brown rice, 2 cups side salad	100-150 g roast chicken, 150 g roast potato, 100 g roast buttenut, 2 cups broccoli and shaved almond salad with lemon juice dressing
85 kg+	2 oranges	2 cups grapes	2 oranges	2 oranges	3 naartjies	2 small bananas	3 naartjies
Floating Snack	25 g dried mango 1 Tbsp almonds	1 slice wholewheat bread with 1 Tbsp peanut butter	1 granola bar	1 slice wholewheat bread with 1 Tbsp peanut butter	1 Ryvita with hummus and avo	1 Ryvita with hummus and avo	3 provita with 30 g cheddar cheese
Pre-Bed Snack	150 ml yoghurt, 1 glass milk or milk based drink						
Progress Snack							
	Creatine monohydrate supplementation of 5 g per day can be considered to enhance strength and mass gains Supplementation should be considered on a case-by-case situation						

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre/Post Workout (AM or PM?)	2 chicken (80 g) filled rolls. 1 cup berries.	DIY recovery drink	1 tuna (1 tin) and corn wrap. 150 ml red grape juice	60 g FutureLife with 125 ml low fat milk, 1 banana, ½ scoop Whey with water (Smoothie)	60 g FutureLife with 125 ml low fat milk, ½ banana, ½ cup berries, ½ scoop Whey with water (Smoothie)	3 egg whites, 1 Tbsp oat bran, 2 Tbsp cottage cheese (mix together and microwave in a mug for 2 minutes) Top with 1 Tbsp cottage cheese. 200 ml orange juice	4 egg white omelette with mushrooms and 3 slices bread. 150 ml orange juice
	If training without a protein rich meal within previous 2 hours consider BCAA supplementation Caffeine can enhance training quality – coffee, espresso or caffeine supplementation can be considered						
Breakfast	200 g yoghurt, 40-60 g muesli, 1 cup (3) kiwi fruit (yoghurt pot)	2 slices oat and walnut high protein banana bread with granadilla butter and 150 ml plain yoghurt	30 g whey with water. 2-3 slices toast with 2 Tbsp peanut butter. 150 ml orange juice	100 g smoked salmon, 2 bagels, 1 handful rocket, lemon juice. 1 cup fruit salad	70 g leftover lean mince 2-3 slices toast. 30 g grated cheese. 1 banana	1 burger patty, 1 fried egg, 2-3 slices rye bread, handful of baby spinach, 1 cup melon	4 banana and almond crumpeeggs ½ scoop whey with water (or add whey to crumpeeggs)
Lunch	Lunch jar with: 1 handful broccoli, 80 g cous cous, 50 g smoked chicken, 125 g cottage cheese, 1 Tbsp flaxseed oil and 1 tsp lemon juice	1 ham and cheese sandwich 1 scoop whey with milk	3 corn tacos, 100 g oat coated chicken strips, 1 large corn on the con, ½ cup tomato salsa, 30 g grated cheese	100 g smoked chicken, 80 g pasta salad with rocket and tomato, 1 Tbsp olive oil	2 tuna mayo sandwiches with 1 cup side salad	1 scoop Whey protein, 150 ml plain yoghurt, 3 cups mixed fruit, handful baby spinach, 20 g oats (Smoothie)	2 tuna mayo sandwiches with 1 cup side salad
85 kg+	1 banana	2 plums	1 cup fruit salad	1 cup pineapple	1 cup melon	100 ml fruit juice in smoothie	2 guavas
Dinner	100-150 g ostrich kebabs, 300 g mash potato, ½ cup tomato salsa, 1 cup side salad	3 corn tacos, 100-150 g oat coated chicken strips, 1 large corn on the con, ½ cup tomato salsa, 30 g grated cheese	100-150 g grilled hake, 1 large sweet potato, 1 tsp sour cream, 2 cups mixed salad with 2 tsp olive oil	100-150 g lean mince, 1 large sweet potato, 1 Tbsp sour cream and 2 cups broccoli with lemon juice dressing	1-2 beef or chicken burger, 200 g grilled wedges, ½ cup coleslaw with mayo dressing	100-150 g salmon or trout, 80 g pasta, 1 Tbsp sour cream, 1 handful rocket, ½ cup mushrooms, 1 tsp lemon juice, salt and pepper	Pizza Night Average pizza 800 kcal more than dinner allowance = 3 days snacks
85 kg+	2 bananas	3 naartjies	2 scoops ice-cream	2 cup fruit salad	1 cup fruit salad with yoghurt	2 oranges	2 cups fruit salad
Floating Snack	1 seed bar 1 banana	1 granola bar	None to pay for ice-cream	None to repay ice-cream	3 provita with 30 g cheddar cheese	Pizza night coming	Pizza night
Pre-Bed Snack	150 ml yoghurt, 1 glass milk or milk based drink					Pizza night coming	Pizza night
Progress Snack							
	Creatine monohydrate supplementation of 5 g per day can be considered to enhance strength and mass gains Supplementation should be considered on a case-by-case situation						

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre/Post Workout (AM or PM?)	60 g FutureLife with 125 ml low fat milk, ½ banana, ½ cup berries, ½ scoop Whey with water (Smoothie)	2 chicken (80 g) filled rolls. 1 cup berries.	3 egg whites, 1 Tbsp oat bran, 2 Tbsp cottage cheese (mix together and microwave in a mug for 2 minutes) Top with 1 Tbsp cottage cheese. 200 ml orange juice	30 g Whey, 60 g milled oats, 1 banana (Smoothie/ Nutribullet)	45 g cereal with 125 g fat free yoghurt, 1 banana PLUS ½ scoop Whey with water	30 g Whey, 60 g milled oats, 1 banana (Smoothie/ Nutribullet)	DIY recovery drink
	If training without a protein rich meal within previous 2 hours consider BCAA supplementation Caffeine can enhance training quality – coffee, espresso or caffeine supplementation can be considered						
Breakfast	3 egg omelette with baby spinach and mushroom. 2-3 slices rye bread. 1 orange	4 banana and almond crumpegs ½ scoop whey with water (or add whey to crumpegs)	30 g whey with water. 2-3 slices toast with 2 Tbsp peanut butter. 150 ml orange juice	3 egg omelette with baby spinach and mushroom. 2-3 slices rye bread. 1 orange	30 g whey with water. 2-3 slices toast with 2 Tbsp peanut butter. 150 ml orange juice	100 g smoked salmon, 2 bagels, 1 handful rocket, lemon juice. 1 cup fruit salad	200 g yoghurt, 40-60 g muesli, 1 cup (3) kiwi fruit (yoghurt pot)
Lunch	1 ham and cheese sandwich 1 scoop whey with milk	2 bolognaise filled wraps with ½ avo and 1 handful rocket	2 large fish cakes, 80 g brown rice, 2 cups red cabbage, tomato and pepper side salad with lemon juice dressing	2 chicken mayo sandwiches with 1 cup side salad	1 tin tuna, ½ tin chickpeas, 1 cup lettuce, tomato and cucumber, 1 Tbsp olive oil, 1 bread roll	100 g lean mince 1 large jacket potato, 2 cups tomato and spinach salad with 30 g feta and balsamic dressing	100 g ostrich kebabs, 300 g mash potato, ½ cup tomato salsa, 1 cup side salad
85 kg+	2 guavas	1 cup fruit salad	1 cup pineapple	1 cup grapes	1 cup fruit salad	1 cup grapes	1 orange
Dinner	150-200 g bolognaise, 80 g spaghetti, 2 cups mixed green salad with flaxseed oil dressing	2-3 large fish cakes, 80 g brown rice, 2 cups red cabbage, tomato and pepper side salad with lemon juice dressing	100-150 g grilled hake, 80 g wholewheat cous cous, 1 cup broccoli with 1Tbsp flaxseed oil dressing	100-150 g ostrich kebabs, 300 g mash potato, ½ cup tomato salsa, 1 cup side salad	100-150 g lean mince, 1 large sweet potato, 1 Tbsp sour cream and 2 cups broccoli with lemon juice dressing	1 beef or chicken burger, 200 g sweet potato wedges, ½ cup coleslaw with mayo dressing	100-150 g salmon or trout, 80 g pasta, 1 Tbsp sour cream, 1 handful rocket, ½ cup mushrooms, 1 tsp lemon juice, salt and pepper
85 kg+	2 cups fruit salad	2 cups pineapple	2 scoops ice-cream	1 large banana	2 cup grapes	250 ml Milkshake	2 cup fruit salad
Floating Snack	Pizza night payback	25 g dried mango 1 Tbsp almonds	1 granola bar	3 provita with 30 g cheddar cheese	1 seed bar 1 banana	1 granola bar	3 provita with 30 g cheddar cheese
Pre-Bed Snack	Pizza night payback	150 ml yoghurt, 1 glass milk or milk based drink					
Progress Snack	1 slice oat and walnut high protein banana bread, 100 ml plain yoghurt	40 g biltong, 45 g dried mango	1 scoop whey with water, 1 large banana	3 Ryvita with 1 tin tuna	1 cup low fat plain yoghurt with 45 g dried fruit mix	1 scoop whey ,1 cup berries and ice (smoothie)	1 slice oat and walnut high protein banana bread, 25 g biltong
	Creatine monohydrate supplementation of 5 g per day can be considered to enhance strength and mass gains Supplementation should be considered on a case-by-case situation						

Quick Reference of 3 food groups for Base Meals – 80% of all foods should come from this list

	Protein Rich Foods	Fiber Rich Foods	Additional Fats
Lean	<p>Low fat or fat free milk, plain low fat yoghurt, cottage cheese, ricotta Egg whites</p> <p>Skinless chicken Lean mince, pork or beef without visible fat Venison Fish – white fish and tinned tuna Shaved chicken/ham/turkey, smoked chicken</p> <p>Protein powder or protein bar (whey, casein or blend – choose safe/tested products)</p>	<p>Lower Carbohydrate</p> <p>Non-Starchy Veg squash, zucchini, artichoke, cauliflower, broccoli, cabbage, brussel sprouts, spinach (& other green leafy veg), mushroom, tomato, celery</p> <p>Fruit berries, cherries, pineapple, watermelon, litchis, orange, granadilla, avo</p>	<p>Cooking oils</p> <p>Olive oil, Canola oil Avocado oil, Walnut oil, Hemp oil, Peanut oil, Sesame oil</p> <p>Coconut oil</p> <p>Butter</p>
Non-lean	<p>Full cream milk or yoghurt Any other cheese Eggs</p> <p>Chicken with skin Cold water fish - including salmon, mackerel, trout, sardines, pilchards Beef, pork or lamb with visible fat</p>	<p>Higher Carbohydrate</p> <p>Fruit guava, pear, apple, prune, fig, banana</p> <p>Legumes any beans, peas, chickpeas, lentils</p> <p>Grains oats, bran, pearl barley, popcorn, rye, quinoa, bulgur, brown rice, wholewheat spaghetti, wholewheat crackers/bread</p> <p>Starchy Veg potato and sweet potato (+skin), corn, carrots, peas</p>	<p>Dressings and additions</p> <p>Olive oil</p> <p>Flaxseed oil</p> <p>Nuts & Seeds almonds, walnuts, pistachio, sunflower, pumpkin, sesame, flaxseed, chia seed Nut butters</p> <p>Avocado</p> <p>Hard Cheese</p>

Portion Guide



90-120 g



150-200 g



1 cup
1 full hand/fistful



½ cup
1 cupped handful



1 Tbsp
15 g
1 Thumb

Recipe Ideas

These recipes can be found online, click through or visit www.foodforsport.co.za for more

- ♣ [Banana and almond crumpegs](#) –breakfast option
- ♣ [Oat and walnut high protein banana bread](#) – snack and breakfast option
- ♣ [DIY recovery drink](#) – perfect post exercise snack
- ♣ [Lamb stuffed sweet potatoes](#) – dinner and lunch options
- ♣ [Muffettes](#) – breakfast item
- ♣ [Omega 3 fish cakes](#) – omega 3 rich dinner/lunch/breakfast protein
- ♣ [Spiced cocoa rubbed pork fillet](#) – lean protein for dinner/lunch
- ♣ [Yoghurt dressed slaw](#) – great veg side