

Ultra Nutrition OS

Daily nutrition cards

Monday

Training: Morning walk (Walk, 45 min, 4 km) + Short trail run (Trail Run, 25 min, 4.5 km)

Day type: Double Session Day

Calories: 3250 kcal

Protein: 180 g

Carbs: 415 g

Fat: 85 g

Breakfast: Training higher-carb overnight oats

Pre-training: Banana and honey sourdough

During: 60 g carb bottle plus dates

Post-training: Recovery smoothie

Lunch: Beef mince, rice and vegetables

Snack: Greek yoghurt, berries and flax

Dinner: Beef, rice and vegetables

Pre-bed: Casein shake

Recovery notes: Auto-generated from day classification.

Tuesday

Training: Lower-body strength (Strength, 45 min) + Easy ride (Bike, 45 min, 150 W)

Day type: Double Session Day

Calories: 3250 kcal

Protein: 180 g

Carbs: 415 g

Fat: 85 g

Breakfast: Training higher-carb overnight oats

Pre-training: Banana and honey sourdough

During: 60 g carb bottle plus dates

Post-training: Recovery smoothie

Lunch: Beef mince, rice and vegetables

Snack: Greek yoghurt, berries and flax

Dinner: Beef, rice and vegetables

Pre-bed: Casein shake

Recovery notes: Auto-generated from day classification.

Wednesday

Training: Pilates (Pilates, 45 min) + Easy walk (Walk, 30 min, 2.5 km)

Day type: Walk / Mobility Day

Calories: 2700 kcal

Protein: 180 g

Carbs: 240 g

Fat: 88 g

Breakfast: Eggs, sourdough and vegetables

Pre-training: Banana and honey sourdough

During: Electrolyte water only

Post-training: Whey and banana recovery

Lunch: Chicken, rice and vegetables

Snack: Greek yoghurt, berries and flax

Dinner: Chicken, sweet potato and greens

Pre-bed: Casein shake

Recovery notes: Auto-generated from day classification.

Thursday

Training: Strength and rehab (Strength, 50 min) + Indoor cycling (Indoor Bike, 50 min, 155 W)

Day type: Double Session Day

Calories: 3250 kcal

Protein: 180 g

Carbs: 415 g

Fat: 85 g

Breakfast: Training higher-carb overnight oats

Pre-training: Banana and honey sourdough

During: 60 g carb bottle plus dates

Post-training: Recovery smoothie

Lunch: Beef mince, rice and vegetables

Snack: Greek yoghurt, berries and flax

Dinner: Beef, rice and vegetables

Pre-bed: Casein shake

Recovery notes: Auto-generated from day classification.

Friday

Training: Walk (Walk, 40 min, 3.5 km)

Day type: Walk / Mobility Day

Calories: 2700 kcal

Protein: 180 g

Carbs: 240 g

Fat: 88 g

Breakfast: Eggs, sourdough and vegetables

Pre-training: Banana and honey sourdough

During: Electrolyte water only

Post-training: Whey and banana recovery

Lunch: Chicken, rice and vegetables

Snack: Greek yoghurt, berries and flax

Dinner: Chicken, sweet potato and greens

Pre-bed: Casein shake

Recovery notes: Auto-generated from day classification.

Saturday

Training: Strength (Strength, 45 min) + Family walk (Walk, 45 min, 4 km)

Day type: Double Session Day

Calories: 3250 kcal

Protein: 180 g

Carbs: 415 g

Fat: 85 g

Breakfast: Training higher-carb overnight oats

Pre-training: Banana and honey sourdough

During: 60 g carb bottle plus dates

Post-training: Recovery smoothie

Lunch: Beef mince, rice and vegetables

Snack: Greek yoghurt, berries and flax

Dinner: Beef, rice and vegetables

Pre-bed: Casein shake

Recovery notes: Auto-generated from day classification.

Sunday

Training: Zone 2 ride (Bike, 60 min, 160 W)

Day type: Easy Bike Day

Calories: 2850 kcal

Protein: 180 g

Carbs: 300 g

Fat: 83 g

Breakfast: Recovery overnight oats

Pre-training: Banana and honey sourdough

During: Electrolyte water only

Post-training: Whey and banana recovery

Lunch: Beef mince, rice and vegetables

Snack: Greek yoghurt, berries and flax

Dinner: Chicken, sweet potato and greens

Pre-bed: Casein shake

Recovery notes: Auto-generated from day classification.