

Ultra Nutrition OS

Daily nutrition cards

Monday

Training: Rest

Day type: Recovery Day

Calories: 2650 kcal

Protein: 180 g

Carbs: 220 g

Fat: 90 g

Breakfast: -

Pre-training: -

During: -

Post-training: -

Lunch: -

Snack: -

Dinner: -

Pre-bed: -

Recovery notes: Default recovery target until planned load is reviewed.

Tuesday

Training: Rest

Day type: Recovery Day

Calories: 2650 kcal

Protein: 180 g

Carbs: 220 g

Fat: 90 g

Breakfast: -

Pre-training: -

During: -

Post-training: -

Lunch: -

Snack: -

Dinner: -

Pre-bed: -

Recovery notes: Default recovery target until planned load is reviewed.

Wednesday

Training: Rest

Day type: Recovery Day

Calories: 2650 kcal

Protein: 180 g

Carbs: 220 g

Fat: 90 g

Breakfast: -

Pre-training: -

During: -

Post-training: -

Lunch: -

Snack: -

Dinner: -

Pre-bed: -

Recovery notes: Default recovery target until planned load is reviewed.

Thursday

Training: Rest

Day type: Recovery Day

Calories: 2650 kcal

Protein: 180 g

Carbs: 220 g

Fat: 90 g

Breakfast: -

Pre-training: -

During: -

Post-training: -

Lunch: -

Snack: -

Dinner: -

Pre-bed: -

Recovery notes: Default recovery target until planned load is reviewed.

Friday

Training: Rest

Day type: Recovery Day

Calories: 2650 kcal

Protein: 180 g

Carbs: 220 g

Fat: 90 g

Breakfast: -

Pre-training: -

During: -

Post-training: -

Lunch: -

Snack: -

Dinner: -

Pre-bed: -

Recovery notes: Default recovery target until planned load is reviewed.

Saturday

Training: Rest

Day type: Recovery Day

Calories: 2650 kcal

Protein: 180 g

Carbs: 220 g

Fat: 90 g

Breakfast: -

Pre-training: -

During: -

Post-training: -

Lunch: -

Snack: -

Dinner: -

Pre-bed: -

Recovery notes: Default recovery target until planned load is reviewed.

Sunday

Training: Rest

Day type: Recovery Day

Calories: 2650 kcal

Protein: 180 g

Carbs: 220 g

Fat: 90 g

Breakfast: -

Pre-training: -

During: -

Post-training: -

Lunch: -

Snack: -

Dinner: -

Pre-bed: -

Recovery notes: Default recovery target until planned load is reviewed.