

Ultra Nutrition OS

Weekly meal plan

Profile: 43 years | 84.5 kg current | 80.0 kg target | protein 170-180 g/day

Monday - Double Session Day

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

3250 kcal | Protein 180 g | Carbs 415 g | Fat 85 g

Wake hydration: Hydration, creatine, D3 and K2 (0 kcal, P0/C0/F0)

Breakfast: Training higher-carb overnight oats (860 kcal, P58/C126/F15)

Pre-training snack: Banana and honey sourdough (280 kcal, P5/C63/F1)

During-training fuel: 60 g carb bottle plus dates (330 kcal, P0/C82/F0)

Post-training recovery: Recovery smoothie (560 kcal, P41/C82/F7)

Lunch: Beef mince, rice and vegetables (820 kcal, P55/C100/F18)

Afternoon snack: Greek yoghurt, berries and flax (310 kcal, P28/C35/F7)

Dinner: Beef, rice and vegetables (800 kcal, P62/C92/F18)

Pre-bed protein: Casein shake (260 kcal, P36/C14/F5)

Recovery notes: Auto-generated from day classification.

Tuesday - Double Session Day

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

3250 kcal | Protein 180 g | Carbs 415 g | Fat 85 g

Wake hydration: Hydration, creatine, D3 and K2 (0 kcal, P0/C0/F0)

Breakfast: Training higher-carb overnight oats (860 kcal, P58/C126/F15)

Pre-training snack: Banana and honey sourdough (280 kcal, P5/C63/F1)

During-training fuel: 60 g carb bottle plus dates (330 kcal, P0/C82/F0)

Post-training recovery: Recovery smoothie (560 kcal, P41/C82/F7)

Lunch: Beef mince, rice and vegetables (820 kcal, P55/C100/F18)

Afternoon snack: Greek yoghurt, berries and flax (310 kcal, P28/C35/F7)

Dinner: Beef, rice and vegetables (800 kcal, P62/C92/F18)

Pre-bed protein: Casein shake (260 kcal, P36/C14/F5)

Recovery notes: Auto-generated from day classification.

Wednesday - Walk / Mobility Day

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

2700 kcal | Protein 180 g | Carbs 240 g | Fat 88 g

Wake hydration: Hydration, creatine, D3 and K2 (0 kcal, P0/C0/F0)

Breakfast: Eggs, sourdough and vegetables (620 kcal, P35/C58/F26)

Pre-training snack: Banana and honey sourdough (280 kcal, P5/C63/F1)

During-training fuel: Electrolyte water only (0 kcal, P0/C0/F0)

Post-training recovery: Whey and banana recovery (360 kcal, P35/C43/F5)

Lunch: Chicken, rice and vegetables (780 kcal, P62/C96/F12)

Afternoon snack: Greek yoghurt, berries and flax (310 kcal, P28/C35/F7)

Dinner: Chicken, sweet potato and greens (790 kcal, P68/C88/F17)

Pre-bed protein: Casein shake (260 kcal, P36/C14/F5)

Recovery notes: Auto-generated from day classification.

Thursday - Double Session Day

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

3250 kcal | Protein 180 g | Carbs 415 g | Fat 85 g

Wake hydration: Hydration, creatine, D3 and K2 (0 kcal, P0/C0/F0)

Breakfast: Training higher-carb overnight oats (860 kcal, P58/C126/F15)

Pre-training snack: Banana and honey sourdough (280 kcal, P5/C63/F1)

During-training fuel: 60 g carb bottle plus dates (330 kcal, P0/C82/F0)

Post-training recovery: Recovery smoothie (560 kcal, P41/C82/F7)

Lunch: Beef mince, rice and vegetables (820 kcal, P55/C100/F18)

Afternoon snack: Greek yoghurt, berries and flax (310 kcal, P28/C35/F7)

Dinner: Beef, rice and vegetables (800 kcal, P62/C92/F18)

Pre-bed protein: Casein shake (260 kcal, P36/C14/F5)

Recovery notes: Auto-generated from day classification.

Friday - Walk / Mobility Day

Walk (Walk, 40 min, 3.5 km)

2700 kcal | Protein 180 g | Carbs 240 g | Fat 88 g

Wake hydration: Hydration, creatine, D3 and K2 (0 kcal, P0/C0/F0)

Breakfast: Eggs, sourdough and vegetables (620 kcal, P35/C58/F26)

Pre-training snack: Banana and honey sourdough (280 kcal, P5/C63/F1)

During-training fuel: Electrolyte water only (0 kcal, P0/C0/F0)

Post-training recovery: Whey and banana recovery (360 kcal, P35/C43/F5)

Lunch: Chicken, rice and vegetables (780 kcal, P62/C96/F12)

Afternoon snack: Greek yoghurt, berries and flax (310 kcal, P28/C35/F7)

Dinner: Chicken, sweet potato and greens (790 kcal, P68/C88/F17)

Pre-bed protein: Casein shake (260 kcal, P36/C14/F5)

Recovery notes: Auto-generated from day classification.

Saturday - Double Session Day

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

3250 kcal | Protein 180 g | Carbs 415 g | Fat 85 g

Wake hydration: Hydration, creatine, D3 and K2 (0 kcal, P0/C0/F0)

Breakfast: Training higher-carb overnight oats (860 kcal, P58/C126/F15)

Pre-training snack: Banana and honey sourdough (280 kcal, P5/C63/F1)

During-training fuel: 60 g carb bottle plus dates (330 kcal, P0/C82/F0)

Post-training recovery: Recovery smoothie (560 kcal, P41/C82/F7)

Lunch: Beef mince, rice and vegetables (820 kcal, P55/C100/F18)

Afternoon snack: Greek yoghurt, berries and flax (310 kcal, P28/C35/F7)

Dinner: Beef, rice and vegetables (800 kcal, P62/C92/F18)

Pre-bed protein: Casein shake (260 kcal, P36/C14/F5)

Recovery notes: Auto-generated from day classification.

Sunday - Easy Bike Day

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

2850 kcal | Protein 180 g | Carbs 300 g | Fat 83 g

Wake hydration: Hydration, creatine, D3 and K2 (0 kcal, P0/C0/F0)

Breakfast: Recovery overnight oats (720 kcal, P52/C92/F15)

Pre-training snack: Banana and honey sourdough (280 kcal, P5/C63/F1)

During-training fuel: Electrolyte water only (0 kcal, P0/C0/F0)

Post-training recovery: Whey and banana recovery (360 kcal, P35/C43/F5)

Lunch: Beef mince, rice and vegetables (820 kcal, P55/C100/F18)

Afternoon snack: Greek yoghurt, berries and flax (310 kcal, P28/C35/F7)

Dinner: Chicken, sweet potato and greens (790 kcal, P68/C88/F17)

Pre-bed protein: Casein shake (260 kcal, P36/C14/F5)

Recovery notes: Auto-generated from day classification.