

Ultra Nutrition OS

Weekly meal plan

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

Monday - Recovery Day

Rest

2650 kcal | Protein 180 g | Carbs 220 g | Fat 90 g

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

Tuesday - Recovery Day

Rest

2650 kcal | Protein 180 g | Carbs 220 g | Fat 90 g

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

Wednesday - Recovery Day

Rest

2650 kcal | Protein 180 g | Carbs 220 g | Fat 90 g

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

Thursday - Recovery Day

Rest

2650 kcal | Protein 180 g | Carbs 220 g | Fat 90 g

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

Friday - Recovery Day

Rest

2650 kcal | Protein 180 g | Carbs 220 g | Fat 90 g

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

Saturday - Recovery Day

Rest

2650 kcal | Protein 180 g | Carbs 220 g | Fat 90 g

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

Sunday - Recovery Day

Rest

2650 kcal | Protein 180 g | Carbs 220 g | Fat 90 g

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