

DAY 1

Breakfast: High Protein Breakfast Wrap

Ingredients:	Recipe:	Macros
1 large wrap 3 eggs 1.8 oz bacon 2.5 oz avocado 1 cup spinach Salt and pepper to taste 8 fl oz orange juice	Cook eggs and bacon as desired. Assemble wrap with all ingredients. Serve with glass of orange juice.	Kcal: 716 Protein: 36 Carbs: 69 Fat: 34

Lunch: Pesto Chicken Pasta

Ingredients:	Recipe:	Macros
4.2 oz raw chicken breast 3.5 oz high-protein penne pasta 1 cup baby spinach leaves 1 cup mushrooms 1.1 oz green pesto sauce 2 tbsp Parmesan Salt, pepper, chili	Cook pasta as per package instructions. Meanwhile, cook chicken on medium-high heat. Add pesto and vegetables and continue cooking. Serve with Parmesan cheese.	Kcal: 673 Protein: 72 Carbs: 69 Fat: 19

Dinner: Steak and Roast Vegetables

Ingredients:	Recipe:	Macros
7.1 oz steak 8.8 oz white potato 3.5 oz broccoli 3.5 oz butternut squash Homemade gravy sauce	Cook steak as desired on a grill. Roast or steam vegetables. Serve with gravy sauce or red wine jus.	Kcal: 700 Protein: 73 Carbs: 49 Fat: 21

Pre-Training Snack

Ingredients:	Recipe:	Macros
2 slices of raisin toast + 0.5 oz honey + 1 small banana	Toast raisin bread and top with honey and sliced banana.	Kcal: 321 Protein: 8 Carbs: 68 Fat: 2

Recovery Snack

Ingredients:	Recipe:	Macros
5.6 oz high-protein yogurt + 3.5 oz blueberries + 0.4 oz honey + 0.4 oz chia seeds	Put all ingredients into a bowl and eat.	Kcal: 240 Protein: 19 Carbs: 30 Fat: 3

S3 Athletic Performance 2700 Calorie Meal Plan

DAY 2

Breakfast: Overnight Oats

Ingredients:	Recipe:	Macros
1 cup oats 7.1 oz frozen berries 0.4 oz chia seeds 1 scoop protein powder 0.5 fl oz maple syrup 0.5 oz crunchy peanut butter	Add all ingredients into a bowl or container. Stir well and leave overnight. Optional: reserve peanut butter to serve.	Kcal: 633 Protein: 41 Carbs: 75 Fat: 15

Lunch: Beef Noodle Stir Fry

Ingredients:	Recipe:	Macros
5.3 oz beef stir-fry strips 7.1 oz Hokkien noodles 7.1 oz stir-fry frozen vegetables 2 tbsp hoisin sauce 2 tbsp sweet chili sauce	Sauté beef until brown, add hoisin sauce and sweet chili sauce. Boil water and prepare noodles as per package instructions. Add noodles and vegetables into a fry pan and mix until coated with sauce.	Kcal: 693 Protein: 53 Carbs: 111 Fat: 7

Dinner: Chicken, Mashed Sweet Potato & Greens

Ingredients:	Recipe:	Macros
5.3 oz chicken breast 8.8 oz sweet potato 3.5 oz broccoli 5.3 oz asparagus 0.4 oz butter 1 tbsp olive oil Herbs and spices for chicken	Season chicken breast with desired spices, cook with half the oil in a pan until cooked. Cut up potato, broccoli and asparagus and roast in the oven with the other half of the oil, salt, pepper and other desired herbs.	Kcal: 617 Protein: 40 Carbs: 60 Fat: 19

Pre-Training Snack: PB Banana Bagel

Ingredients:	Recipe:	Macros
1 tbsp peanut butter + 1 banana + 1 regular bagel	Halve and toast one bagel and top with peanut butter and sliced banana.	Kcal: 439 Protein: 14 Carbs: 77 Fat: 9

Recovery Snack: Salmon Crackers

Ingredients:	Recipe:	Macros
4 whole-wheat crackers + 3.5 oz cottage cheese + 3.5 oz smoked salmon	Spread cottage cheese evenly on crackers and top with smoked salmon.	Kcal: 332 Protein: 40 Carbs: 20 Fat: 9

S3 Athletic Performance 2700 Calorie Meal Plan

DAY 3

Breakfast: Salted Caramel Smoothie

Ingredients:	Recipe:	Macros
1 cup skim milk 1 serving protein powder 1 frozen banana 5.3 oz vanilla high-protein yogurt 2 Medjool dates 1 tbsp almond butter Sprinkle of Himalayan salt	Add all ingredients to a blender and blend on high until smooth.	Kcal: 650 Protein: 70 Carbs: 80 Fat: 15

Lunch: Easy Tuna & Rice

Ingredients:	Recipe:	Macros
2 × 3.4 oz cans of tuna in olive oil 1 × 8.8 oz quick rice pouch 1 steam-fresh vegetable bag 1.8 oz avocado	Microwave rice pouch and steam-fresh vegetables. Transfer to a bowl and top with drained tuna and diced avocado.	Kcal: 790 Protein: 48 Carbs: 102 Fat: 20

Dinner: Sausages and Mash

Ingredients:	Recipe:	Macros
11 oz white potato 1 tbsp butter Dash of milk 5.3 oz green peas 3 lean sausages (kangaroo or turkey)	Boil potatoes until tender, drain. Add a sprinkle of salt, tbsp butter and dash of milk and mash to desired consistency. Cook sausages in a non-stick pan until cooked. Boil peas on the stove or cook in the microwave for 3–5 minutes.	Kcal: 710 Protein: 77 Carbs: 63 Fat: 14

Pre-Training Snack: Rice Cakes

Ingredients:	Recipe:	Macros
4 rice cakes + 0.5 oz chocolate-hazelnut spread + 1 banana	Spread chocolate-hazelnut spread evenly on rice cakes and top with sliced banana.	Kcal: 256 Protein: 6 Carbs: 53 Fat: 6

Recovery Snack: Savory Snack Plate

Ingredients:	Recipe:	Macros
3.5 oz cucumber, celery and carrot sticks + 2.8 oz hummus + 1.1 oz beef jerky	Cut desired vegetables into sticks and serve with a side of hummus and beef jerky.	Kcal: 314 Protein: 24 Carbs: 25 Fat: 13

S3 Athletic Performance 2700 Calorie Meal Plan

DAY 4

Breakfast: Breakfast Tacos

Ingredients:	Recipe:	Macros
3 eggs 3.5 oz sliced ham 3 mini flour tortillas 0.7 oz cheese 1.8 oz avocado 1.8 oz tomato relish	Whisk eggs with a dash of milk, salt, pepper and water. Scramble in pan. Pre-warm tortillas. Layer tortillas with sliced ham, scrambled egg, grated cheese, diced avocado and tomato relish.	Kcal: 713 Protein: 47 Carbs: 59 Fat: 32

Lunch: Chicken Salad Wrap

Ingredients:	Recipe:	Macros
1 large spinach wrap 7.1 oz chicken breast 1.1 oz cheese 2.8 oz avocado 7.1 oz spinach salad mix	Add all ingredients into a wrap and roll up. Wrap in plastic wrap or place in a container.	Kcal: 750 Protein: 80 Carbs: 46 Fat: 23

Dinner: Teriyaki Salmon Bowls

Ingredients:	Recipe:	Macros
5.3 oz salmon 3 tbsp teriyaki sauce 5.3 oz broccoli 7.1 oz cooked brown rice 0.5 oz Japanese mayo 0.2 oz sesame seeds 0.2 oz pickled ginger	Pre-dice salmon and let it sit in teriyaki sauce and sesame seeds. Cook until tender. Cook rice and serve in a bowl. Boil broccoli. Prepare a bowl with cooked rice, salmon, broccoli; top with ginger and mayo.	Kcal: 675 Protein: 42 Carbs: 76 Fat: 24

Pre-Training Snack: Oatmeal

Ingredients:	Recipe:	Macros
1 quick oat packet + ½ cup almond milk + 1 tbsp sugar-free maple syrup + 1 banana	Cook oats as per packet instructions. Top with sliced banana and maple syrup.	Kcal: 255 Protein: 6 Carbs: 48 Fat: 5

Recovery Snack: High Protein Smoothie

Ingredients:	Recipe:	Macros
1 cup skim milk + 5.6 oz high-protein yogurt + 3.5 oz frozen berries + 0.4 oz peanut butter + ice	Blend all ingredients together until smooth.	Kcal: 304 Protein: 27 Carbs: 37 Fat: 5

S3 Athletic Performance 2700 Calorie Meal Plan

DAY 5

Breakfast: Salmon Bagel

Ingredients:	Recipe:	Macros
1 bagel 5.3 oz smoked salmon 1.8 oz cream cheese Capers 7.1 oz strawberries	Halve bagel, toast if desired, spread cream cheese evenly and top with smoked salmon and optional capers. Serve with a side of diced strawberries.	Kcal: 587 Protein: 48 Carbs: 67 Fat: 15

Lunch: Beef Burrito Bowl

Ingredients:	Recipe:	Macros
5.3 oz cooked white rice 3.5 oz drained kidney beans 7.1 oz lean ground beef 2 tsp taco seasoning mix 0.9 oz sour cream 1 cup shredded lettuce 1 cup shredded carrot	Cook beef with seasonings and kidney beans. Serve with cooked rice, shredded salad vegetables and top with sour cream.	Kcal: 680 Protein: 53 Carbs: 63 Fat: 25

Dinner: Shrimp Linguine

Ingredients:	Recipe:	Macros
3.5 oz dry fettuccine pasta 7.1 oz frozen shrimp 1 tbsp olive oil 1 tsp minced garlic 1 tbsp Parmesan cheese 3.5 oz asparagus 3.5 oz frozen peas	Cook pasta as per package instructions. Heat oil over high heat and cook shrimp and garlic until translucent. Add diced asparagus and peas. Add cooked pasta and mix to coat. Top with Parmesan cheese.	Kcal: 750 Protein: 45 Carbs: 93 Fat: 25

Pre-Training Snack: Pancakes

Ingredients:	Recipe:	Macros
2 premade golden pancakes + 1 tbsp sugar-free maple syrup + 3.5 oz strawberries	Preheat 2 pre-made pancakes and top with diced strawberries and maple syrup.	Kcal: 350 Protein: 8 Carbs: 61 Fat: 7

Recovery Snack: Nut Bar and Shake

Ingredients:	Recipe:	Macros
1 serving protein powder + 8 fl oz almond milk + 1 protein nut granola bar	Mix the protein and milk together; eat with nut bar.	Kcal: 339 Protein: 36 Carbs: 16 Fat: 14

S3 Athletic Performance 2700 Calorie Meal Plan

DAY 6

Breakfast: Big Breakfast

Ingredients:	Recipe:	Macros
2 eggs 1 lean sausage 1 cup baked beans 1 tomato 1 cup spinach 2 slices whole-wheat toast 2.5 oz avocado	Cook eggs and sausage in the fry pan. Heat beans and serve. Cut tomato lengthwise and grill on the pan. Serve toast with smashed avocado.	Kcal: 710 Protein: 39 Carbs: 75 Fat: 30

Lunch: Beef Ravioli

Ingredients:	Recipe:	Macros
5.3 oz beef ravioli 3.5 oz Bolognese pasta sauce ½ can diced tomato 3.5 oz broccolini 0.7 oz cheddar cheese	Cook ravioli as per package instructions. Stir through heated Bolognese sauce, diced tomato and broccolini. Serve with cheese.	Kcal: 630 Protein: 32 Carbs: 93 Fat: 14

Dinner: Turkey Lettuce Wraps (San Choy Bow)

Ingredients:	Recipe:	Macros
Lettuce cups (leaves) 7.1 oz turkey mince 1 tsp olive oil 1 serving San Choy Bow seasoning 3.5 oz carrot, diced 1 small onion, diced 1.4 oz crushed roasted peanuts	Cook onion in olive oil, add turkey and finely diced carrot. Add seasoning and continue to mix. Serve mixture in lettuce cups topped with crushed peanuts.	Kcal: 640 Protein: 60 Carbs: 18 Fat: 35

Pre-Training Snack: Cereal Bowl

Ingredients:	Recipe:	Macros
1.8 oz crunchy cornflake cereal + 6.8 fl oz skim milk + 0.4 oz honey + ½ cup frozen blueberries	Pour ingredients into a bowl and eat.	Kcal: 360 Protein: 10 Carbs: 72 Fat: 3

Recovery Snack: Cookie Butter Smoothie

Ingredients:	Recipe:	Macros
1 frozen banana + 1 serving protein powder + 1 cup ice + 1 cup unsweetened almond milk + 1 tbsp cookie butter (Biscoff-style) + pinch of salt	Blend all ingredients together until smooth.	Kcal: 339 Protein: 28 Carbs: 36 Fat: 10

S3 Athletic Performance 2700 Calorie Meal Plan

DAY 7

Breakfast: Mango Smoothie

Ingredients:	Recipe:	Macros
1 cup skim milk 7.1 oz high-protein yogurt 5.3 oz frozen mango 3.5 oz frozen banana 0.5 oz honey 0.4 oz hemp seeds 1 tbsp peanut butter	Add all ingredients to a blender and blend on high until smooth. Pour into a glass if drinking immediately or into a travel cup to drink on-the-go.	Kcal: 700 Protein: 38 Carbs: 74 Fat: 18

Lunch: Buffalo Chicken Pasta

Ingredients:	Recipe:	Macros
4.6 oz diced chicken breast ½ red onion 3.5 oz diced bell pepper 2 tbsp cream cheese 3.5 oz dry penne pasta Fajita seasoning 0.7 oz Parmesan cheese	Sauté onion until translucent. Add diced chicken and fajita seasoning. Add bell pepper, cream cheese and cooked penne pasta (with 1–2 spoons of pasta water). Combine well.	Kcal: 664 Protein: 57 Carbs: 84 Fat: 15

Dinner: Steak Tacos + Salad

Ingredients:	Recipe:	Macros
4 mini flour tortillas 4.2 oz eye fillet steak, seasoned 2 tbsp chimichurri sauce ½ cup each of lettuce leaves, diced cucumber, diced tomato and bell pepper 1.8 oz avocado	Season steak with desired spices (salt, pepper, garlic powder, cumin, paprika) and cook to desired level. Finely slice. Warm tortillas before serving on a pan or in the microwave. Assemble sliced steak and chimichurri dressing.	Kcal: 700 Protein: 43 Carbs: 53 Fat: 25

Pre-Training Snack: Rice Krispie Snack

Ingredients:	Recipe:	Macros
2 rice cereal bars + 7.1 oz pineapple	Dice pineapple and eat with rice cereal bars on the way to training.	Kcal: 280 Protein: 5 Carbs: 58 Fat: 4

Recovery Snack: Tuna Cakes

Ingredients:	Recipe:	Macros
4 corn thins + 1 can tuna in olive oil + 2.8 oz smashed avocado	Spread avocado and tuna evenly across the 4 corn thins, or sandwich 2 together.	Kcal: 325 Protein: 22 Carbs: 26 Fat: 16

S3 Athletic Performance 2700 Calorie Meal Plan

Meal Prep 101

Don't fancy some of the meal ideas in this plan? No problem! Use this guide to create a balanced meal by incorporating a serving of carbohydrate, protein, color & fat with every meal and most snacks.

Mix up your flavor combos by selecting a cuisine and/or flavoring dishes with fresh herbs, spices and low-calorie sauces!

CARBS	PROTEIN	COLOR	FAT
• Rice • Pasta • Noodles • Starchy veg (potato / sweet potato) • Quinoa • Barley • Bread • Oats • Cereals	• Tofu • Tempeh • Salmon • Tuna • Lean red meat • Poultry • Eggs • Legumes • TVP • Greek yogurt	• Any combo of fruit and/or veggies	• Extra virgin olive oil • Cheese • Nuts • Avocado • Seeds • Nut butter