

BASELINE MEAL PLAN

8 September 2026 - ~2,727 kcal Food Baseline

A consistent daily nutrition baseline built around high carbohydrate availability, 180 g protein, and simple rice/oats adjustments on higher-output training days.

MEAL	INGREDIENTS	MACROS
MORNING HYDRATION Daily electrolyte mix	- Sodium 1.4g - Potassium Chloride 0.7g - Magnesium Glycinate 1.8g - Creatine Monohydrate 5g - Beta Alanine 2.4g - EAAs 11g - Water 500ml	KCAL 32 EAAs 8.6g amino acids
MEAL 01 Breakfast - Oats & Berries	- Oats 100g - 0% yogurt 200g - Frozen blueberries 100g - Banana 130g edible weight	KCAL 624 PRO 24.3g CARB 121.5g FAT 8.0g
MEAL 02 Lunch 1 - Taco Beef & Rice	- White rice cooked 200g - Finished taco beef 150g - Daikon / green-onion kimchi 50g - Cabbage kimchi 50g	KCAL 664 PRO 38.5g CARB 96.4g FAT 14.6g
MEAL 03 Lunch 2 – Chicken & Rice	- White rice cooked 200g - Chicken tenderloins cooked 140g - Carrot 115g edible weight	KCAL 590 PRO 49.4g CARB 85.2g FAT 5.9g
MEAL 04 Dinner – Steak, Sweet Potato & Broc	- Baked Japanese sweet potato 200g - Sagari steak cooked 200g - Frozen broccoli 150g (~120g thawed / cooked)	KCAL 817 PRO 68.7g CARB 85.8g FAT 26.0g
FOOD BASELINE TOTALS Full-day food macro summary		KCAL 2,727 PRO 180.9g CARB 389.0g FAT 54.5g

*Morning Hydration is shown separately from the food baseline totals.

DATA SOURCES

- Packaged items: current product labels provided. - Produce and whole foods: fixed reference values where no label is available.	- White rice: cooked short-grain reference. - Beef mince: 90/10 cooked/drained reference; actual finished taco-beef batch yield used.
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INGREDIENT REFERENCE VALUES

Current labels, fixed references and measured preparation yields

Use these values when changing serving sizes. Nutrition values are per 100 g unless otherwise stated.

Ingredient	Basis	kcal	Protein	Carbs	Fat
Alara Organic Jumbo Oats	dry	368	14.0	66.0	7.6
Morinaga 0% yogurt	as sold	46	4.2	6.5	0
Frozen blueberries	frozen	48	0.5	12.9	0
Banana	peeled edible	89	1.1	22.8	0.3
Cooked white rice	cooked	156	2.5	37.1	0.3
Finished taco beef	finished batch	185.9	20.0	5.45	9.06
Daikon / green-onion kimchi	as sold	78	2.7	17.1	0.1
Cabbage kimchi	as sold	68	4.3	10.9	0.8
Chicken tenderloins	cooked	165	31.0	0	3.6
Carrot	raw edible	41	0.9	9.6	0.2
Baked Japanese sweet potato	cooked	151	1.4	39.0	0.2
Sagari steak	cooked	235	30.0	0	12.5
Frozen broccoli	frozen weight	30	3.9	5.2	0.4

PREPARATION REFERENCES

Taco beef	1,027g raw beef + 56g Santa Maria seasoning + 25g garlic + 117g water -> 726.5g finished batch.
Chicken tenderloins	1,045g raw -> 880g cooked. Baseline serving: 140g cooked.
Sagari steak	282g raw -> 204.5g cooked (72.5% yield). Baseline serving: 200g cooked.
Broccoli / kimchi	Broccoli: 150g frozen -> ~120g thawed/cooked. Kimchi: serve 50g + 50g (true 50:50 by weight).

CARBOHYDRATE CYCLING

Increase carbs in fixed increments without changing the core meal structure

Baseline already includes 100g oats, 400g cooked white rice and 200g baked Japanese sweet potato. Rice is the primary flex lever; oats are the secondary lever.

RICE FLEX

Every +50g cooked white rice = +78 kcal | +1.25g protein | +18.55g carbs | +0.15g fat

Extra rice	Extra kcal	Extra protein	Extra carbs	New daily kcal
+50g	+78	+1.25g	+18.55g	~2773
+100g	+156	+2.50g	+37.10g	~2851
+150g	+234	+3.75g	+55.65g	~2929
+200g	+312	+5.00g	+74.20g	~3007
+250g	+390	+6.25g	+92.75g	~3085
+300g	+468	+7.50g	+111.30g	~3163
+350g	+546	+8.75g	+129.85g	~3241
+400g	+624	+10.00g	+148.40g	~3319

OATS FLEX

Every +50g oats = +184 kcal | +7.0g protein | +33.0g carbs | +3.8g fat

Extra oats	Extra kcal	Extra protein	Extra carbs	New daily kcal
+50g	+184	+7.0g	+33.0g	~2879
+100g	+368	+14.0g	+66.0g	~3063
+150g	+552	+21.0g	+99.0g	~3247
+200g	+736	+28.0g	+132.0g	~3431
+250g	+920	+35.0g	+165.0g	~3615
+300g	+1104	+42.0g	+198.0g	~3799

OPTIONAL SWEET POTATO FLEX

+100g baked Japanese sweet potato = +151 kcal | +1.4g protein | +39.0g carbs | +0.2g fat

NOTES

- Protein target at the food baseline is ~180g/day. Extra rice or oats also adds small amounts of protein.
- All rice, chicken, taco beef and sagari serving weights are cooked / ready-to-eat weights unless specifically stated otherwise.
- No added cooking oil, butter or caloric sauces are included in the food baseline totals.