

MAINTENANCE MEAL PLAN

27 May 2026 - Slight Deficit

This daily nutrition plan is designed to fuel peak physical performance, sharpen mental clarity and sustain high energy output throughout the day.

MEAL	INGREDIENTS	MACROS
DAILY TRAINING FUEL AM Hydration and quick carbs	- Electrolyte mix (EAAs, Potassium Chloride, Magnesium Glycinate, Sodium, Beta Alanine, Creatine) - Honey 30g	KCAL 118 PRO 7.3g CARB 23.9g FAT 0g
MEAL 01 Breakfast – Oats & Berries	- Oats 60g - Blueberries 75g - Banana 120g - 0% Yogurt 75g - Cottage cheese 200g - Walnuts 15g - Maple Syrup 20g	KCAL 703 PRO 47.1g CARB 84.0g FAT 20.1g
MEAL 02 Lunch 1 - Beef Burritos	- White rice cooked 85g - Beef mince cooked/drained 140g - Taco seasoning 14g - Garlic 10g - Lettuce 80g - Tomato 120g - Yellow capsicum 80g - 2 Burrito wraps 80g	KCAL 715 PRO 45.1g CARB 90.3g FAT 18.2g
MEAL 03 Lunch 2 - Afternoon Plate	- Baked sweet potato 200g - Cauliflower 100g - Shiitake mushrooms 50g - Olive oil 10g - Seasoning mix 10g - 1 Serve Whey Protein - Kiwi fruit 140g	KCAL 668 PRO 32.7g CARB 107.2g FAT 13.9g
DAILY TRAINING FUEL PM Quick carbs	- 1 Slice bread with Jam 8g	KCAL 127 PRO 3.3g CARB 25g FAT 1.4g
MEAL 04 Dinner - Chicken Rice Broccoli	- White rice cooked 85g - Chicken tenderloins skinless 150g - Soy sauce 10g - Broccoli 100g - Kimchi 80g - Apple 125g	KCAL 503 PRO 51.2g CARB 60.9g FAT 5.9g
DAILY TOTALS Full day macro summary		KCAL 2,834 PRO 186.7g CARB 391.3g FAT 59.5g

*On single training days (weekends), I don't consume the PM training fuel. I have a carb refeed day once every 10-14 days.

DATA SOURCES

- Packaged items: macros from labels provided.	- White rice: USDA short-grain cooked (no label on pack).
- Produce & whole foods: USDA Food Data Central database.	- Beef mince: USDA 90/10 lean cooked/drained (no label on pack).