

CUTTING MEAL PLAN

27 March 2026

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
TRAINING FUEL Pre-Workout AM	- G1M Sport - 1 scoop (25.1g) - BPN Go Gel - 1 gel (non-caf)	KCAL 180 PRO 0g CARB 44g FAT 0g
MEAL 01 Breakfast - Protein Oats	- Oats - 50g - Blueberries - 75g - Banana - 120g - 0% Yogurt - 75g - Walnuts - 15g - Whey Protein - 1 scoop (31g)	KCAL 603.5 PRO 38g CARB 82.3g FAT 15.9g
MEAL 02 Lunch 1 - Beef Wraps	- Beef mince cooked/drained - 150g - Garlic - 10g - Taco seasoning - 14g - Lettuce - 80g - Tomato - 120g - Yellow capsicum - 80g - Burrito wraps - 2 small (~80g)	KCAL 632.1 PRO 51g CARB 63.7g FAT 21g
MEAL 03 Lunch 2 - Afternoon Plate	- Baked sweet potato - 200g - Cauliflower - 100g - Shiitake mushrooms - 50g - Cottage cheese - 200g - Kiwi fruit - 140g	KCAL 535.4 PRO 43.8g CARB 73.1g FAT 10.3g
MEAL 04 Dinner - Chicken Rice Broccoli	- Chicken tenderloins skinless - 160g - White rice cooked - 85g - Broccoli - 100g - Kimchi - 80g - Apple - 125g - Soy sauce - 10g	KCAL 494.8 PRO 49.5g CARB 57.5g FAT 6.6g
DAILY TOTALS Full day macro summary		KCAL 2445.8 PRO 182g CARB 321g FAT 54g

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).