



# 2016 OLYMPIA PREP

## Nutrition Plan

### Weeks 1 – 4 Rest Days

MEALS		Protein	Fats	Carbs
1	150g Oats 30g Almonds 34g whey protein	24g	15g	95g
2	300g White potato 200g chicken breast 15g MCT oil	52g	15g	95g
3	300g White potato 250g minced beef 15g MCT oil	50g	55g	95g
4	500g sweet potato 300g Steak 15g MCT oil	60g	40g	140g
5	90g Pasta 250 minced beef 15g MCT oil	50g	55g	70g
6	280g Salmon fillet mixed veg or salad	56g	36g	-
		Protein	Fats	Carbs
TOTAL		292g	216g	495g
<i>Calories: 5092</i>		<i>1168</i>	<i>1944</i>	<i>1980</i>



# 2016 OLYMPIA PREP

## Nutrition Plan

### Weeks 1 – 4 Training Days

MEALS		Protein	Fats	Carbs
1	150g Oats 30g Blueberries 20g Flaked almonds 34g Whey protein	24g	10g	95g
2	80g Brown Rice 200g Chicken breast Mixed veg 15g MCT oil	52g	15g	60g
3	135g wholemeal pasta 150g Turkey breast Mixed veg	53g	-	60g
4	80g Brown rice 100g Tuna 15g MCT oil	29g	15g	60g
5	500g sweet potato 140g Salmon Fillet 15g MCT oil Mixed salad	28g	33g	140g
SUPPLEMENTS		Protein	Fats	Carbs
<i>Pre-Training</i> 20g Liquid Carbs 10g BCAA and Glutamine				20
<i>Intra-Training</i> 20g Liquid Carbs 10g BCAA and Glutamine				20
<i>Post-Training</i> 100g Liquid Carbs 34g Whey Protein		24g		100
		Protein	Fats	Carbs
TOTAL		210g	73g	555g
<i>Calories: 3717</i>		<i>840</i>	<i>657</i>	<i>2220</i>



# 2016 OLYMPIA PREP

## Nutrition Plan Weeks 5 - 8

MEALS		Protein	Fats	Carbs	Calories	
<b>1</b>	100g Oats 15g Almonds 34g Whey protein	24	8	63	615	
<b>2</b>	90g Pasta 150g Turkey breast 10ml flax	53	10	28	444	
<b>3</b>	300g white potato 200g chicken Mixed veg	52	0	95	714	
<b>4</b>	65g brown rice Can of tuna 10ml flax	27	10	46	433	
<b>5</b>	Alternate salmon and steak daily		28 / 31	18 / 11	0	275 / 225
	140g Salmon Mixed veg or salad	150g Steak Mixed veg or salad				

SUPPLEMENTS		Protein	Fats	Carbs	Calories
<i>Pre-Training</i> 20g Liquid Carbs 10g BCAA and Glutamine				20	80
<i>Intra-Training</i> 20g Liquid Carbs 10g BCAA and Glutamine				20	80
<i>Post-Training</i> 50g Liquid Carbs 34g USN Whey Protein		34		50	328

TOTALS		Protein	Fats	Carbs	Calories
		218 / 221	46 / 39	322	2969 / 2919



# 2016 OLYMPIA PREP

## Nutrition Plan

### Weeks 5 – 8 Rest Days

MEALS		Protein	Fats	Carbs
1	150g Oats 30g Almonds 34g whey protein	24g	15g	95g
2	300g White potato 200g chicken breast 15g MCT oil	52g	15g	95g
3	300g White potato 250g minced beef 15g MCT oil	50g	55g	95g
4	500g sweet potato 300g Steak 15g MCT oil	60g	40g	140g
5	90g Pasta 250 minced beef 15g MCT oil	50g	55g	70g
6	280g Salmon fillet mixed veg or salad	56g	36g	-
		Protein	Fats	Carbs
TOTAL		292g	216g	495g
<i>Calories: 5092</i>		<i>1168</i>	<i>1944</i>	<i>1980</i>



# 2016 OLYMPIA PREP

## Nutrition Plan

### Weeks 5 – 8 Training Days

MEALS		Protein	Fats	Carbs
1	100g Oats 15g Flaked almonds 34g whey protein	24g	8g	63g
2	300g white potato 200g chicken breasts Mixed veg	52g	-	95g
3	90g Pasta 150g Turkey breast 15g MCT oil	53g	15g	70g
4	65g Brown rice 100g Tuna 15g MCT oil	29g	15g	45g
5	140g Salmon Fillet <i>or</i> 150g steak <i>(Alternate salmon and steak each day)</i> Mixed salad or veg	28g / 31g	18g / 11g	-
SUPPLEMENTS		Protein	Fats	Carbs
<i>Pre-Training</i> 20g Liquid Carbs 10g BCAA and Glutamine		-	-	20g
<i>Intra-Training</i> 20g Liquid Carbs 10g BCAA and Glutamine		-	-	20g
<i>Post-Training</i> 50g Liquid Carbs 34g Whey Protein		24g	-	50g
		Protein	Fats	Carbs
TOTAL		210g / 213g	56g / 49g	363g
<i>Calories: 2895 / 2907</i>		<i>840 / 852</i>	<i>603</i>	<i>1452</i>



# 2016 OLYMPIA PREP

## Nutrition Plan Weeks 9 – 11

MEALS		Protein	Fats	Carbs
1	100g Oats 10g Almonds 34g whey protein	24g	5g	63g
2	65g brown rice 200g chicken breast Mixed veg	52g	-	45g
3	200g white fish 15g MCT oil Mixed veg	36g	15g	-
4	150g turkey breast 65g brown rice Mixed salad	53g	-	45g
5	140g Salmon fillet Mixed veg or salad 15g MCT oil	28g	33g	-
SUPPLEMENTS		Protein	Fats	Carbs
<i>Pre-Training</i> 20g Liquid Carbs 10g BCAA and Glutamine		-	-	20g
<i>Intra-Training</i> 20g Liquid Carbs 10g BCAA and Glutamine		-	-	20g
<i>Post-Training</i> 50g Liquid Carbs 34g Whey Protein		24g	-	50g
		Protein	Fats	Carbs
TOTAL		217g	53g	243g
<i>Calories: 2317</i>		<i>868</i>	<i>477</i>	<i>972</i>



# 2016 OLYMPIA PREP

## Nutrition Plan Weeks 9 – 11

MEALS		Protein	Fats	Carbs
1	100g Oats 10g Almonds 34g whey protein	24g	5g	63g
2	65g brown rice 200g chicken breast Mixed veg	52g	-	45g
3	200g white fish 15g MCT oil Mixed veg	36g	15g	-
4	150g turkey breast 65g brown rice Mixed salad	53g	-	45g
5	140g Salmon fillet Mixed veg or salad 15g MCT oil	28g	33g	-
SUPPLEMENTS		Protein	Fats	Carbs
<i>Pre-Training</i> 20g Liquid Carbs 10g BCAA and Glutamine		-	-	20g
<i>Intra-Training</i> 20g Liquid Carbs 10g BCAA and Glutamine		-	-	20g
<i>Post-Training</i> 50g Liquid Carbs 34g Whey Protein		24g	-	50g
		Protein	Fats	Carbs
TOTAL		217g	53g	243g
<i>Calories: 2317</i>		<i>868</i>	<i>477</i>	<i>972</i>



# 2016 OLYMPIA PREP

## Nutrition Plan

### Week 12 (Peak Week)

#### Monday, Tuesday and Wednesday

MEALS		Protein	Fats	Carbs
1	100g Oats 10g Almonds 34g Whey protein	24g	5g	63g
2	100g tuna Mixed salad, 15g MCT oil	29g	15g	-
3	200g chicken 65g brown rice Mixed veg	52g	-	45g
4	150g turkey breast 15g MCT oil, mixed veg or salad	53g	15g	-
5	140g Salmon fillet Mixed veg or salad	28g	18g	-
SUPPLEMENTS		Protein	Fats	Carbs
<i>Pre-Training</i> 15g BCAA and Glutamine		-	-	-
<i>Intra-Training</i> 15g BCAA and Glutamine		-	-	-
<i>Post-Training</i> 50g Liquid Carbs 34g Whey Protein		24g	-	50g
		Protein	Fats	Carbs
TOTAL		210g	53g	158g
<i>Calories: 1949</i>		<i>840</i>	<i>477</i>	<i>632</i>





# 2016 OLYMPIA PREP

## Nutrition Plan

### Week 12 (Peak Week)

#### Thursday and Friday

Concentrating on the carb up so protein and fats are not essential at this time.

No training or over exerting the body.

MEALS		Protein	Fats	Carbs
1	150g Oats 34g whey protein	24g	-	95g
	Liquid carb drink	24g	-	100g
2	500g white potato	-	-	85g
3	100g rice 100g chicken breast	26g	-	77g
	Liquid carb drink	-	-	100g
4	500g white potato	-	-	85g
5	100g rice 100g turkey mince	35g	-	77g
6	140g Salmon 500g sweet potato	28g	18g	140g
		Protein	Fats	Carbs
TOTAL		137g	18g	759g
<i>Calories: 3746</i>		<i>548</i>	<i>162</i>	<i>3036</i>



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1	100g Oats 10g Almonds 34g Whey protein	24g	5g	63g
2	100g tuna Mixed salad, 15g MCT oil	29g	15g	-
3	200g chicken 65g brown rice Mixed veg	52g	-	45g
4	150g turkey breast 15g MCT oil, mixed veg or salad	53g	15g	-
5	140g Salmon fillet Mixed veg or salad	28g	18g	-
SUPPLEMENTS		Protein	Fats	Carbs
<i>Pre-Training</i> 15g BCAA and Glutamine		-	-	-
<i>Intra-Training</i> 15g BCAA and Glutamine		-	-	-
<i>Post-Training</i> 50g Liquid Carbs 34g Whey Protein		24g	-	50g
		Protein	Fats	Carbs
TOTAL		210g	53g	158g
<i>Calories: 1949</i>		<i>840</i>	<i>477</i>	<i>632</i>



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	Liquid carb drink	24g	-	100g
2	500g white potato	-	-	85g
3	100g rice 100g chicken breast	26g	-	77g
	Liquid carb drink	-	-	100g
4	500g white potato	-	-	85g
5	100g rice 100g turkey mince	35g	-	77g
6	140g Salmon 500g sweet potato	28g	18g	140g
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<i>Calories: 3746</i>		<i>548</i>	<i>162</i>	<i>3036</i>