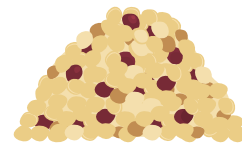


Building Our Plate: Lunch & Dinner

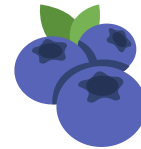
How hard is your training day?



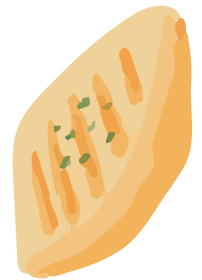
Broccoli



Quinoa



Berries



Chicken

Body weight

Easy Training Day

Moderate Training Day

Hard Training Day

50 Kg

1/2 cup of broccoli
115 g chicken breast
1.5 cups of cooked quinoa
1 cup of blueberries

1/2 cup of broccoli
115 g chicken breast
1.5 cups of cooked quinoa + bread
1/2 cup of blueberries

1 cup of broccoli
115 g chicken breast
1.5 cups of cooked rice
1/2 cup of blueberries

60 Kg

1/2 cup of broccoli
115 g chicken breast
1.5 cup of cooked quinoa
1 cup of blueberries

1/2 cup of broccoli
115 g chicken breast
1.5 cups of cooked quinoa + bread
1/2 cup of blueberries

1/2 cup of broccoli
115 g chicken breast
1.5 cups of cooked rice + bread
1/2 cup of blueberries

70 Kg

1 cup of broccoli
115 g chicken breast
1.5 cup of cooked quinoa + bread
1 cup of blueberries

1/2 cup of broccoli
115 g chicken breast
1.5 cups of cooked quinoa + bread
1/2 cup of blueberries

1/2 cup of broccoli
115 g chicken breast
2 cups of cooked rice + bread
1/2 cup of blueberries

Building Our Plate: Lunch & Dinner

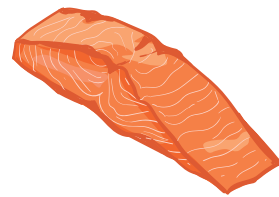
How hard is your training day?



Green Salad



Rice



Salmon



Watermelon

Body weight

Easy Training Day

Moderate Training Day

Hard Training Day

50 Kg

120 g salmon
1 cup cooked rice
1/2 cup watermelon
Small green salad

120 g salmon
1.5 cups cooked rice
1 cup watermelon
Small green salad

120 g salmon
1.5 cups cooked rice + bread
1 cup watermelon
Small green salad

60 Kg

120 g salmon
1.3 cups cooked rice
1/2 cup watermelon
Small green salad

120 g salmon
1.5 cups cooked rice + bread
1/2 cup watermelon
Small green salad

120 g salmon
1.5 cups cooked rice + bread
1/2 cup watermelon
Small green salad

70 Kg

120 g salmon
1.5 cups cooked rice
1 cup watermelon
Small green salad

120 g salmon
2 cups cooked rice
1/2 cup watermelon
Small green salad

120 g salmon
2 cups cooked rice + bread
1/2 cup watermelon
Small green salad