



	BREAKFAST	LUNCH	DINNER
Mon ~160g protein	Power porridge 80g oats, soya milk, protein, banana, dates, PB	Tofu & rice bowl 200g tofu, rice, edamame, roast veg, teriyaki	Lentil pasta bowl Lentil pasta, soya mince, tomato, garlic bread
Tue ~155g protein	Bagel & tofu scramble 200g tofu, 2 bagels, avocado, tomato, spinach	Burrito bowl Rice, black beans, soya mince, corn, guac, salsa	Tempeh noodle stir-fry Tempeh, udon, pak choi, peppers, peanut sauce
Wed ~150g protein	Recovery smoothie + toast Soya milk, protein, banana, oats, dates + PB bagel	Quinoa & chickpea bowl Quinoa, chickpeas, roast veg, hummus, seeds	Sweet potato & bean chilli Sweet potato, soya mince, 3 beans, rice
Thu ~165g protein	Overnight oats (double) 100g oats, soya milk, protein, berries, PB, granola	Tofu katsu & rice 250g tofu, rice, curry sauce, edamame, slaw	Dahl & rice Lentil dahl, basmati, naan, soya yogurt, spinach
Fri ~150g protein	Pancake stack Oat-protein pancakes, banana, syrup, soya yogurt, PB	Pasta salad Wholewheat pasta, edamame, peppers, pesto, seeds	Tofu poke bowl Tofu, rice, edamame, mango, avocado, soy-lime
Sat ~155g protein	Race-day porridge Oats, soya milk, banana, jam, protein, easy on fibre	Loaded jacket potatoes 2 potatoes, beans, soya mince, cheese, salad	Tofu fried rice 250g tofu, rice, peas, corn, edamame, cashews, soy
Sun ~150g protein	Big smoothie bowl Banana, oats, protein, granola, PB, seeds, dates	Hearty roast Seitan, roast potatoes, veg, beans, gravy	Mac & greens Lentil mac & cheese, broccoli, peas, breadcrumbs

FUEL SNACKS

Banana & dates · PB bagel · recovery shake · granola & soya yogurt · energy balls · rice cakes & jam · trail mix.

AROUND YOUR SESSION

Before: easy carbs — banana, toast, dates.
After: protein + carbs within ~1 hour — shake & a bagel. Carb-load grains/potatoes the day before long efforts. Hydrate + **electrolytes**.

LONG-DAY ADD-ONS

Going 90+ min? Add an extra **400-600 kcal** of carbs that day. Pack **dates, gels or a banana** for sessions over an hour, and a shake for the drive home.