

DOMIN8 ATHLETE NUTRITION PLAN





MALE NUTRITION INDEX

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BREAKFAST

OPTION 1

3 whole eggs with mixed peppers & 1 slice seeded bread.

OPTION 2

3 whole eggs & ½ avocado, spinach & ¼ cup of berries.

OPTION 3

3 whole eggs with bell peppers, onions, spinach (any veggies you'd like!) cook omelet in 2 tbsp. olive oil with your choice 1 apple/banana or 3 rice cakes (may be plain or flavored).

OPTION 4

1 ½ scoops protein powder (30g), 30g oats, with ½ chopped apple, 100-150ml coconut milk and 1 tbsp. of natural nut butter. **Mix all ingredients together and chill overnight.**

OPTION 5

Super smoothie - 1 scoop of protein powder, spinach (as much as you like), 2 handfuls berries of your choice, 2 tbsp. flaxseed with almond milk or water (to your preference).

OPTION 6

1 ½ scoop of protein (30g) 1 cup non-fat plain greek yogurt, 1 tbsp. natural nut butter, and ½ cup of berries. **mix all ingredients together or eat separately.**

OPTION 7

1 cup non fat greek yoghurt, 40g low fat granola with handful berries of your choice.

OPTION 8 [FOR EASE]

1 Grenade protein bar & 1 banana.

OPTION 9 [FOR EASE]

2 scoops protein powder (40g), handful almonds



LUNCH/DINNER

OPTION 1

Spinach salad topped with 170g of grilled/baked chicken or grilled/baked fish, with cucumbers, onions, bell peppers (any type of veggie you'd like!) Use 1-2 tbsp. of an oil based dressing! If you want avocado be sure to only use 1 tbsp. dressing and add ½ avocado!

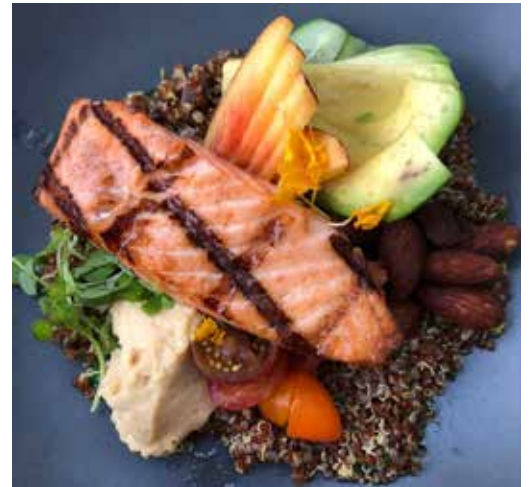
FOR LUNCH: add 250g of quinoa OR 1 cup berries on top of the salad OR 1 large sweet potato on the side.



OPTION 2

Take 170g of either ground turkey, ground chicken, or lean ground beef (seasoned with your own "taco style" seasoning and various veggies (onions, garlic, peppers, etc) and mix it with 250g of cooked rice or quinoa. Top with fresh homemade salsa.

FOR DINNER: replace the rice or quinoa with courgette "noodles" OR just make a salad on the side and top the salad with the meat mixture.



OPTION 3

Cook boneless chicken breast in crockpot. Take 170g of the chicken and top it over 250g of cooked rice or quinoa OR over 1 jacket potato.

FOR DINNER: replace the rice, quinoa, or potato with some roasted green veggies or roasted cauliflower.

Cook veggies in 2 tbsps. olive oil.



OPTION 4

200g of roasted sweet potatoes (season with garlic powder, rosemary and a drizzle of olive oil) add 170g of grilled/ground chicken, turkey, or lean ground beef. Add green beans if you'd like OR enjoy a salad on the side!

FOR DINNER: substitute roasted courgette or squash in place of the potatoes.



OPTION 5

Take 170g of ground chicken, turkey OR lean ground beef OR 170g of fish if you'd prefer) (season with garlic, onions, and Italian seasonings) mix it together with tinned tomatoes (season to your taste) OR top over squash, or bell peppers.

FOR LUNCH: add 250g of cooked rice or quinoa.

OPTION 6

170g turkey burger (no bun). Top with grilled onions, bell peppers (maybe some salsa), tomato, ½ avocado. Eat with 1 large sweet potato (top with cinnamon) and 1 cup of green beans or some type of green veggie.

FOR DINNER: take out sweet potato and add more green veggies or a salad.

OPTION 7 [FOR EASE]

170g chicken/turkey/fish/lean ground beef with 250g of cooked rice or lentils OR 1 large potato with a salad on the side OR 1-2 cups of roasted green veggies. (Season meat different ways to mix up the variety).

FOR DINNER: take out the lentils, rice, or potato and have yourself a bigger salad OR more green veggies.



SNACKS

OPTION 1

Grenade Bar and 10-16 almonds.

OPTION 2

1 packet Biltong with 150g blueberries.

OPTION 3

1 ½ scoops protein powder (add 1 piece of fruit for post-workout).

OPTION 4

1 scoop protein powder with 12-16 almonds.

OPTION 5

1 scoop protein powder with 2 tbsp. nut butter.

OPTION 6

1 cup non-fat plain greek yogurt and 1 tbsp. nut butter.

OPTION 7

1 cup non-fat plain greek yogurt and handful berries.

OPTION 8

"Super Shakes" (more for post-workout or a full meal replacement).

OPTION 9

1 pack of lean cold meat.

OPTION 10

Celery or carrot sticks with 2 tbsp. nut butter.



FEMALE NUTRITION INDEX

MACRO GUIDANCE

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[2000 Cal. >](#)

[1500 Cal. >](#)

[2250 Cal. >](#)

[1750 Cal. >](#)



BREAK-FAST

OPTION 1

2 whole eggs with mixed peppers & 1 slice seeded bread.

OPTION 2

2 whole eggs & ½ avocado, spinach & ¼ cup of berries.

OPTION 3

2 whole eggs with bell peppers, onions, spinach (any veggies you'd like!) cook omelet in 2 tbsp. olive oil with your choice 1 apple/banana or 3 rice cakes (may be plain or flavored).

OPTION 4

1 scoops protein powder (20g), 30g oats, with ½ chopped apple, 100-150ml coconut milk and 1 tbsp. of natural nut butter. **Mix all ingredients together and chill overnight.**

OPTION 5

Super smoothie - 1 scoop of protein powder, spinach (as much as you like), 2 handfuls berries of your choice, 1 tbsp. flaxseed with almond milk or water (to your preference).

OPTION 6

1 scoop of protein (20g) 1 cup non-fat plain greek yogurt, 1 tbsp. natural nut butter, and ½ cup of berries. **mix all ingredients together or eat separately.**

OPTION 7

1 cup non fat greek yoghurt, 30g low fat granola with handful berries of your choice.

OPTION 8 [FOR EASE]

1 Grenade protein bar & 1 banana.

OPTION 9 [FOR EASE]

1 scoops protein powder (20g), handful almonds



LUNCH/DINNER

OPTION 1

Spinach salad topped with 140g of grilled/baked chicken or grilled/baked fish, with cucumbers, onions, bell peppers (any type of veggie you'd like!) Use 1-2 tbsp. of an oil based dressing! If you want avocado be sure to only use 1 tbsp. dressing and add ½ avocado!

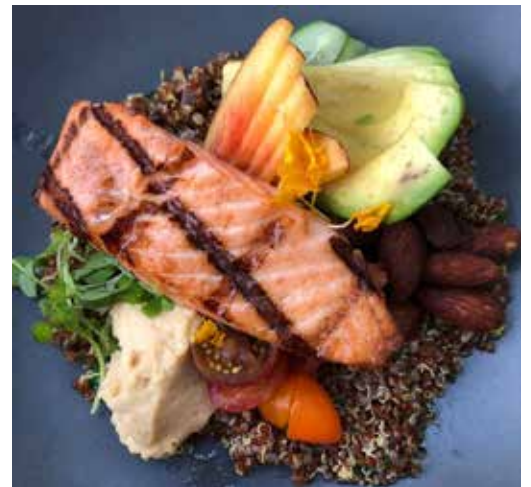
FOR LUNCH: add 125g of quinoa OR 1 cup berries on top of the salad OR 1 large sweet potato on the side.



OPTION 2

Take 140g of either ground turkey, ground chicken, or lean ground beef (seasoned with your own "taco style" seasoning and various veggies (onions, garlic, peppers, etc) and mix it with 125g of cooked rice or quinoa. Top with fresh homemade salsa.

FOR DINNER: replace the rice or quinoa with courgette "noodles" OR just make a salad on the side and top the salad with the meat mixture.



OPTION 3

Cook boneless chicken breast in crockpot. Take 140g of the chicken and top it over 125g of cooked rice or quinoa OR over 1 jacket potato.

FOR DINNER: replace the rice, quinoa, or potato with some roasted green veggies or roasted cauliflower.

Cook veggies in 2 tbsps. olive oil.



OPTION 4

140g of roasted sweet potatoes (season with garlic powder, rosemary and a drizzle of olive oil) add 150g of grilled/ground chicken, turkey, or lean ground beef. Add green beans if you'd like OR enjoy a salad on the side!

FOR DINNER: substitute roasted courgette or squash in place of the potatoes.



OPTION 5

Take 140g of ground chicken, turkey OR lean ground beef OR 140g of fish if you'd prefer) (season with garlic, onions, and Italian seasonings) mix it together with tinned tomatoes (season to your taste) OR top over squash, orbell peppers.

FOR LUNCH: add 125g of cooked rice or quinoa.

OPTION 6

140g turkey burger (no bun). Top with grilled onions, bell peppers (maybe some salsa), tomato, ½ avocado. Eat with 1 large sweet potato (top with cinnamon) and 1 cup of green beans or some type of green veggie.

FOR DINNER: take out sweet potato and add more green veggies or a salad.

OPTION 7 [FOR EASE]

140g chicken/turkey/fish/lean ground beef with 125g of cooked rice or lentils OR 1 large potato with a salad on the side OR 1-2 cups of roasted green veggies. (Season meat different ways to mix up the variety).

FOR DINNER: take out the lentils, rice, or potato and have yourself a bigger salad OR more green veggies.



SNACKS

OPTION 1

Grenade Bar and 10-16 almonds.

OPTION 2

1 packet Biltong with 150g blueberries.

OPTION 3

1 ½ scoops protein powder (add 1 piece of fruit for post-workout).

OPTION 4

1 scoop protein powder with 12-16 almonds.

OPTION 5

1 scoop protein powder with 2 tbsp. nut butter.

OPTION 6

1 cup non-fat plain greek yogurt and 1 tbsp. nut butter.

OPTION 7

1 cup non-fat plain greek yogurt and handful berries.

OPTION 8

"Super Shakes" (more for post-workout or a full meal replacement).

OPTION 9

1 pack of lean cold meat.

OPTION 10

Celery or carrot sticks with 2 tbsp. nut butter.



MACRO GUIDANCE

MALE 2000 CALORIES

BREAKFAST 300-350 CALORIES

32g carbs, 25g protein, 10g fats

[ANY TIME OF DAY] 200 CALORIES

16g carbs, 25g protein

LUNCH 300-350 CALORIES

32g carbs, 25g protein, 10g fats

SNACK 150-250 CALORIES

25g protein, 10g fats

DINNER 300-350 CALORIES

25 protein 1-2 cups of veggies or salad 10g fats

SNACK 200-250 CALORIES

25g protein, 10g fats

32g OF CARBS

- 50g of oats
[uncooked, old fashioned or rolled]
- 30g of oats w/ 50g of berries
- 2 plain rice cakes
[pair with 2 tbsp. almond butter]
- 150g of sweet potatoes
- 100g rice or quinoa [cooked]
- 1 Slice granary wholemeal bread
- 1 wholemeal wrap



16g OF CARBS

- 30g oats
- 1 banana [small]
- 1 apple
- 75g berries
- 2 rice cakes
- 60g of rice or quinoa
- 75g of sweet potatoes
- 1 tub arla protein quark [also 20g protein]
- 175g natural fat free greek yoghurt



25g OF PROTEIN

- 8 egg whites OR 4 whole eggs
[also 14-18g fats]
- 120g chicken breast -120g ground turkey -120g lean ground meat -120g grilled white fish -120g Salmon Fillet [no more than x2 per week]
[also 10-12g Fats]
- 170g plain Greek yogurt -30g scoop of whey protein -1 tub Arla Protein Quark [20g protein] -Grenade Protein Bar

10g OF FATS

- 2 eggs [also 13g protein]
- 1tbsp. organic nut butter OR almond, macadamia, walnut, olive oil [10g]
- ½ avocado [10-12g]
- 10-15 almonds, plain [10-12g]
- 35g 70% Green & Blacks Dark chocolate, [3 lines or mini bar [15g]
- 30g Milled Flaxseed [12g]
- 120g Salmon Fillet [also 25g Protein]

VEGGIES

ANYTHING GREEN is pretty much fair game and unlimited. Check the W10 Shopping List for ideas. Just be aware of starchy veggies like beans, potatoes & squash.

FAVORITES: Spinach / Kale / Broccoli / Courgette / Asparagus / Veggie powders*

*get real food before resorting to these!

DETAILED CALORIE PLANS

1250 CAL.



1250 CALORIE PLAN V2

	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
MEAL	Whey Protein Powder	1	Scoop	90	20	2	0.2	0
	Oats	1	30g	117	5.0	20	0	3
	Chopped apple (1/2)	1	1/2	38	0	8	2.3	2
	Coconut milk	1	150ml	28	2.2	0	3.5	0
	Natural nut butter	1	1tsp	47		1		1
	MEAL 1 SUBTOTALS:			320	27.2	31	7.8	6
MEAL	Biltong	1	Packet	80	15	2	1	0
	Blueberries	1	150g	86	1	21	0	4
	MEAL 2 SUBTOTALS:			166	16	23	1	4
MEAL	Baked cod fillet	1	140g	115	25	0	1	0
	Cooked rice	1	125g	200	4	38	3	1
	Mixed salad (leaves, tomatoes etc.)							
	MEAL 3 SUBTOTALS:			315	29	38	4	1
MEAL	0% fat greek yoghurt	1	170g	97	17	7	0	0
	Pumkin seeds	1	2 tbsp	112	6	2	10	1
	MEAL 4 SUBTOTALS:			209	23	9	10	1
MEAL	Lean mince beef (5%)	1	125g	163	27	0	5	0
	Canned tomatoes	1	1/2 can	37	2	6	0	1
	Veg (mushrooms, onions etc.)							
	MEAL 5 SUBTOTALS:			200	29	6	5	1
MEAL								
	6	MEAL 6 SUBTOTALS:			0	0	0	0
	DAILY TOTALS:			1210	128	138	33	12

DETAILED CALORIE PLANS

1500 CAL.



1500 CALORIE PLAN V1

	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
MEAL	Eggs	2		147	12.5	1	9.9	0
	Mixed Peppers							
	Multi Seeded Bread	1	Slice	104	2	14	4.5	3.8
			MEAL 1 SUBTOTALS:	251	14.5	15	14.4	3.8
MEAL	Grenade Carb Killa Protein Bar	1		214	23.2	13.5	7.9	6.7
	Unsalted Almonds	10		56	2	1.5	5	1
			MEAL 2 SUBTOTALS:	270	25.2	15	12.9	15.4
MEAL	Chicken Fillet	1	120g	169	37	1	2.5	0
	Mixed Salad w/peppers, onions etc..							
	Olive Oil	1	Tsp	40	0	0	4.5	0
	Cooked Rice	1	125g	200	4	38	3	1
			MEAL 3 SUBTOTALS:	409	41	39	10	1
MEAL	Whey Protein Powder (with water)	1	Scoop	90	20	2	0	0
	Apple	1	Medium	77	0	17	0	2.5
			MEAL 4 SUBTOTALS:	167	20	19	0	2.5
MEAL	Turkey Steak Sweet Potato	1	125g	190	39	0	3.5	0
	Green Veg (as much as you like)	1	Large	162	4	37	0	6
			MEAL 5 SUBTOTALS:	352	43	37	3.5	6
MEAL								
			MEAL 6 SUBTOTALS:	0	0	0	0	0
			DAILY TOTALS:	1449	143.7	125	40.8	28.7

1500 CALORIE PLAN V2

	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
MEAL 1	Whey Protein Powder	1	Scoop	90	20	2	0.2	0.3
	Oats	1	30g	117	5.0	20	0	1.75
	Chopped Apple	1	1/2	38	0	8	2.3	0
	Coconut Milk	1	150ml	28	2.2	0	3.5	0.5
	Natural Peanut Butter	1	1 tsp	47		1		
	MEAL 1 SUBTOTALS:			320	27.2	31	7.8	5.25
MEAL 2	Biltong	1	Packet	80	15	2	1	0
	Banana	1	Medium	110	1	29	0	4
	MEAL 2 SUBTOTALS:			190	16	31	1	4
MEAL 3	Baked Cod Fillet	1	120g	115	25	0	1	0
	Cooked Rice	1	125g	200	4	38	3	0
	Mixed salad (leaves, tomatoes etc.)	1	Tsp					
	Avocado	1	1/2	120	2	6	12	5
	MEAL 3 SUBTOTALS:			435	31	44	16	5
MEAL 4	0% Fat Greek Yoghurt	1	170g	97	17	7	0	0
	Pumpkin Seeds	1	2 tbsp	112	6	2	10	1
	Blueberries	1	150g	86	1	21	0	3.5
	MEAL 4 SUBTOTALS:			295	24	30	10	4.5
MEAL 5	Lean Mince Beef (5%)	1	125g	163	27	0	5	0
	Canned Tomatoes	1	1/2 can	37	2	6	0	1
	Veg (mushrooms, onions etc.)							
	MEAL 5 SUBTOTALS:			200	29	6	5	1
MEAL 6								
	MEAL 6 SUBTOTALS:			0	0	0	0	0
	DAILY TOTALS:			1440	127.2	142	39.8	19.75

DETAILED CALORIE PLANS

1750 CAL.



1750 CALORIE PLAN V1

	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
MEAL	Eggs	2		147	12.5	1	9.9	0
	Mixed Peppers							
	Multi Seeded Bread	2	Slice	208	4	28	9	8
	MEAL 1 SUBTOTALS:			355	16.5	29	18.9	8
MEAL	Grenade Carb Killa Protein Bar	1		214	23.2	13.5	7.9	6.7
	Mandarin Orange	2		74	2	22	0	5
	MEAL 2 SUBTOTALS:			288	25.2	35.5	7.9	11.7
MEAL	Chicken Fillet	1	120g	169	37	1	2.5	0
	Mixed Salad w/peppers, onions etc..							
	Olive Oil	2	Tsp	80	0	0	9	0
	Cooked Rice	1	125g	200	4	38	3	1
	MEAL 3 SUBTOTALS:			449	41	39	14.5	1
MEAL	Whey Protein Powder (with water)	1	Scoop	90	20	2	0	0
	Banana	1	Medium	105	0	27	0	3
	MEAL 4 SUBTOTALS:			195	20	29	0	3
MEAL	Turkey Steak Sweet Potato	1	125g	190	39	0	3.5	0
	Green Veg (as much as you like)	1	Large	162	4	37	0	6
	MEAL 5 SUBTOTALS:			352	43	37	3.5	6
MEAL								
	MEAL 6 SUBTOTALS:			0	0	0	0	0
	DAILY TOTALS:			1639	145.7	169.5	44.8	29.7

1750 CALORIE PLAN V2

	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
MEAL	Whey Protein Powder	1 1/2	Scoop	135	30	4	0.4	0.5
	Oats	1 1 1	50g	188	6.0	34	0	4.0
	Chopped Apple	1	1	76	0	16	2.3	0.5
	Coconut Milk		150ml	28	2.2	0	3.5	
	Natural Peanut Butter		1 tsp	47		1		
		MEAL 1 SUBTOTALS:			474	38.2	55	9.8
MEAL	Biltong	1	Packet	80	15	2	1	0
	Banana	1	Medium	110	1	29	0	4
	MEAL 2 SUBTOTALS:			190	16	31	1	4
MEAL	Baked Cod Fillet	1	120g	115	25	0	1	0
	Mixed salad (leaves, tomatoes etc.)	1						
	Avocado	1	1/2	120	2	6	12	5
	MEAL 3 SUBTOTALS:			235	27	6	13	5
MEAL	0% Fat Greek Yoghurt	1	200g	114	21	8	0	0
	Pumpkin Seeds	1	2 tbsp	112	6	2	10	1
	Blueberries	1	150g	86	1	21	0	3.5
	MEAL 4 SUBTOTALS:			312	28	31	10	4.5
MEAL	Lean Mince Beef (5%)	1	150g	196	33	0	6	0
	Canned Tomatoes	1	1/2 can	37	2	6	0	1
	Veg (mushrooms, onions etc.)							
	Cooked Rice	1	125g	200	4	38	3	0
	MEAL 5 SUBTOTALS:			433	39	44	9	1
MEAL								
	MEAL 6 SUBTOTALS:			0	0	0	0	0
6	DAILY TOTALS:			1644	148.2	167	42.8	24

DETAILED CALORIE PLANS

2000 CAL.



2000 CALORIE PLAN V2

	FOOD ITEM	QTY	SIZE	CALORIES	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
MEAL	Whey Protein Powder	1	Scoop	90	20	2.6	0	0.8
	Oats	1	80g	300	9.6	52.6	6.4	4.0
	Chopped Apple	1	1	76	0.0	16.0	0	0.5
	Coconut Milk	1	150ml	28	2.2	1	2.3	
	Natural Peanut butter	1	1tsp	47			3.5	
	MEAL 1 SUBTOTALS:			541	31.8	72.2	12.2	12.5
MEAL	Biltong	1	Packet	80	50	2	1	0
	Banana	1	Medium	110	1	29	0	4
	MEAL 2 SUBTOTALS:			190	51	31	1	4
MEAL	Baked cod fillet	1	120g	138	30	0	1	
	Mixed salad (leaves, tomatoes etc.)							
	Avocado	1	1	240	4	12	24	10
	MEAL 3 SUBTOTALS:			378	34	12	25	10
MEAL	0% Fat Greek Yoghurt	1	200g	114	21	8	0	0
	Pumpkin Seeds	1	2 tbsp	112	6	2	10	1
	Blueberries	1	150g	86	1	21	0	3.5
	MEAL 4 SUBTOTALS:			312	28	31	10	4.5
MEAL	Lean mince Beef (5%)	1	150g	196	33	0	6	0
	Canned Tomatoes	1	1can	74	4	12	0	2
	Veg (mushrooms, onions etc.)							
	Cooked Rice	1	150g	240	5	45.6	4	0
	MEAL 5 SUBTOTALS:			510	42	57.6	10	2
MEAL								
	6	MEAL 6 SUBTOTALS:			0	0	0	0
	DAILY TOTALS:			1931	186.8	203.8	58.2	33

DETAILED CALORIE PLANS

2250 CAL.



2250 CALORIE PLAN V2

	FOOD ITEM	QTY	SIZE	CALORIE S	PRO [g]	CARB [g]	FAT [g]	FIBRE [g]
MEAL	Whey Protein Powder	1	Scoop	90	20	2.6	0	0.8
	Oats	1	80g	300	9.6	52.6	6.4	4.0
	Chopped Apple	1	1	76	0.0	16.0	0	0.5
	Coconut Milk	1	150ml	28	2.2	1	2.3	
	Natural Peanut butter	1	1tsp	47			3.5	
		MEAL 1 SUBTOTALS:			541	31.8	72.2	12.2
MEAL	Biltong	1	Packet	80	50	2	1	0
	Banana	1	Medium	110	1	29	0	4
	MEAL 2 SUBTOTALS:			190	51	31	1	4
MEAL	Baked cod fillet	1	120g	138	30	0	1	
	Mixed salad (leaves, tomatoes etc.)							
	Avocado	1	1	240	4	12	24	10
	MEAL 3 SUBTOTALS:			378	34	12	25	10
MEAL	0% Fat Greek Yoghurt	1	200g	114	21	8	0	0
	Pumpkin Seeds	1	2 tbsp	112	6	2	10	1
	Blueberries	1	150g	86	1	21	0	3.5
	Honey	1	tbsp	64	0	17	0	0
	MEAL 4 SUBTOTALS:			376	28	48	10	4.5
MEAL	Lean mince Beef (5%)	1	200g	242	40	0	9	0
	Canned Tomatoes	1	1can	74	4	12	0	2
	Veg (mushrooms, onions etc.)							
	Cooked Rice	1	150g	240	5	45.6	4	0
	MEAL 5 SUBTOTALS:			556	49	57.6	13	2
MEAL								
	MEAL 6 SUBTOTALS:			0	0	0	0	0
	DAILY TOTALS:			2041	193.8	220.8	61.2	33

