



SAMPLE MEAL PLAN ≈ 2.300 KCAL

This 2.300 kcal plan is a sample for active people who train regularly and want balanced, steady energy throughout the day. It fits especially well for women and lighter men training 4-5 times per week who need enough carbohydrates for performance, enough protein for recovery, and a moderate amount of healthy fats.

It also works for athletes in a maintenance or base phase, when training isn't too long or intense.

For underfueling, this plan offers a gentle step towards higher energy intake without feeling overly full or heavy. It can be easily increased by adding more snacks in between.

SAMPLE MEAL PLAN: 2.300 KCAL

Macros: 49% carbohydrates | 24% protein | 27% fat

Total: 2.263 kcal | Carbs: 275 g | Protein: 134 g | Fat: 66 g



BREAKFAST



MILLET PORRIDGE W/ GREEK YOGURT & BERRIES

60 g dry millet
200 ml oat milk (unsweetened)
200 g greek yogurt
100 g blueberries
10 g almond butter
2 tsp honey (14 g)

631 kcal
C: 77 g
P: 36 g
F: 18 g

SNACK 1



PROTEIN BAR

1 bar of choice

200 kcal
C: 20 g
P: 20 g
F: 7 g

LUNCH



ASIAN CHICKEN STIR-FRY

120 g chicken breast
1 cup cooked jasmine rice (≈200 g cooked)
150 g mixed veg (broccoli, carrot, peppers)
1 tbsp sesame oil (10 g)
Sauce: 15 g soy sauce + 5 g ginger
+ 5 g honey + garlic

670 kcal
C: 83 g
P: 40 g
F: 20 g

SNACK 2



BANANA OAT MUFFIN + STRAWBERRIES

1 standard-sized muffin
100g strawberries

182 kcal
C: 30 g
P: 5 g
F: 5 g

DINNER



LEAN TOFU BOWL

120 g firm tofu
150 g grilled vegetables
(zucchini, pepper, onion)
60 g quinoa (dry state)
1 tbsp tahini-lemon drizzle (10 g tahini + lemon + water)

580 kcal
C: 68 g
P: 33 g
F: 16 g