



NUTRITION

2-WEEK GUIDE

EAT SMART · FUEL PERFORMANCE · SUSTAIN RESULTS

WHAT'S INSIDE:

- * Macro & Calorie Breakdown
- * Daily Meal Structure Templates
- * High-Protein Food List
- * Pre/Post Workout Nutrition
- * 14-Day Nutrition Habits Checklist



UNDERSTANDING YOUR MACRONUTRIENTS

Nutrition is the foundation of every fitness goal. Without the right fuel, training results are limited. Use these guidelines as your starting point and adjust based on your progress over 14 days.

<p>PROTEIN 4 kcal/g Priority #1</p> <p>Builds and repairs muscle tissue. Most important macro for body composition. 1.6-2.2g per kg bodyweight daily</p>	<p>CARBOHYDRATES 4 kcal/g Priority #2</p> <p>Primary energy source for training. Fuels high-intensity exercise. 3-5g per kg on training days</p>	<p>FATS 9 kcal/g Priority #3</p> <p>Supports hormones, joint health and nutrient absorption. 0.8-1g per kg bodyweight daily</p>
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CALORIE TARGETS BY GOAL

FAT LOSS	Calorie Deficit	300-500 kcal below TDEE	Lose 0.5-1kg per week
MUSCLE GAIN	Calorie Surplus	200-400 kcal above TDEE	Gain 0.25-0.5kg per week
MAINTENANCE	Calorie Balance	Match your TDEE exactly	Recomp: lose fat / build muscle

HOW TO FIND YOUR TDEE:

Search "TDEE Calculator" online. Enter your age, weight, height and activity level. This gives your Total Daily Energy Expenditure - the baseline for all your calorie calculations.





YOUR DAILY MEAL STRUCTURE TEMPLATE

MEAL 1 - BREAKFAST (7-8am)

~500-600 kcal | 40-50g protein

Option A: 4 whole eggs scrambled + 2 slices wholegrain toast + 1 banana

Option B: Greek yoghurt (200g) + oats (80g) + berries + honey + protein powder

Option C: Chicken breast (150g) + 2 eggs + spinach + 2 rice cakes

MEAL 2 - MID-MORNING SNACK (10-11am)

~250-350 kcal | 25-35g protein

Option A: Cottage cheese (200g) + apple + handful of almonds (25g)

Option B: Protein shake (30g whey) + banana + rice cake with peanut butter

Option C: Hard-boiled eggs (3) + cucumber + hummus (50g)

MEAL 3 - LUNCH (1-2pm)

~600-700 kcal | 45-55g protein

Option A: Chicken (200g) + brown rice (150g cooked) + broccoli + olive oil

Option B: Tuna (2 cans) + quinoa (150g cooked) + mixed salad + lemon dressing

Option C: Lean beef mince (200g) + sweet potato + green beans

MEAL 4 - PRE-WORKOUT (4-5pm)

~300-400 kcal | 25-30g protein

Option A: Banana + protein bar or shake (25g protein)

Option B: Rice cakes (3) + peanut butter + whey protein shake

Option C: Oats (60g) + whey protein (25g) + handful raisins

MEAL 5 - POST-WORKOUT / DINNER (7-8pm)

~650-750 kcal | 45-55g protein

Option A: Salmon (200g) + white rice (180g cooked) + asparagus

Option B: Chicken breast (220g) + pasta (160g cooked) + tomato sauce

Option C: Turkey mince (220g) + jacket potato + roasted veg





COACH AYO'S TOP FOODS FOR EVERY GOAL

HIGH-PROTEIN SOURCES

Chicken Breast (100g)

31g protein | 165 kcal

Tuna in Water (100g)

25g protein | 116 kcal

Greek Yoghurt (100g)

10g protein | 97 kcal

Eggs (1 large)

6g protein | 72 kcal

Whey Protein (30g scoop)

24g protein | 120 kcal

Salmon (100g)

25g protein | 208 kcal

Turkey Breast (100g)

29g protein | 135 kcal

Cottage Cheese (100g)

11g protein | 98 kcal

COMPLEX CARBOHYDRATES

Brown Rice (100g dry)

77g carbs | 370 kcal

Oats (100g dry)

60g carbs | 389 kcal

Sweet Potato (100g)

20g carbs | 86 kcal

Quinoa (100g dry)

64g carbs | 368 kcal

Whole Wheat Pasta (100g)

71g carbs | 348 kcal

Banana (1 medium)

27g carbs | 105 kcal

White Rice (100g cooked)

28g carbs | 130 kcal

Lentils (100g cooked)

20g carbs | 116 kcal

HEALTHY FATS & VEGGIES

Avocado (half)

15g fats | 161 kcal

Almonds (30g)

14g fats | 174 kcal

Olive Oil (1 tbsp)

14g fats | 119 kcal

Broccoli (100g)

2g carbs | 34 kcal

Spinach (100g)

1g carbs | 23 kcal

Peanut Butter (30g)

8g protein | 188 kcal

Asparagus (100g)

2g carbs | 20 kcal

Mixed Berries (100g)

12g carbs | 50 kcal

HYDRATION RULE: Drink 35ml of water per kg of bodyweight daily.

Example: 80kg person = 2.8 litres per day minimum. Add 500ml for every hour of exercise.





14-DAY NUTRITION DAILY HABITS CHECKLIST

Print this page and tick off each habit daily. Consistency over perfection is the goal.

Hit your daily protein target (1.6-2.2g per kg bodyweight)

1 2 3 4 5 6 7 8 9 10 11

Stay within your calorie target (+/- 100 kcal)

1 2 3 4 5 6 7 8 9 10 11

Drink your daily water target (35ml x bodyweight in kg)

1 2 3 4 5 6 7 8 9 10 11

Eat at least 3-4 servings of vegetables or fruit

1 2 3 4 5 6 7 8 9 10 11

Include a source of protein in every meal

1 2 3 4 5 6 7 8 9 10 11

Avoid ultra-processed foods and sugary drinks

1 2 3 4 5 6 7 8 9 10 11

Eat slowly and mindfully - no screens during meals

1 2 3 4 5 6 7 8 9 10 11

Take your supplements (creatine, vitamin D, omega-3)

1 2 3 4 5 6 7 8 9 10 11

COACH AYO'S #1 NUTRITION RULE

"Nail your protein and water every single day. Get those two right consistently and everything else falls into place."





FUEL YOUR BODY, TRANSFORM YOUR LIFE

Nutrition is 80% of your results. Take the next step with fully personalised meal plan designed around your life.

NUTRITION COACHING

- Custom macro targets
- Meal plan templates
- Weekly nutrition check-ins

FULL PACKAGE

- Training + Nutrition
- 1-1 coaching calls
- Complete transformation

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