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HIGH PROTEIN MEAL PLAN

(FREE)

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INTRODUCTION

This 4-week high-protein meal plan is designed to show you whether or not this plan will be right for you.

The goal is to fuel muscle growth, improve recovery, and support strength training.

Each day provides a balance of high-quality protein, complex carbohydrates, and healthy fats to maximise muscle hypertrophy alongside your current workout regime, as well as our very own Fenrir Power nutrition work-out plans.



NUTRITION GUIDELINES

- **Protein:**

Aim for 2.0–2.2g of protein per kg of bodyweight daily

- **Carbohydrates:**

Fuel workouts with complex carbs (e.g. oats, potatoes)

- **Fats:**

Support hormone production with healthy fats
(e.g. nuts, seeds, oils)

- **Hydration:**

At least 2–3 litres of water daily

- **Supplements (Optional):**

> Fenrir Power Nutrition Testosterone Booster

> Powdered Monohydrates (5g daily)

> Omega-3, Vitamin D



EXAMPLE DAY

Breakfast:

- 3 scrambled eggs, 2 slices wholemeal toast
- Greek yoghurt (200g) with mixed berries
- 1 banana

Mid-Morning Snack:

- Protein shake (30g protein)
- 10 almonds

Lunch:

- Grilled chicken breast (200g)
- Brown rice (150g cooked)
- Steamed broccoli & carrots

Afternoon Snack:

- Cottage cheese (150g) with pineapple
- 1 oat flapjack

Dinner:

- Lean beef mince (200g) stir-fry with peppers and onions
- Quinoa (100g cooked)
- Side salad with olive oil
- Evening Snack (Optional)
- Casein protein shake or boiled eggs (2)

