



GENESIS
HEALTH + FITNESS

MASTER YOUR NUTRITION

A PRACTICAL GUIDE TO OPTIMISE YOUR NUTRITION



MASTER YOUR NUTRITION

INTRODUCTION

Welcome to YOUR Personal Nutrition Plan, a practical guide to help you optimise your diet and performance. Whether your goal is to gain muscle, lose fat, or increase energy, this eBook is tailored to guide you through every step of your journey.

Nutrition is personal, and one-size-fits-all approaches don't work. By understanding your unique needs, you can align your eating habits with your lifestyle, preferences, and fitness goals. This plan emphasises sustainable habits, balanced macros, and practical tips to make nutrition a seamless part of your life.

DISCLAIMER

This nutrition booklet has been prepared by Health Management Dietitians, who are Accredited Practising Dietitians specifically, for Genesis and is not to be distributed without expressed written consent by Genesis. This booklet is only to be used as a guide and is therefore not designed to replace individualised dietary recommendations. For personalised advice, please see an Accredited Practising Dietitian or General Practitioner.



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GOAL SETTING

SMART GOALS



GOAL SETTING

SMART GOALS

Let's get started on building your personalised plan for success!

Identifying your goal is the first step in creating a successful nutrition plan. Your goal sets the foundation for your energy and macronutrient requirements. Some general goals include:

Muscle gain: Building lean muscle mass

Fat loss: Reducing body fat whilst preserving muscle

Energy boost: Enhancing stamina and vitality for daily activities

Toning: Combining fat loss with muscle maintenance for a defined look

LET'S GET SPECIFIC: Define your goals!

If goal setting is for you, make sure your goals are SMART, meaning that they are:

- **Specific:** What exactly do you want to achieve? (e.g. lose 5kg of body fat)
- **Measurable:** How will you track progress? (e.g. weekly weigh-ins or strength improvements)
- **Achievable:** Is your goal realistic given your current lifestyle?
- **Relevant:** Does it align with your priorities?
- **Time-bound:** What's your timeline? (e.g. in the next 12 weeks)

Example of a SMART goal:

"To lose 5kg of body fat in 4 months, I will focus on strength exercises to support my muscle mass. I will complete strength workouts twice per week and one HIIT workout once per week. I will reduce my consumption of fast food, increase my protein intake and focus on my portion sizes of meals and snacks."

Write down your goal now. This will guide the rest of your plan.



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NUTRITION BASICS

THE FOUNDATIONS



NUTRITION BASICS

THE FOUNDATIONS

MACRONUTRIENTS

The food that we eat is made up of 3 macronutrients – protein, carbohydrates, and fats. The amount of each varies on the type of food. These 3 macronutrients are needed in large amounts in our diet in order to perform bodily functions, hence the prefix 'macro-'. These nutrients provide energy in the form of 'kilojoules' or 'calories'. There are a few exceptions to this where substances such as alcohol also provides our body with energy, but isn't considered a nutrient because it doesn't support growth, maintenance, or repair of the body. The distinct difference between 'macro-' and 'micro-' nutrients are that micronutrients are not worth calories, however they are still essential for human function.

PROTEIN

Protein is often called the body's 'building blocks'. This macronutrient is essential for the building and repair of your body's tissues, with the most well-known being muscle. Protein is also used in hormone and enzyme production, helps you fight infections and can also be used as an energy source. Foods high in protein include all red meat, poultry, seafood, eggs and dairy products. For those following a plant-based diet, legumes, soy products, nuts and seeds are also rich in protein.

CARBOHYDRATES

Carbohydrates are one of the most essential macronutrients for a healthy body and proper functioning. They are the body's number one source of energy and form the 'bulk' of our diet. They serve a fundamental purpose in fuelling brain and muscle function.



NUTRITION BASICS

THE FOUNDATIONS

Following a low-carbohydrate diet (such as the 'keto' diet) can often leave people feeling fatigued, drained and lethargic, and is therefore not something that we promote. The best form of carbohydrates to consume are those that are termed 'Low GI' (where 'GI' refers to Glycaemic Index.) These foods are digested more slowly, have less of a spike on our blood sugar levels and are released at a steadier rate in our body. The best sources of Low GI carbohydrates include fresh fruit, sweet potato, pumpkin, whole grains such as rolled oats, brown rice, and quinoa, dairy products, legumes and lentils.

One other important reason to consume carbohydrates is that many of these foods are also high in fibre. Fibre is the 'indigestible parts of plant foods' and it is the nutrient that keeps our digestive tract healthy and our bowel movements regular. Fibre also helps you feel fuller for longer, can improve cholesterol and blood sugar levels, and has been linked with preventing some chronic diseases such as diabetes, heart disease and bowel cancer.



NUTRITION BASICS

THE FOUNDATIONS

FATS

There are several different types of fats, and research suggests that some forms of fat are better for us than others. When we are talking about good fats, these are the mono- and poly-unsaturated fats. These are the foods that have been linked with decreased cholesterol levels and a reduced risk of heart disease. Good sources of healthy fats include oily fish, avocado, nuts, seeds and extra virgin olive oil. In terms of the 'not so good' fats, you would have heard of saturated and trans fats. These fats in large amounts have been link to an increased risk of heart disease, high blood cholesterol levels and poor health outcomes. While on the odd occasion they are harmless, for a healthy lifestyle approach we recommend removing the fat from your meat, avoiding highly processed, take-away and deep fried foods, and full-fat dairy products.

MICRONUTRIENTS

Micronutrients, which include vitamins and minerals, are vital to healthy development, disease prevention, and wellbeing. With the exception of vitamin D, micronutrients are not produced in the body and so must be derived from the diet. This is why they are classed as *essential* nutrients. Although we only need small amounts of micronutrients, consuming the recommended amount of each is important.

Each of the micronutrients have different recommended amounts (i.e. recommended dietary intake), however an individual's specific requirement varies across the lifespan and depends on health status. Micronutrient deficiencies can have devastating consequences.

Examples of vital functions that vitamins and minerals are involved in include brain function, metabolism, the immune system, cognitive development, bone formation, cell generation and energy production. Vitamins and minerals are found in all 5 food groups (i.e. fruits, vegetables and legumes/beans, grains, dairy, meat, poultry, fish eggs, nuts and seeds).





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ESTIMATING

ENERGY REQUIREMENTS

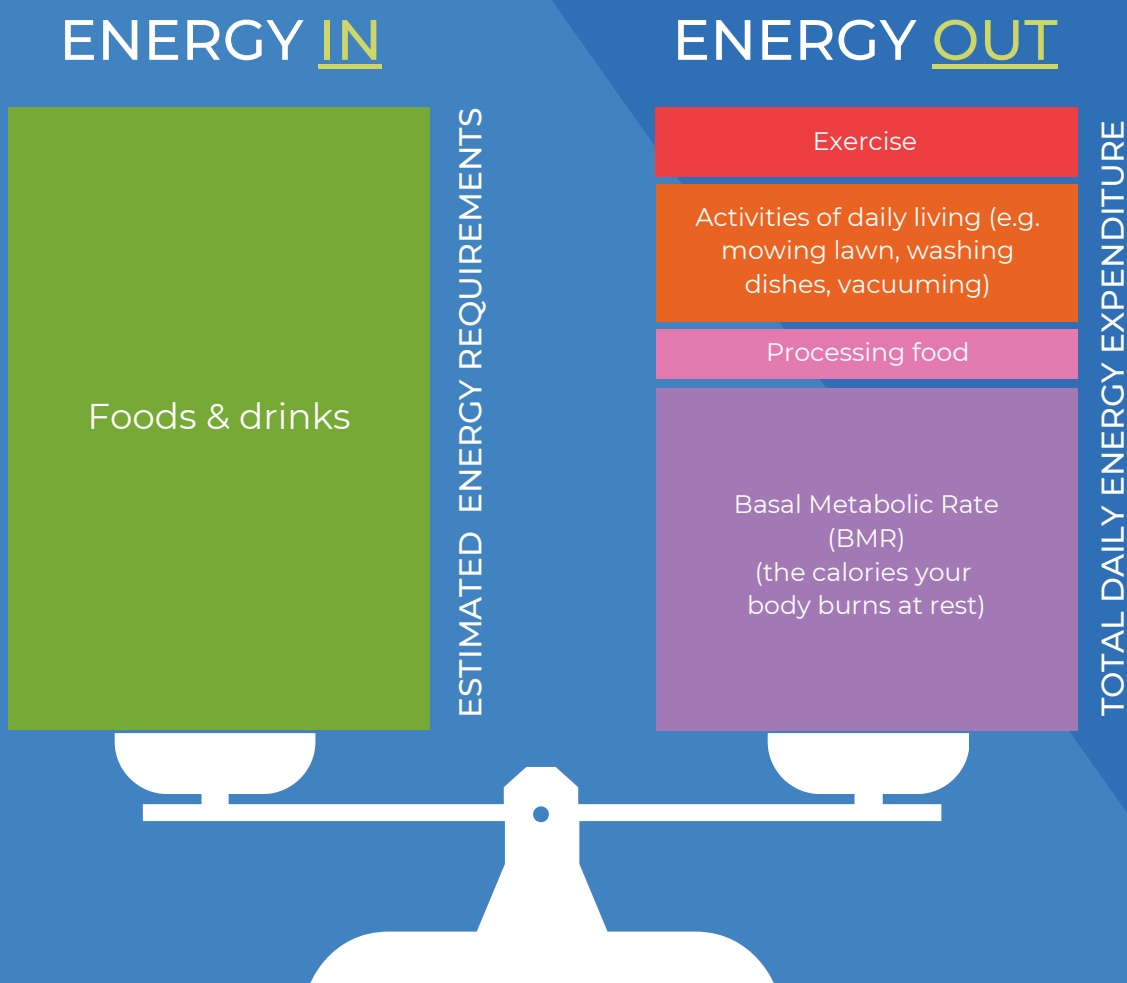


ESTIMATING ENERGY REQUIREMENTS

Your specific goals play a key role in shaping your nutritional needs, as the focus can vary significantly depending on what you're trying to achieve. For example, if your goal is to lose body fat you will need to be in an 'energy deficit', or eating less calories than your body needs to maintain your current weight. You could otherwise think of this as "there is more energy going out than coming in". If you are wanting to gain muscle, will need to be in an 'energy surplus' or eating more calories than your body needs to maintain your current weight. You could otherwise think of this as "there is more energy coming in than going out".

ENERGY BALANCE

Energy balance refers to the comparison between ENERGY IN (the number of calories consumed through eating and drinking) versus ENERGY OUT (the number of calories burnt through movement and bodily functions). A balance of energy in and energy out leads to a stabilisation in weight. Emphasis on either one can lead to the balance 'tipping' and favouring either weight gain or weight loss.



ESTIMATING ENERGY REQUIREMENTS

To begin estimating your nutrition requirements, you need to factor in the number of calories coming from both sides of the scale. The easy part is estimating how many calories are coming in. The difficult part is knowing roughly how many calories are going out.

TOTAL DAILY ENERGY EXPENDITURE

One helpful way to understand this is by estimating your Total Daily Energy Expenditure or TDEE. Your TDEE is simply the sum of your energy out (exercise + activities of daily living + processing food + basal metabolic rate). Essentially, you can think of TDEE as your maintenance calories. So if you are seeking to maintain your weight, you will consume the equivalent of this through foods and drinks each day.

TDEE is calculated by multiplying two factors together:

Basal Metabolic Rate (BMR): the minimum amount of calories that your body needs to perform necessary functions (e.g. pumping blood through your body).

Activity Level (AL): a number used to express a person's daily physical activity levels

And so the equation is as follows: $TDEE = BMR \times AL$

But how do we know what our BMR is?

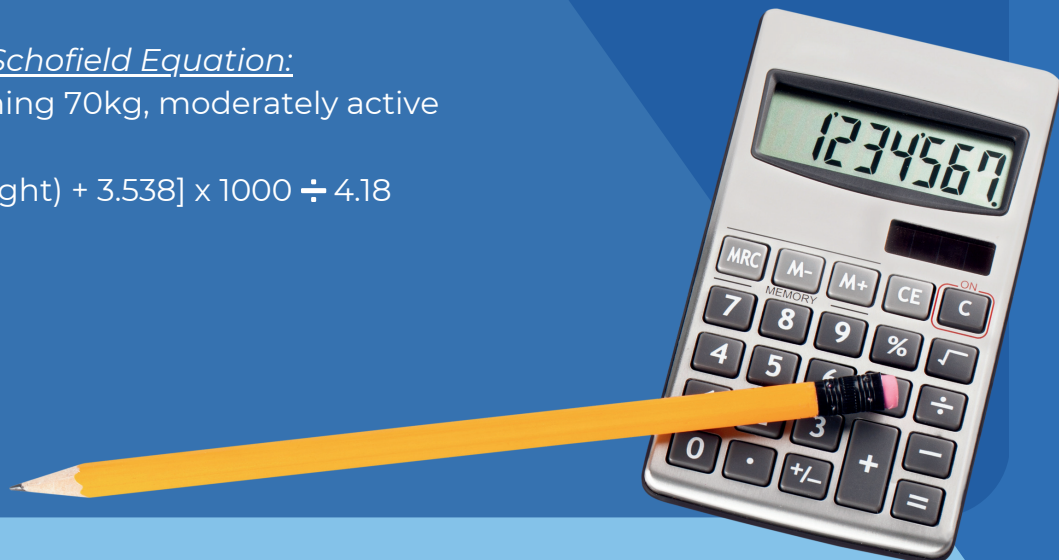
Your energy needs depend on your goal and activity level. To calculate your BMR requirements, you can use **Evolt Body Scan** at your local Genesis gym OR follow the equation applicable to your age and gender on the next page.

Example working using Schofield Equation:

45 year old female, weighing 70kg, moderately active

$$\begin{aligned} BMR &= [(0.034 \times \text{body weight}) + 3.538] \times 1000 \div 4.18 \\ &= 1415.8\text{cal} \end{aligned}$$

$$\begin{aligned} TDEE &= BMR \times AL \\ &= 1416\text{cal} \times 1.55 \\ &= 2194\text{cal} \\ &\sim 2200\text{cal} \end{aligned}$$



ESTIMATING ENERGY REQUIREMENTS

CALCULATING YOUR BASAL METABOLIC RATE Using Schofield Equation

SEX	AGE (YEARS)	EQUATION
Males	10-18	$[(0.074 \times \text{body weight}) + 2.754] \times 1000 \div 4.18$
	18-30	$[(0.063 \times \text{body weight}) + 2.896] \times 1000 \div 4.18$
	30-60	$[(0.048 \times \text{body weight}) + 3.653] \times 1000 \div 4.18$
	>60	$[(0.049 \times \text{body weight}) + 2.459] \times 1000 \div 4.18$
Females	10-18	$[(0.056 \times \text{body weight}) + 2.898] \times 1000 \div 4.18$
	18-30	$[(0.062 \times \text{body weight}) + 2.036] \times 1000 \div 4.18$
	30-60	$[(0.034 \times \text{body weight}) + 3.538] \times 1000 \div 4.18$
	>60	$[(0.038 \times \text{body weight}) + 2.755] \times 1000 \div 4.18$

DETERMINING YOUR ACTIVITY LEVEL

<p>SEDENTARY Little to no physical activity (e.g. desk job with minimal steps <5,000/day)</p>	1.2
<p>LIGHTLY ACTIVE Light daily activity or exercise 1-3 days per week (e.g. walking 5,000-7,000 steps/day or light yoga class)</p>	1.375
<p>MODERATELY ACTIVE Moderate exercise or activity 3-5 days per week (e.g. 1hr gym class (HIIT or weights) or 8,000-10,000 steps/day)</p>	1.55
<p>VERY ACTIVE Hard exercise or physically demanding work 6-7 days per week (e.g. 1hr weight training plus 1hr HIIT plus >12,000 steps/day)</p>	1.725

ESTIMATING ENERGY REQUIREMENTS

YOUR TURN!

Use this space to calculate your energy requirements for your goals





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MASTER YOUR MACROS

NUTRIENT REQUIREMENTS



MASTER YOUR MACROS

NUTRIENT REQUIREMENTS

ACCEPTABLE MACRONUTRIENT DISTRIBUTION RANGE (AMDR)

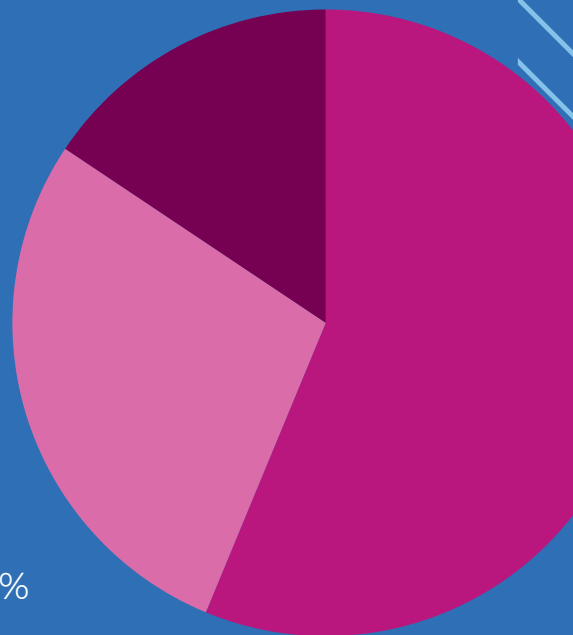
The AMDR provides guidelines on how much of each macronutrient should make up your total calorie intake to ensure optimal health.

Carbohydrates: 45–65% total calories

Protein: 10–35% total calories (optimal 15–30%)

Fat: 20–30% total calories

CARBOHYDRATES 45-65%
FATS 20-30%
PROTEIN 10-35%



THE IMPORTANCE OF PROTEIN

Protein is particularly important when in a calorie deficit. Here's why:

- **Satiety:** Protein keeps you feeling fuller for longer, helping with appetite control
- **Thermogenesis:** Protein digestion burns more calories compared to carbohydrate and fats
- **Muscle sparing:** Prevents muscle breakdown during calorie deficits



MASTER YOUR MACROS

NUTRIENT REQUIREMENTS

In order to make sense of the percentage of calories coming from each macronutrient, we need to convert them to grams. This is also helpful when tracking your intake as calorie counting apps will also often ask for the 'macronutrient breakdown' of your nutrient requirements in grams.

Firstly we need to understand the energy value of each macronutrient, per gram.

CARBOHYDRATES

1 gram of carbohydrates is equal to 4 calories

PROTEIN

1 gram of protein is equal to 4 calories

FATS

1 gram of fats is equal to 9 calories

And so, the equation for converting macronutrients to grams is as follows:

$$\frac{\text{Number of total calories}}{\text{Number of calories per 1 g of macronutrient}} \times \% \text{ of calories from that macronutrient}$$

EXAMPLE:

For example, let's say someone is on 2000 calories per day and they want to find out how many grams of protein they should be aiming for, for muscle building. We know that approximately 20-25% of their calorie intake should be comprised of protein.

The equation is as follows:

$(2000 \text{ calories} \div 4 \text{ calories}) \times 20\text{-}25\% = 100\text{-}125\text{g per day}$



MASTER YOUR MACROS

NUTRIENT REQUIREMENTS

WEIGHT/FAT LOSS

For fat loss, aim for a **20% calorie deficit** and increase protein intake to preserve muscle.

Ideal macro split:

30% protein
45% carbohydrates
25% fat

EXAMPLE CALCULATION:

70kg individual at 1800cal/day
Protein: 30% = 540cal (~135g)
Carbs: 45% = 810cal (~200g)
Fat: 25% = 450cal (~50g)

MUSCLE GAIN

Increase energy intake by **~10–20%** (e.g. 2800–3000cal/day) and spread protein across meals and snacks.

Aim for:

10-15g of protein in snacks and 30-40g of protein in meals for most people)

EXAMPLE CALCULATION:

70kg individual at 2400cal/day
Protein: 20% = 480cal (~120g)
Carbs: 55% = 1320cal (~330g)
Fat: 25% = 600cal (~67g)



MASTER YOUR MACROS

NUTRIENT REQUIREMENTS

YOUR TURN

Maintenance calories:

Calorie target:

MACRO SPLIT:

Protein _____

Carbohydrates _____

Fats _____





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KEY CONSIDERATIONS

FOR YOUR NUTRITION



KEY CONSIDERATIONS FOR YOUR NUTRITION

Portion controlled intake and a spread of macronutrients will lead to your best results. Here are some examples of how to spread your energy intake over the day. Refer to the meal plan in the appendix.

MEAL TIME	1500cal/day	1800cal/day	2000cal/day	2400cal/day
BREAKFAST	350	400	400	500
MORNING TEA	200	250	300	350
LUNCH	350	400	500	600
AFTERNOON TEA	200	250	300	350
DINNER	400	500	500	600

KEY NUTRITION CONSIDERATIONS:

- Plan your weekly workouts and plot your meals and snacks around them
- Plan your recovery meal or snack within 60 minutes of your workout
- Aim to eat approximately every 3 hours (set alarms if needed)
- Try your best not to snack between planned meals / snacks.
- Don't drink your calories, focus on eating your nourishing meals and snacks as planned



KEY CONSIDERATIONS FOR YOUR NUTRITION

EARLY MORNING WORKOUT CONSIDERATIONS

To eat or not to eat...

- If your workout is under 90 minutes: No need to eat beforehand unless you feel low in energy, hungry or are trying to increase your energy intake.
- For workouts longer than 90 minutes: Try to eat a 20g carbohydrate snack (e.g. a banana or a slice of toast) 30–60 minutes before.

POST WORKOUT CONSIDERATIONS

After a workout, your body needs the right nutrients and hydration to recover, repair, refuel and rehydrate. Recovery snacks play a vital role in:

- **Replenishing energy:** Exercise depletes glycogen stores (your muscles' fuel), which carbohydrates help to restore.
- **Repairing muscles:** Protein provides the building blocks (amino acids) to repair and rebuild muscle tissue.
- **Rehydrating:** Adequate hydration helps to transport nutrients to muscles and remove metabolic waste, aiding faster recovery.
- **Optimising recovery:** Eating within 1 hour post-workout improves recovery efficiency and prepares you for your next session.



ROLE OF PROTEIN, CARBOHYDRATES & FLUIDS IN RECOVERY

1

Protein: Stimulates muscle repair and growth. Aim for 15–25g of protein in your recovery snack

2

Carbohydrates: Restore glycogen levels for energy

3

Fluids & Electrolytes: Rehydrate by drinking approx. 500ml of water for every 30mins of exercise

KEY CONSIDERATIONS FOR YOUR NUTRITION

RECOVERY SNACK IDEAS:

- **Greek Yoghurt & Berries:**
1 cup Greek yoghurt with $\frac{1}{2}$ cup mixed berries
- **Protein Shake & Banana:**
1 scoop of Whey Protein Isolate made on milk and a banana
- **Hummus or Cottage Cheese & Crackers:**
1 tbsp hummus or $\frac{1}{4}$ cup cottage cheese with 4 whole-grain crackers
- **Eggs & Toast:**
1 boiled egg on 1 slice of whole-grain toast
- **Up and Go Protein Energizer popper**

Combining protein and carbohydrates in a recovery snack will give your body what it needs to recover efficiently, feel energised, and perform at its best for future workouts.



HYDRATION ESSENTIALS

Daily fluid needs range between 35–45ml/kg, and includes fluids in addition to water (e.g. tea, coffee, juice).

As a general guide, aim for at least 2L of water per day, plus an additional 500ml for every 30min of exercise you complete.

For optimal hydration, replace about 1.5 times the fluid lost during exercise.

To estimate fluid loss, weigh yourself before and after exercise - each kilogram of weight lost roughly equals 1L fluid. Monitor hydration by checking your urine colour, aiming for a pale or straw-like hue.

HOT TIP: Keep a bottle or large glass of water by your bed and start your day with 500ml water as you wake up!





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LABEL READING TIPS

AND RECOMMENDED APPS



LABEL READING TIPS

THE NUTRITION INFORMATION PANEL

When searching for healthy food products in the supermarkets it can be very overwhelming to know what to look out for. Knowing how to read the nutrition information panel or ingredients list and understanding what certain claims mean are very useful skills in helping us to decide how to choose one product over another.

THE NUTRITION INFORMATION PANEL

When comparing nutrients in similar food products, use the per 100g column (except when looking at kilojoules/calories). If calculating how much of a nutrient or how many calories you will actually eat, use the per serve column. But make sure to check whether your portion size is the same as the serve size.

Serving Size per package: 3 Serving Size: 150g			ENERGY
	Per serve	Per 100g	<600kJ per serve for a 'sometimes' food
Energy	875kJ	571kJ	TOTAL FAT
Protein	22.1g	14.7g	<10g per 100g Exception: Milk and yoghurt <2g per 100g
Fat	10.7g	7.1g	SATURATED FAT
Saturated Fat	1.8g	1.2g	<2-3g per 100g Exception: cooking oil, nuts, seeds
Carbohydrates	1.8g	1.2g	SUGAR
Sugars	<1g	<1g	<15g per 100g Exception: <15g for breakfast cereals and <20g for products with fruit listed in the first three ingredients
Fibre	7.2g	4.8g	FIBRE
Sodium	10mg	7mg	>5g per 100g for breads/cereals/grains
			SODIUM
			<120mg per 100g is ideal <400mg per 100g okay

LABEL READING TIPS

THE INGREDIENTS LIST

THE INGREDIENTS LIST

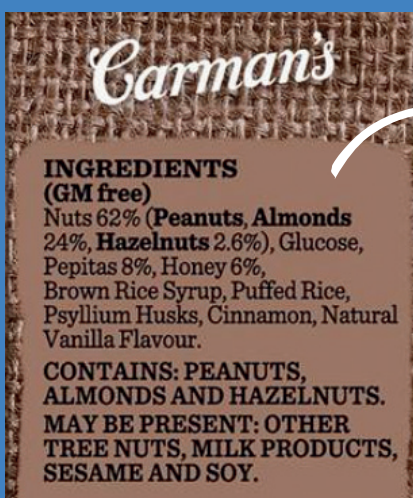
Ingredients are listed in order from greatest to smallest, by weight. This means that if 'nuts', for example were listed near the start of the list, the product contains a greater proportion of this ingredient. If fat, sugar, or salt are one of the first three ingredients listed, try and find a healthier alternative.

Be mindful of ingredients that have other names, such as fat, sugar, and salt. Synonymous names to these nutrients include:

FAT: animal fat/oil, beef fat, butter, cream, coconut, coconut oil/milk/cream, margarine, milk solids, palm oil, vegetable oil, shortening, full cream milk powder, cocoa butter, chocolate, copha, lard, ghee, dripping.

SUGAR: fruit juice concentrate, corn syrup, dextrose, fructose, glucose, golden syrup, maltose, mannitol, xylitol, maltodextrin, sucrose, raw sugar, cane sugar, brown sugar, honey, agave nectar, blackstrap molasses, rice syrup, rice malt, barley malt, invert sugar, starch hydrolysate.

SALT: sodium, baking powder, celery salt, garlic salt, mineral salts, monosodium glutamate (MSG), rock salt, sodium bicarbonate, onion salt, chicken salt, meat extract, yeast extract, sea salt.



LABEL READING TIPS

COMMON NUTRITION CLAIMS

COMMON NUTRITION CLAIMS

Nutrition claims are voluntary statements on food labels. Claims can be helpful when taking a quick glance at a product, to decide whether one product is more ideal over another. These claims need to meet certain criteria in order to be displayed. Food manufacturers can be tricky with the wording of these claims so read carefully. Some common examples include:

'Sugar free', 'sugarless', 'no sugar', 'diet' or 'zero sugar'

MEANING: One serving of the product contains <0.5g sugar, both natural and added. There have likely been natural or artificial sweeteners added to make up for sweetness lost through sugar.

'No added sugar' or 'without added sugar'

MEANING: this claim should not be confused for 'no sugar', as it only means that there has been no additional sugar added during food production. Know that the product could still be high in natural sugar. For example, some fruit juices are 100% juice without concentrates or additional sugar but remain high in sugar. Be sure to check the nutrition information panel.

'Good source of protein'

MEANING: the product must contain at least 10g protein per serve.

'Reduced salt/sodium'

MEANING: The product contains at least 25% less sodium than in the same amount of the original product, of the same brand. Be sure to check for excess fat or sugar that may be added to account for flavour loss through salt.

'Low fat'

MEANING: The product contains <1.5g fat per 100mL for liquid food or <3g fat per 100g for solid food.



LABEL READING TIPS

COMMON SYMBOLS AND LOGOS

COMMON PRODUCT SYMBOLS

THE HEALTH STAR RATING

The health star rating is a voluntary system which allows manufacturers to assign ratings based on the health status of packaged foods and beverages (i.e. the more stars, the healthier the product). This can provide a general guide as to whether one product should be favoured over another, however this system has its limitations.

Here are some things to consider:

- Products are only rated against products within the same category (e.g. you'll want to compare one breakfast cereal with another breakfast cereal)
- This system is only based off 100g of a product so bear in mind what one serve may look like for you
- This system only displays energy, saturated fat, sugars, sodium and fibre, meaning that the entire nutrient composition is not considered. For a more accurate analysis, use the nutrition information panel - put those skills to the test!
- It favours processed/packaged foods, so keep in mind that fresh unpackaged foods such as fruit and vegetables won't have a Health Star Rating on them but will always be a 5 star food



Symbols or logos are used for easy identification of products which have been approved by a regulatory agency for a particular health reason

OTHER COMMON LOGOS

LOW GLYCAEMIC INDEX
Helpful for people with diabetes



LOW FODMAP
Helpful for people with IBS following a Low FODMAP diet



GLUTEN FREE
Helpful for people with Coeliac Disease or gluten intolerance



HEART FOUNDATION
TICK
Helpful for people following a heart healthy diet



RECOMMENDED APPS TO SUPPORT YOUR JOURNEY

‘Calorie counting and food tracking apps are designed to help you reach your health goals—whether it’s weight loss, muscle gain, or mindful eating. With tools like barcode scanners, food databases, and progress trackers, these apps make it easy to monitor your intake, plan meals, and adjust portion sizes to meet your needs.

By combining label-reading skills with these tools, you can confidently choose foods that align with your macronutrient targets, avoid added sugars and trans fats, and make informed decisions tailored to your wellness journey. Here are some user-friendly apps:

MYFITNESSPAL

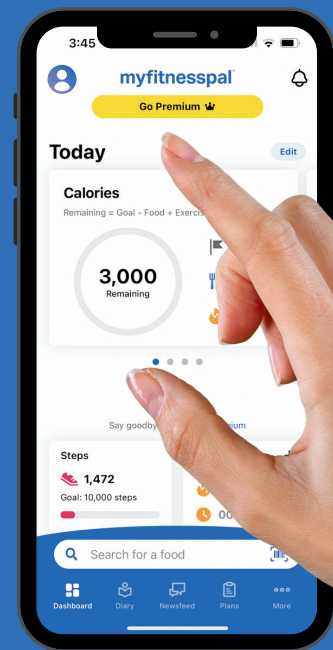
A widely popular app for tracking calories, macronutrients, and overall nutrition. With an extensive food database, barcode scanning, and personalised goal-setting, it’s a powerful tool to help you achieve your health and fitness targets.

FOODSWITCH

An innovative app designed to help you make healthier food choices. Simply scan a product’s barcode, and the app will display healthier alternatives based on key nutritional information like fat, sugar, and salt content. Ideal for anyone looking to improve their diet while grocery shopping.

EASY DIET DIARY

A user-friendly, free app that simplifies food and drink logging with its quick barcode scanner feature. It offers a detailed breakdown of calories and macronutrients, making it effortless to monitor your daily intake and stay on top of your diet goals.



MyFitnessPal



FoodSwitch



Easy Diet Diary



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'CHEAT' SHEETS

TO HELP NAIL YOUR NUTRITION



'CHEAT' SHEETS TO SUPPORT YOUR JOURNEY

Here are some handy cheats sheet to simplify your planning. Use these lists to help meet your macronutrient and energy needs easily.

20g Protein Snack Ideas with approx. Calories

- 170g Greek Yoghurt (e.g. Chobani, Yopro) - 120cal
- 150g Cottage Cheese (e.g. Bulla, Dairy Farmers) - 130cal
- 1 Protein Bar (e.g. Quest, Musashi, Clif) - 200–250cal
- 1 scoop Protein Powder (e.g. Optimum Nutrition, True Protein) - 120cal
- 3 Boiled Eggs - 210cal
- 1 small tin (95g) Tinned Tuna (e.g. Sirena, John West) - 150cal
- 50g Beef Jerky (e.g. Jack Link's) - 150cal
- 1 cup (120g) Edamame Beans - 190cal



20g Carbohydrate Portions with approx. Calories

- 1 medium Banana or large Apple - 100cal
- 1/3 cup cooked Rice - 85cal
- 1/2 cup mashed Sweet Potato - 125cal
- 1/3 cup raw Rolled Oats - 135cal
- 1 slice Bread (wholegrain) - 80cal
- 1/2 cup cooked Quinoa - 110cal
- 2 thick Rice Cakes (e.g. Sunrice) - 100cal
- 1 English Muffin (e.g. Tip Top) - 135cal



'CHEAT' SHEETS

TO SUPPORT YOUR JOURNEY

40g Protein Meal Examples with approx. Calories

Grilled Chicken Salad:

- 150g chicken breast (40g protein): 250cal
- Mixed greens, avocado, and dressing: 150cal
- Total: 400cal

Salmon with Quinoa:

- 150g salmon (38g protein): 275cal
- ½ cup quinoa (4g protein): 110cal
- Steamed veggies: 50cal
- Total: 435cal

Beef Stir-Fry:

- 120g lean beef (32g protein): 200cal
- 50g tofu (8g protein): 70cal
- Stir-fry veggies, ½ cup rice or noodles: 200cal
- Total: 470cal

High-Protein Omelette:

- 3 eggs (18g protein): 210cal
- 100g cottage cheese (12g protein): 130cal
- 50g turkey (10g protein): 50cal
- Total: 390cal

Protein Pasta Bowl:

- 1 cup high-protein pasta (14g protein): 200cal
- 100g ground turkey (26g protein): 150cal
- Total: 350cal

Lentil Curry:

- 1 cup cooked lentils (18g protein): 230cal
- ½ cup chickpeas (7g protein): 120cal
- Total: 350cal

Protein Smoothie:

- 1 scoop protein powder (25g protein): 120cal
- ½ cup Greek yoghurt (10g protein): 60cal
- 1 cup milk (8g protein): 100cal
- Total: 280cal

Tuna Wrap:

- 120g canned tuna (30g protein): 120cal
- 1 slice low-fat cheese (7g protein): 50cal
- Wholegrain wrap: 150cal
- Total: 320cal

Tofu Bowl:

- 200g tofu (22g protein): 180cal
- ½ cup edamame (9g protein): 95cal
- Quinoa: 110cal
- Total: 385cal



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FREQUENTLY ASKED

QUESTIONS



FREQUENTLY ASKED QUESTIONS

1. *Should I adjust my macros on rest days?*

- Yes, slightly reduce carbohydrate intake since energy expenditure is lower. However, keep protein intake consistent to aid recovery and muscle maintenance.

2. *Should I use protein supplements?*

- Protein powders are helpful for convenience but aren't mandatory if you meet your protein requirements with whole foods. Always prioritise food first.
- Benefits: help you build and maintain muscle, support recovery and increase satiety.

3. *What's the difference between protein isolate and concentrate?*

- Whey protein isolate: Higher protein content (90%+), lower in carbohydrates and fat. Great for weight loss or lactose-sensitive individuals.
- Whey protein concentrate: More affordable, with slightly lower protein content (~70-80%) and more carbohydrates and fats.

4. *Are BCAAs (branched-chain amino acids) necessary?*

- Not if you're consuming enough protein through food or supplements. BCAAs are already present in protein-rich foods and protein powders.

5. *What is creatine, and should I take it?*

- Creatine is a compound naturally found in muscle cells, and also ingested through the diet, primarily from meat & fish. Creatine provides energy to support short, maximal intensity exercise.
- Benefits: Increases muscle strength, endurance and size, supports recovery and brain health.
- How to take it: 3-5g/day with liquid (i.e. protein shake or yoghurt) Note: it takes 20 days to load muscles with creatine.
- Side effects: Temporary water retention in muscles, approximately 1-2kg.

6. *Is caffeine helpful for workouts?*

- How it works: Boosts focus, endurance, and energy by stimulating the central nervous system.
- Recommended dose: 1.5-3mg/kg body weight, 30-60 minutes before exercise e.g., a cup of coffee (80-280mg Caffeine) or pre-workout supplement (91-387mg caffeine).
- Cautions: Avoid taking it too late in the day to prevent sleep disruption.



GENESIS
HEALTH + FITNESS

MEAL PLANS

& ESSENTIAL TEMPLATES



MEAL PLANS SUITED TO YOU

The following pages contain a series of meal plans tailored to specific calorie and macronutrient targets. You may choose to either:

A. Select one of the meal plans which align with your health goal (i.e. body fat loss or muscle gain) and approximate nutrient targets (i.e. calories, macronutrients).

OR

B. Create your own meal plan. You may choose to use the meal, snack and smoothie recipes provided to build the plan. Additionally, you may add in some of your own recipes or meal/snack/drink ideas.

Which ever you choose, you will need to calculate your individual calorie and macronutrient targets prior.

DISCLAIMER:

If you choose to select one of the meal plans provided, know that these act as a guide only and are not individualised. A reminder that as humans we all have our own unique physiological make-up, genetic predispositions, lifestyles, activity levels and mental and physical conditions, and so it is impossible to capture this through generalised meal plans. For personalised advice it is best to book in to see an Accredited Practising Dietitian.



BODY FAT LOSS

1500 CALORIE MEAL PLAN

BREAKFAST



Banana Orange Smoothie
(see smoothie recipes)

MORNING TEA



Boiled Egg
(see snacks)

LUNCH



Wholemeal Chicken Wrap
120g cooked chicken breast
1 slice cheddar cheese
1 wholemeal wrap
1 handful mixed salad leaves
1 tbsp sauce of choice

AFTERNOON TEA



Medjool Dates with
Almond Butter
(see snacks)

DINNER



Baked Parmesan, Crusted Fish
with Roast Vegetables
(see main meal recipes)

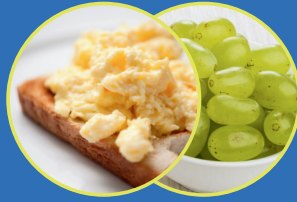
plus 80g cooked basmati rice

Calories: 1505cal | Carbohydrates: 40% | Fats: 35% | Protein: 28%

BODY FAT LOSS

1800 CALORIE MEAL PLAN

BREAKFAST



Scrambled Eggs
2 eggs, scrambled
2 slices multigrain toast

plus 1/2 cup grapes

MORNING TEA



Yoghurt & Granola
(see snacks)

LUNCH



Tuna Salad
66g tuna in oil
75g 4 bean mix, canned
2 cups mixed salad leaves
Tomato, cucumber, onion slices

AFTERNOON TEA



Rice Cakes with Banana
(see snacks)

DINNER



Chicken Fajitas
(see main meal recipes)

Calories: 1796cal | Carbohydrates: 41% | Fats: 36% | Protein: 23%

BODY FAT LOSS

2000 CALORIE MEAL PLAN

BREAKFAST



Kiwi Coconut Smoothie
(see smoothie recipes)

plus 1 banana

MORNING TEA



2 serves of Cheese
& Crackers
(see snacks)

LUNCH



Thai Beef Salad
(see main meal recipes)

AFTERNOON TEA



Apple Slices & Almond Butter
(see snacks)

DINNER



Healthy Chicken Alfredo
(see main meal recipes)

Calories: 1999cal | Carbohydrates: 33% | Fats: 41% | Protein: 26%

MUSCLE GAIN

1600 CALORIE MEAL PLAN

BREAKFAST



Banana Orange Smoothie
(see smoothie recipes)

MORNING TEA



Cottage Cheese & Cucumber
Slices
(see snacks)

LUNCH



Sweet Potato and Chickpea
Burger
(see main meal recipes)

AFTERNOON TEA



Yoghurt & Granola
(see snacks)

plus 1/2 cup mixed berries

DINNER



Chicken & Vegetable Stir Fry
(see main meal recipes)

Calories: 1615cal | Carbohydrates: 53% | Fats: 26% | Protein: 21%

MUSCLE GAIN

2000 CALORIE MEAL PLAN

BREAKFAST



Porridge

1 cup cooked oats
made with 1 cup low fat milk
1 tsp honey
1/4 tsp cinnamon

MORNING TEA



Kiwi Coconut Smoothie *(see smoothie recipes)*

plus Popcorn
(see snacks)

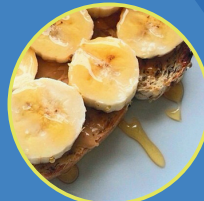
LUNCH



Chicken Caesar Salad *(see main meal recipes)*

plus an extra 25g croutons

AFTERNOON TEA



Banana & Honey on Toast

2 slices multigrain bread, toasted
1 banana, chopped
2 tsp honey

DINNER



Classic Tuna Bake

(see main meal recipes)

Calories: 1969cal | Carbohydrates: 51% | Fats: 27% | Protein: 22%

MUSCLE GAIN

2500 CALORIE MEAL PLAN

BREAKFAST



Chocolate Avocado Smoothie
(see smoothie recipes)

plus add 1 serve of Whey Protein Isolate

MORNING TEA



2 serves of Corn Chips & Salsa
(see snacks)

LUNCH



Roast Beef Roll

1 bread roll
3 slices roast beef
40g reduced fat cheese
1 slice pineapple
Lettuce and tomato slices

AFTERNOON TEA



Mango & Yoghurt

100g reduced fat yoghurt
1/2 cup chopped mango

plus Toast with Jam

1 slice multigrain bread, toasted
1 tbsp jam

DINNER



Beef & Mushroom Stroganoff

(see main meal recipes)

Calories: 2533cal | Carbohydrates: 50% | Fats: 28% | Protein: 22%

CALORIE MEAL PLAN

BREAKFAST

MORNING TEA

LUNCH

AFTERNOON TEA

DINNER

EXERCISE

Calories: _____ cal | Carbohydrates: _____ | Fats: _____ | Protein: _____

FOOD DIARY

Day/Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Morning Tea							
Lunch							
Afternoon Tea							
Dinner							
Supper							
Exercise							
Comments							