

BCA Meal Plan

Breakaway Coaching and Analytics



Type
Pre-Workout

Meal
Banana Spinach Smoothie

Weight Management Chart and Recommended Serving

Weight Maintenance	Weight Loss	Weight Gain
Ideal	Ideal	Less Ideal

Appropriate for Workout/Rest Day

Training = < 3 hrs < Z2	Training = 3.5 > hrs < Z2	Intensity = < 90 mins Z3 >	Intensity = 2 > hrs Z3 >	Rest Day < Z1 and < 1 hr
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Glycemic Index of Meal

35 (low)

Low (< 55)	Moderate (56-69)	High (70 >)
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Comments

Spinach has a very low GI (15) meaning it will provide you with energy for longer throughout the day. As a result, it is ideal for weight loss as it decreases the need to eat more, plus, is low in fat. The weight loss version of this meal could also be used for rest days, whereas the weight gain version may be suitable for training over 3.5 hours.

Analysis per Serving (Maintenance)

	Grams	Kcal	%	Ingredients: Banana x 1 Spinach (60g) Apple Juice (200ml) 1 tbsp Peanut Butter Oats (100g) [optional – not included in analysis]
CHO	55	218	76	
PRO	8	31	11	
FAT	9	37	13	
TOTAL	72	287	100	

Analysis per Serving (Loss)

	Grams	Kcal	%	Ingredients: Banana x 1 Spinach (60g) Apple Juice (200ml) 1 tbsp Peanut Butter [optional – not included in analysis]
CHO	51	205	91	
PRO	4	17	8	
FAT	1	4	2	
TOTAL	56	226	100	

Analysis per Serving 300 (Gain)

	Grams	Kcal	%	Ingredients: Banana x 2 Spinach Apple Juice Oats (100g) 1 tbsp Peanut Butter
CHO	148	592	78	
PRO	25	99	13	
FAT	16	64	9	
TOTAL	188	755	100	

Add-ons: If you are eating this meal before a short high intensity ride consider adding honey.

Type
Pre-Workout

Meal
Porridge

Weight Management Chart and Recommended Serving

Weight Maintenance	Weight Loss	Weight Gain
Ideal	Ideal	Ideal

Appropriate for Workout/Rest Day

Training = < 3 hrs < Z2	Training = 3.5 > hrs < Z2	Intensity = < 90 mins Z3 >	Intensity = 2 > hrs Z3 >	Rest Day < Z1 and < 1 hr
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Glycemic Index of Meal

35 (low)

Low (< 55)	Moderate (56-69)	High (70 >)
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Comments

Although porridge is great for long rides as it is a slow release food, you probably don't want to consume 200-300 grams of it. Consequently, you may want to consider eating other food source, or adding fruits to the porridge to ensure you get the necessary calories before training.

Analysis per Serving (Maintenance)

	Grams	Kcal	%	Ingredients: Oats (1.5 cup) Soy Milk (3 cups) or water Raspberries (60g) Honey (1 tbsp) Peanut Butter (1 tbsp)
CHO	142	596	69	
PRO	40	158	19	
FAT	24	97	12	
TOTAL	206	824	100	

Analysis per Serving (Loss)

	Grams	Kcal	%	Ingredients: Oats (1 cup) Soy Milk (2 cups) or water Raspberries (60g) Honey (1 tbsp) Peanut Butter (1 tbsp)
CHO	103	411	66	
PRO	31	124	20	
FAT	20	83	14	
TOTAL	154	619	100	

Analysis per Serving 300 (Gain)

	Grams	Kcal	%	Ingredients: Oats (2 cup) Soy Milk (4 cups) or water Raspberries (60g) Honey (1 tbsp) Peanut Butter (1 tbsp)
CHO	182	727	65	
PRO	65	260	23	
FAT	35	138	12	
TOTAL	281	1125	100	

Add-ons: n/a

Type
Pre-Workout

Meal
Peanut Butter Oats

Weight Management Chart and Recommended Serving

Weight Maintenance	Weight Loss	Weight Gain
Ideal	Ideal	Ideal

Appropriate for Workout/Rest Day

Training = < 3 hrs < Z2	Training = 3.5 > hrs < Z2	Intensity = < 90 mins Z3 >	Intensity = 2 > hrs Z3 >	Rest Day < Z1 and < 1 hr
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Glycemic Index of Meal

35 (low)

Low (< 55)	Moderate (56-69)	High (70 >)
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Comments

Peanut Butter oats should be made the night before and stored in the fridge overnight. Overnight Peanut Butter oats can be eaten cool in the morning. This is a nice alternate to normal porridge and allows you to add more nutrients in the mix (Chia seeds for example).

Analysis per Serving (Maintenance)

	Grams	Kcal	%	Ingredients: Chia Seeds (1 tbsp) Oats (1.5 cup) Soy Milk (3 cups) or water Honey (1 tbsp) Peanut Butter (1 tbsp) + Raisins (30g)
CHO	165	663	70	
PRO	42	169	18	
FAT	29	116	12	
TOTAL	237	948	100	

Analysis per Serving (Loss)

	Grams	Kcal	%	Ingredients: Chia Seeds (1 tbsp) Oats (1 cup) Soy Milk (2 cups) or water Honey (1 tbsp) Peanut Butter (1 tbsp)
CHO	103	410	66	
PRO	30	118	19	
FAT	24	94	15	
TOTAL	156	623	100	

Analysis per Serving 300 (Gain)

	Grams	Kcal	%	Ingredients: Chia Seeds (1 tbsp) Oats (2 cup) Soy Milk (3.5 cups) or water Honey (1 tbsp) Peanut Butter (1 tbsp) + Raisins (30g)
CHO	193	771	71	
PRO	47	190	18	
FAT	31	122	11	
TOTAL	270	1083	100	

Add-ons: n/a



Type
Pre-Workout

Meal
Banana and Peanut Butter

Weight Management Chart and Recommended Serving

Weight Maintenance	Weight Loss	Weight Gain
Ideal	Ideal	Less Ideal

Appropriate for Workout/Rest Day

Training = < 3 hrs < Z2	Training = 3.5 > hrs < Z2	Intensity = < 90 mins Z3 >	Intensity = 2 > hrs Z3 >	Rest Day < Z1 and < 1 hr
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Glycemic Index of Meal

45 (low)

Low (< 55)	Moderate (56-69)	High (70 >)
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Comments

A shorter high intensity workout may suit this meal, however, consider adding a teaspoon on honey or another high GI food if you are to complete this before a short high intensity workout. Furthermore, Using the maintenance version of this meal may be ideal for weight loss for longer rides.

Analysis per Serving (Maintenance)

	Grams	Kcal	%	Ingredients: Brown Toast x 2 slices Banana x 2 Peanut Butter (3 tbsp)
CHO	99	397	66	
PRO	23	91	15	
FAT	29	114	19	
TOTAL	151	602	100	

Analysis per Serving (Loss)

	Grams	Kcal	%	Ingredients: Brown Toast x 1 slice Banana x 1 Peanut Butter (1.5 tbsp)
CHO	53	214	67	
PRO	12	46	15	
FAT	14	57	18	
TOTAL	79	317	100	

Analysis per Serving 300 (Gain)

	Grams	Kcal	%	Ingredients: Brown Toast x 3 slices Banana x 3 Peanut Butter (5 tbsp)
CHO	151	603	78	
PRO	23	93	12	
FAT	18	73	10	
TOTAL	192	768	100	

Add-ons: n/a

Type
Pre-Workout

Meal
Soy Yogurt and Muesli

Weight Management Chart and Recommended Serving

Weight Maintenance	Weight Loss	Weight Gain
Ideal	Less Ideal	Ideal

Appropriate for Workout/Rest Day

Training = < 3 hrs < Z2	Training = 3.5 > hrs < Z2	Intensity = < 90 mins Z3 >	Intensity = 2 > hrs Z3 >	Rest Day < Z1 and < 1 hr
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Glycemic Index of Meal

35 (low)

Low (< 55)	Moderate (56-69)	High (70 >)
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Comments

This meal is less ideal for weight loss as there is lack of protein, however, if you are looking to loss weight and desire this meal consider lowering the intake of muesli and replace with a high protein food such as cashew nuts.

Analysis per Serving (Maintenance)

	Grams	Kcal	%	Ingredients: Soy Yogurt (80g) Muesli (150g) Soy Milk (1 cup) Pumpkin Seeds (16g) Blueberries (35g)
CHO	139	556	77	
PRO	25	98	14	
FAT	18	73	10	
TOTAL	182	727	100	

Analysis per Serving (Loss)

	Grams	Kcal	%	Ingredients: Soy Yogurt (80g) Muesli (100g) Soy Milk (1 cup)
CHO	92	368	80	
PRO	15	62	13	
FAT	8	33	7	
TOTAL	116	463	100	

Analysis per Serving 300 (Gain)

	Grams	Kcal	%	Ingredients: Soy Yogurt (100g) Muesli (200g) Soy Milk (1 cup) Pumpkin Seeds (16g) Blueberries (35g)
CHO	180	720	78	
PRO	30	120	13	
FAT	21	84	9	
TOTAL	231	924	100	

Add-ons: n/a



Type Pre-Workout Meal
Avocado Smash

Weight Management Chart and Recommended Serving

Weight Maintenance	Weight Loss	Weight Gain
Ideal	Ideal	Less Ideal

Appropriate for Workout/Rest Day

Training = < 3 hrs < Z2	Training = 3.5 > hrs < Z2	Intensity = < 90 mins Z3 >	Intensity = 2 > hrs Z3 >	Rest Day < Z1 and < 1 hr
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Glycemic Index of Meal

47 (low)

Low (< 55)	Moderate (56-69)	High (70 >)
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Comments

This meal is not recommended when working out unless the days workout is an easy recovery ride. In addition, although there is a weight gain option for this meal it would be better to follow the weight loss or maintenance meal and use that as a side dish for a more carbohydrate heavy meal (porridge for example).

Analysis per Serving (Maintenance)

	Grams	Kcal	%	Ingredients: Brown Bread (2 slices) Avocado x 1 Mushrooms (100g)
CHO	59	235	57	
PRO	16	64	16	
FAT	25	102	26	
TOTAL	100	401	100	

Analysis per Serving (Loss)

	Grams	Kcal	%	Ingredients: Brown Bread (1 slices) Avocado x 0.5 Mushrooms (50g)
CHO	29	118	57	
PRO	8	32	16	
FAT	13	51	26	
TOTAL	51	201	100	

Analysis per Serving 300 (Gain)

	Grams	Kcal	%	Ingredients: Brown Bread (3 slices) Avocado x 1.5 Mushrooms (100g)
CHO	86	346	59	
PRO	22	89	15	
FAT	38	153	26	
TOTAL	146	588	100	

Add-ons: n/a



Type
Pre-Workout

Meal
Watermelon Smoothie

Weight Management Chart and Recommended Serving

Weight Maintenance	Weight Loss	Weight Gain
Ideal	Ideal	Ideal

Appropriate for Workout/Rest Day

Training = < 3 hrs < Z2	Training = 3.5 > hrs < Z2	Intensity = < 90 mins Z3 >	Intensity = 2 > hrs Z3 >	Rest Day < Z1 and < 1 hr
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Glycemic Index of Meal

65 (low)

Low (< 55)	Moderate (56-69)	High (70 >)
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Comments

As this is a high GI meal it is best before short high intensity workouts. Conversely it would also be good before long endurance workouts on top of a low GI meal, for example porridge follow by watermelon smoothie 15 minutes before the workout. Furthermore, the weight gain meal is the same as weight maintenance as this meal is only designed to top up glycogen stores before a workout, overeating would causes gastrointestinal issues during.

Analysis per Serving (Maintenance)

	Grams	Kcal	%	Ingredients: Watermelon (150g) Honey (1 tbsp) Soy Yogurt (50g) Rice Milk (1 cup) Sugar (1tbsp)
CHO	89	356	95	
PRO	3	11	3	
FAT	2	9	2	
TOTAL	94	375	100	

Analysis per Serving (Loss)

	Grams	Kcal	%	Ingredients: Watermelon (100g) Honey (1 tbsp) Rice Milk (1 cup) Sugar (1tbsp)
CHO	80	321	97	
PRO	1	4	1	
FAT	1	5	2	
TOTAL	83	330	100	

Analysis per Serving 300 (Gain)

	Grams	Kcal	%	Ingredients: Watermelon (150g) Honey (1 tbsp) Soy Yogurt (50g) Rice Milk (1 cup) Sugar (1tbsp)
CHO				
PRO				
FAT				
TOTAL			100	

Add-ons: This meal would also be good within 20 minutes post training.



Type
Post-Workout

Meal
White Rice w/ Protein

Weight Management Chart and Recommended Serving

Weight Maintenance	Weight Loss	Weight Gain
Ideal	Ideal	Ideal

Appropriate for Workout/Rest Day

Training = < 3 hrs < Z2	Training = 3.5 > hrs < Z2	Intensity = < 90 mins Z3 >	Intensity = 2 > hrs Z3 >	Rest Day < Z1 and < 1 hr
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Glycemic Index of Meal

45 (low)

Low (< 55)	Moderate (56-69)	High (70 >)
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Comments

This meal has high GI properties including white rice and jackfruit which is why consumption would be best within 20 minutes post training. The white rice will begin the process of replenishing your glycogen stores, and the tofu plus jackfruit will repair the damaged muscles.

Analysis per Serving (Maintenance)

	Grams	Kcal	%	Ingredients: Tofu (50g) White Rice (100g) Jackfruit (50g)
CHO	41	163	79	
PRO	8	30	15	
FAT	3	12	6	
TOTAL	51	205	100	

Analysis per Serving (Loss)

	Grams	Kcal	%	Ingredients: Tofu (75g) White Rice (75g) Jackfruit (50g)
CHO	34	136	72	
PRO	9	36	19	
FAT	4	16	9	
TOTAL	47	188	100	

Analysis per Serving 300 (Gain)

	Grams	Kcal	%	Ingredients: Tofu (100g) White Rice (150g) Jackfruit (50g)
CHO	56	223	75	
PRO	13	52	18	
FAT	6	22	7	
TOTAL	75	297	100	

Add-ons: n/a



Type
Post-Workout

Meal
Couscous w/ Protein

Weight Management Chart and Recommended Serving

Weight Maintenance	Weight Loss	Weight Gain
Ideal	Ideal	Ideal

Appropriate for Workout/Rest Day

Training = < 3 hrs < Z2	Training = 3.5 > hrs < Z2	Intensity = < 90 mins Z3 >	Intensity = 2 > hrs Z3 >	Rest Day < Z1 and < 1 hr
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Glycemic Index of Meal

45 (low)

Low (< 55)	Moderate (56-69)	High (70 >)
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Comments

Similar to the previous meal there are high GI foods including couscous and beetroot. This meal also has a high protein content and therefore may be better for high intensity rides (zone 3 +).

Analysis per Serving (Maintenance)

	Grams	Kcal	%	Ingredients: Couscous (100g) Beetroot (50g) Chickpeas (35g) Cashews (35g)
CHO	61	242	63	
PRO	18	73	19	
FAT	18	71	18	
TOTAL	96	386	100	

Analysis per Serving (Loss)

	Grams	Kcal	%	Ingredients: Couscous (75g) Beetroot (35g) Chickpeas (50g) Cashews (75g)
CHO	75	300	62	
PRO	21	83	17	
FAT	24	97	20	
TOTAL	120	480	100	

Analysis per Serving 300 (Gain)

	Grams	Kcal	%	Ingredients: Couscous (120g) Beetroot (50g) Chickpeas (50g) Cashews (75g)
CHO	87	347	66	
PRO	21	83	16	
FAT	24	97	18	
TOTAL	132	527	100	

Add-ons: n/a



Type
Post-Workout

Meal
Sweet Potatoes w/ Protein

Weight Management Chart and Recommended Serving

Weight Maintenance	Weight Loss	Weight Gain
Ideal	Ideal	Less Ideal

Appropriate for Workout/Rest Day

Training = < 3 hrs < Z2	Training = 3.5 > hrs < Z2	Intensity = < 90 mins Z3 >	Intensity = 2 > hrs Z3 >	Rest Day < Z1 and < 1 hr
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Glycemic Index of Meal

37 (low)

Low (< 55)	Moderate (56-69)	High (70 >)
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Comments

After the 20-minute window post training you still need to continue to replenish your glycogen and build muscle. However, hours after training it is best to do with low GI foods.

Analysis per Serving (Maintenance)

	Grams	Kcal	%	Ingredients: Sweet Potato (120g) Kale (50g) Carrots (50g) Lentils (75g)
CHO	47	187	86	
PRO	6	23	11	
FAT	2	8	4	
TOTAL	55	219	100	

Analysis per Serving (Loss)

	Grams	Kcal	%	Ingredients: Sweet Potato (100g) Kale (50g) Carrots (50g) Lentils (50g)
CHO	38	151	83	
PRO	6	23	13	
FAT	2	8	5	
TOTAL	46	183	100	

Analysis per Serving 300 (Gain)

	Grams	Kcal	%	Ingredients: Sweet Potato (150g) Kale (50g) Carrots (50g) Lentils (100g)
CHO	58	231	82	
PRO	10	41	15	
FAT	2	9	3	
TOTAL	70	281	100	

Add-ons: n/a

Disclaimer

This document only provides example and is to be used as a guide only. Always consult a doctor or a nutrition specialist before embarking. The meal cannot guarantee weight maintenance, weight loss or weight gain.