

SUPERFUNCTIONAL MEAL PLAN

The goal of the SuperFunctional Diet is to provide a wide selection of highly nutritious foods that can be adjusted to suit your calorie needs (adjusted to be your exact AMR by Level 4 unless you are still looking to gain or lose weight - see book).

These meal plans are really only there for those who need suggestions. They are not completely free from processed ingredients but aim to keep them to a minimum. More importantly, they provide variety in terms of nutrition. By picking from this selection, you can successfully achieve the 50 ingredients target weekly, and you can support your body's recovery.

The meals are also designed to fulfil numerous different objectives that you will likely have while following the program. These include: maintaining a caloric deficit or surplus, or finding meals that are quick and easy to prepare.

You can of course add your own meals, using these suggestions as a template.

Dinner is "relaxed" and does not need to be from this list. However, there are high calorie/low calorie/high protein/nutrient dense options here in case you are looking for additional ideas, as well as some healthy desert options.

Note: Frying foods in oils, fats, butters etc. might cause inflammation due to changes in the form of fat. If you want to be truly healthy, try to avoid this step in the recipes (add raw oil *after*). However, this is the point at which adherence can suffer as dry frying can be very difficult and not as tasty. Make the call!

GROCERY LIST

While these different recipes all include different foods and we can't list everything here, the following is a list of foods you should *keep in the house* for an easy muscle building and nutritious diet. When other ingredients run low, this combination of items will mean you can easily knock something together that will be edible, affordable, and easy to make.

Staples To Keep Stocked:

Eggs

Onions

Frozen chicken breast

Beef mince (freezable)

Cans of tuna

Whey protein shake

Peanut butter

Butter

Rice

Brown pasta

Salad leaves

Cucumber, Cherry Tomatoes, Red Pepper

Canned tomatoes

MEALS AND SNACKS

BREAKFAST

Scrambled Egg

High Protein | Low Carb | Nutritious | Extremely Quick | Extremely Affordable

Simply take whole eggs and beat in a jug until mixed. Add butter to a pan and melt. Add eggs to pan and toss to keep them scrambled.

Eggs provide the good types of fat that raise testosterone, as well as all the amino acids, choline, and much more.

Omelette

High Protein | Low Carb | Nutritious | Extremely Quick | Extremely Affordable

To make an omelette, you are going to use a similar process to making scrambled egg. Take a raw egg and place it as it is in a frying pan that has been thoroughly buttered. Stir gently with a spoon, aiming to make flakes rather than to completely scramble the egg. Now add in the extra ingredients you want to use and sift in while cooking.

There are many things you can add here. If you are looking to increase the nutritional value and also add more protein though, then good options include ham and mushrooms. Spinach is also a great option, being high in phytoecdysteroids and iron. Onion is tasty and a healthy vasodilator.

Avocado Toast

High Calorie | Nutritious | Extremely Quick | Extremely Affordable | Great Source of Energy

Avocado toast is great for providing long-lasting energy throughout the day. It is calorific, but also very healthy and potentially able to raise testosterone – so just make sure to keep track of how many calories this adds and make the difference elsewhere.

To make, simply toast some wholegrain bread and then mash the avocado on with a fork.

Morning Fruit Salad

Low Carb | Nutritious | Extremely Quick | Extremely Affordable

A fruit salad is an excellent choice to start the day. It contains no protein, but is refreshing and offers a host of nutrients that can support muscle growth.

You can use any selection of fruit, but good and easy examples include:

- Bananas
- Raisins
- Orange
- Apple
- Melon
- Mango
- Grapes

Take any selection of these, slice into small pieces, and then add to a bowl.

Peanut Butter Oats

High Protein | Low Carb | High Calorie | Nutritious | Extremely Quick | Extremely Affordable | Great Source of Energy

This meal ticks all the boxes, being high protein, high in slow-release energy (thanks to the oats), and being easy to make.

Take the oats and mix with water or milk as usual. Add a scoop of whey protein, a tablespoon of peanut butter, and half a banana. You can also scatter in fruits (raisins), and even nuts.

Peanut butter is a great source of protein that is tasty and easy to enjoy in the morning.

High Protein Cereal

High Protein | Extremely Quick | Extremely Affordable

These days there are many high-protein cereal options available. These often also include granola and other complex carbs. Perhaps the best benefits though will come from all the milk you will likely pour on top!

Cottage Cheese + Fruit

High Protein | Nutritious | Extremely Quick | High Calorie | Low Carb | Great Source of Energy

Exactly like it sounds. This is cottage cheese, with fruit in it.

The cottage cheese is again a fantastic source of protein (casein protein specifically, which is slow release). Adding fruit improves the flavour and provides more recovery-boosting micronutrients.

Fruity Muesli Cereal

Nutritious | Extremely Quick | Extremely Affordable | Great Source of Energy

This cereal is again not a particular great source of protein, but rather makes this list for the sheer density of nutrients – and of course any time you eat a bowl of milk you'll be getting *some* beneficial protein.

To make this one, you are going to take a muesli cereal (no added sugar) and then add:

- Sliced grapes
- Sliced bananas
- Sunflower seeds

This also has the added bonus of being a good source of energy.

Eggs and Smoked Salmon

High Protein | Low Carb | Nutritious | Extremely Quick | Extremely Affordable

Mixing eggs and smoked salmon will provide you with a huge amount of protein, as well as large amounts of healthy fats to stimulate testosterone production. For this one, you're going to simply scramble some eggs and then add some smoked salmon that has been sliced and diced. You can serve this with some herbs as a garnish, if you want to be fancy! This is also brilliant brain food, thanks to the choline, omega 3 fatty acid, and amino acids.

HOW TO MAKE THE PERFECT BREAKFAST SMOOTHIE

A smoothie is a fantastic way to start your day, providing you with plenty of highly nutritious vitamins and minerals, while also being quick and easy to grab. For those looking to make a smoothie that they can use to start their day, there are just a few things to consider.

- You can choose either a fruit or vegetable smoothie. Sometimes you can mix vegetables and fruits, but think hard about what goes together.
- Most smoothies will require a 'base'. This will be a thick and creamy fruit or vegetable that can provide the texture. Examples include: banana, mango, avocado.
- Most smoothies will require a liquid. Examples include water, milk, or fruit juice.

- Creamy and milky smoothies work extremely well with whey protein and/or peanut butter, either of which can significantly up the protein count, as well as the calorie count.
- Remember that the sugar and calories in fruit smoothies still 'count'. Too much fruit smoothie can damage the enamel of your teeth, not to mention burning the stomach and leading to weight gain. For citrus fruits, limit your smoothies to one a day and this will provide you with an energy-boosting pick-me-up. For vegetable smoothies, or milk-based smoothies, you can optionally have more than one.

Place your smoothie ingredients inside a blender and blend. Add ice and keep in the fridge to maintain a cool temperature.

Keep in mind! Smoothies are full of sugar too, so don't overdo them. Vegetable smoothies are another option.

LUNCH

Steamed Rice and Veg With Chicken

High Protein | Low Carb | Low Calorie | Nutritious | Extremely Quick | Extremely Affordable
| Great Source of Energy

This is "the" bodybuilding meal that bodybuilders are so often associated with. Essentially, you will cook a chicken breast while adding as little additional fat as possible. This normally means that you will boil it. Likewise, you will boil or steam rice, and do the same with some vegetable.

You can add a little cayenne pepper (which boosts the metabolism), and/or paprika to the chicken in order to make it more flavoursome.

Boiled Eggs

High Protein | Low Carb | Nutritious | Extremely Quick | Extremely Affordable

Another way to get eggs in your diet is to boil them. This is one of the easiest ways to eat eggs and also one of the healthiest as you aren't adding any extra fat. Simply take your egg and put it in a pan of water. Now bring the water to a boil and let it simmer for about 5 minutes. The result is a delicious creamy egg.

Tuna Salad

High Protein | Low Carb | Nutritious | Extremely Quick | Extremely Affordable

Tuna salad is a very easy meal that is extremely healthy. Tuna is a great source of lean protein that is also high in the crucial fatty acid omega 3. Having this with salad is a great way to get additional minerals and nutrients.

Just create a regular side salad by using salad leaves (such as baby leaf spinach), chopped cherry tomatoes, cucumber, and red pepper. Add in some tuna with just a light bit of salad cream mixed in, as well as some sweetcorn.

While oily fish like tuna and salmon are incredibly good for you, they also contain high amounts of the heavy-metal pollutant mercury. You should therefore only consume the equivalent of two full-sized cans per week.

Chicken Caesar Salad

High Protein | Low Carb | Nutritious | Extremely Quick | Extremely Affordable

Another easy salad + protein meal that you can make is a chicken Caesar salad. To make this one, you just need a cooked chicken breast and a side salad. Make the side salad the same way as before, but now add to it some croutons, cheddar flakes, some avocado, and some olives cut in half.

You can add a Caesar dressing, or you can make your own. To make your own, use some vinegar, a little bit of lemon juice (squeezed from half a lemon), and a pinch of salt and/or olive oil.

Tuna Sandwich

High Protein | Nutritious | Extremely Quick | Extremely Affordable

While the bread means you're getting carbs, tuna is incredibly health for bodybuilders as we have seen, and is also affordable and easy.

Mix the tuna with a little bit of mayo (keep it light to avoid excess sugar and calories) and a little bit of horseradish. Then just eat between two slices of bread. Optionally add sweetcorn and/or cucumber slices for added nutrients.

Greek Salad

Low Carb | Nutritious | Extremely Quick | Extremely Affordable | Low Calorie

The next item on our list is one that is very easy to make and is also extremely affordable.

This one is not for bodybuilders looking to bulk up so much as it is for those looking to lose weight (Level 0 readers take note). However, it can serve as an excellent side salad to go with a range of meats and other foods.

To make a Greek salad, simply cut cucumber, red pepper, and cherry tomatoes into small cubes. Do the same with some feta cheese (just a small amount if you want to keep it healthy, or you can use large amounts of cottage cheese if you want to up the protein and fat content).

Stir together and enjoy!

Salmon and Prawn Salad

High Protein | Low Carb | Nutritious | Extremely Quick

For a salad that has a higher natural protein count, you can use this starter salad with prawns, salmon, and a little horseradish. To make this one you will mix a little crème fresh with some horseradish, and a pinch of salt and pepper. This will make a tangy cream, set that to one side.

You'll meanwhile mix lime juice with some honey.

Place some smoked salmon on the plate. Dollop the horseradish cream on top, then sprinkle on some prawns. Now add your dressing, and a little bit of salad to garnish.

Baked Potato With Tuna

High Protein | Great Source of Energy | Extremely Quick | Extremely Affordable

Mix some tuna with a little bit of mayonnaise and a little bit of horseradish. Add to a jacket potato. This contains carbs (the potato), but jacket potato is also a good source of fibre, vitamin C, and more. It's quick and easy enough to warrant an inclusion on this list.

DINNER

Steak and Eggs

High Protein | Low Carb | Nutritious | Extremely Quick

Here's a very simple way to make and enjoy muscle-fuel-friendly meal: take a LEAN meat and veg, remove the carb/replace carb with a complex carb.

While it's not lean, steak (and beef by extension) is rich in the good types of fat, it still offers a good ratio of protein-calories, and it also provides a natural source of creatine, CoQ10, and many other beneficial nutrients.

Make your steak and add a little bit of broccoli or another steamed veg on the side. Replace the usual steak with three fried eggs: job done!

Stuffed Pepper

High Protein | Low Carb | Nutritious | Extremely Quick | Extremely Affordable

Another very easy way to make yourself a healthy meal with beef that avoids the need to add a carbohydrate on the side, is to stuff a pepper.

Just cook up some ground beef, then cut the tops off of one or two peppers. Stuff with the mince, along with some garlic, some diced onion, some olive oil, and some seasoning. Place in the oven and bake until the peppers look a little dark around the edges.

Naked Burgers

High Protein | Low Carb | High Calorie

If you like the idea of eating burgers but don't want to add lots of simple carbs in the form of white bread buns, then you can always make like an Instagram foodie and make a naked burger. This is simply burger meat with salad and no bread roll to sandwich it in. You can also optionally lay a slice of cheese on top, and potentially some chopped red onion and/or jalapenos. Gherkins also go well here.

Now add salad on top or to the side, or even consider using a large mushroom to create a bun. If you want fries with that, consider sweet potato fries. While these aren't 'healthy', they're safe if you've accounted for the calories, seeing as they are a more 'complex' carb than regular fries and will release their energy more slowly into the body.

Bigos

High Protein | Low Carb | Nutritious | High Calorie | Great Source of Energy

Bigos is a Polish recipe that is by coincidence low-carb, while being high in protein. The idea is that you make a stew made from diced pork, sausages (cabanossi, chorizo), bacon, lots of white onion, mushrooms, chopped cooking apples, port, red wine, and large amounts of white cabbage and sauerkraut.

Make sure to rinse the sauerkraut thoroughly which has a very bitter taste otherwise, and to boil the white cabbage for a long time. Fry the meats separately and then combine and add the alcohol, the seasoning, and anything else you want to taste.

Essentially this is a large stew, but instead of potatoes or pasta, you are using cabbage – which instantly reduces the carbs and makes this a good option for adding lean muscle mass.

Bolognaise

High Protein | Nutritious | Affordable

The Mediterranean diet is currently heralded for its general health benefits thanks to high antioxidant content, nutrients, and protein. The variety of colours in these meals, and even the healthy oils, can help to provide many benefits and even extend lifespan. Many Mediterranean meals are also great for bodybuilders and athletes specifically too however, bolognaise being a perfect example due to its nutrients and protein.

To make:

- Oil a pan and heat up lean beef mince with red onion
- Once brown, season with stock, salt, pepper, etc.
- Add chopped mushrooms, a can of chopped tomatoes, $\frac{3}{4}$ tube of tomato puree, grated carrot
- While that simmers, boil brown pasta in a pan

- Add grated cheddar cheese on top and serve

Brown pasta is the preference here as it is a more complex carbohydrate.

Mexican Chicken

High Protein | Low Carb | Nutritious

This easy recipe (which is not in fact Mexican) provides a tasty and easy way to enjoy lean chicken with no additional carbs.

To make:

- Take diced chicken, one egg, and brown bread crumbs
- Dip the chicken in the egg, then roll in the breadcrumbs to cover
- Place breaded chicken on a baking tray and squeeze lemon juice over the top
- Place in the oven to bake

Meanwhile, make a chutney:

- Chop apple, red pepper, and red onion into small pieces and fry in a pan
- Add a small amount of chopped tomatoes, mango chutney (or honey), and raisins
- Sprinkle on a small amount of chilli powder to taste, cook until caramelized

Serve together with a dollop of mayonnaise.

Fish and Veg/Salad

High Protein | Low Carb | Nutritious | Extremely Quick | Affordable | Low Calorie

An extremely easy meal that is high in lean protein and essential nutrients like omega 3.

Simply choose a serving of fish (salmon, haddock, tuna steak), fry/steam/roast, then serve with a side salad or vegetables.

Chicken Carbonara

High Protein | Nutritious | Extremely Quick

Here is the fastest and most delicious carbonara recipe there is, and the only one that you will ever need:

Take some bacon lardons, some chopped red onion, and a little oil. Fry in a pan until caramelized. Meanwhile cook some brown pasta. The lardons are highly processed, so to improve this recipe you could use a lean cut of ham.

Mix the two together then sprinkle on cheddar cheese and stir. Turn off the heat, crack one raw egg, mix in with the mixture.

Now serve quickly before the egg scrambles.

That is a very quick way to make a delicious meal that has a little protein – though it is unfortunately the bad kind.

The good news is that we can quickly remedy this: just add some sliced diced right at the start, along with some broccoli heads. You've upped the protein and the minerals and you've still got a very easy and tasty recipe.

Use brown pasta to reduce the sugar hit.

Beef Stir Fry

High Protein | Low Carb | Nutritious | Extremely Quick

To make this beef stir fry, find some ready to go stir-fry pork strips (or cut your own) and fry them in a pan with some oil. Meanwhile, in another pan, you are going to fry up some bok choy, some purple sprouting broccoli, some asparagus, and some spring onion. Add some water to a large stir fry pan and simmer until soft, then add in the pork, some hoisin sauce, and a pinch of salt and pepper to taste.

Healthy Chilli

High Protein | Low Carb | Nutritious | Extremely Quick | Affordable

Another very simple way to make a hearty and protein-rich meal from mince is to make a healthy chilli. Ground beef is not typically considered to be a highly nutritious meat, but it is still a very affordable source of protein, which becomes all the more useful when you consider that it also has the aforementioned benefits of CoQ10, PQQ, creatine etc.

To make this one, fry up some lean beef mince along with some chopped white onion, garlic, lardons (optional), and mushroom slices. Now decant into a large pan and add a small amount of chopped tomatoes (less than you would for bolognese), a fair amount of tomato puree, grated carrot,

Tuna Pasta

High Protein | Nutritious | Extremely Quick | Extremely Affordable | Great Source of Energy

Make the same tuna mixture we've looked at before (yes, it does contain a little bit of mayo), and then add to some brown pasta with sweetcorn, boiled white onion, and seasoning.

The result is a creamy and protein-rich dinner that's quick and easy to make and which goes great with a side salad.

Chicken Pasta

High Protein | Nutritious | Extremely Quick | Great Source of Energy

Fry some diced chicken with white onion and sweetcorn. Boil some brown pasta, at the same time as some broccoli. Add it all together with a little bit of cream and some white wine. Add lots of pepper to serve.

Fried Eggs and Vegetables

High Protein | Low Carb | Nutritious | Extremely Quick | Extremely Affordable

For those days when you are caught out, one of the very easiest things you can make is simply to fry up some eggs and eat with a side of vegetables!

Hot Pot

High Protein | Nutritious | Extremely Affordable | Great Source of Energy

An easy way to make any meal is to place everything into a large pan and boil it in water. This is also a healthy way to cook as the water will infuse with the ingredients, and you won't need to add large amounts of oil or butter to cook (keeping the calories lower). This is something that will cook on its own while you go off to do other things (curl iron), and it's something that is highly adaptable to whatever food you happen to have lying around.

Take your chosen meat (diced chicken, beef, mince, or whole breasts), then add to a large pot. Pour some boiling water over the top to cover and add in quartered onions, chopped carrots, and small pieces of potato. Any additional vegetables are fine to go in here that will match the flavour, and if you want to make the mixture a little more indulgent (but a little less healthy) consider sausage and bacon.

Depending on whether you want a savoury or tomatoey meal, you can now add chopped tomatoes and puree, or you can add cream and salt. Leave to boil for a long time – these cook great in slow cookers.

Thicken with thickening granules or flour at the end before serving, or blend to make a soup!

Ratatouille

Nutritious | Extremely Affordable | Great Source of Energy | Low Carb

This is another option that is primarily aimed at weight loss and improving general health through nutrition. However, it can be used as a vegetable side to pair with most meats and other protein sources.

To make, take: eggplant (aubergine), courgettes, red onion, red pepper, and chop into medium-sized pieces. Oil thoroughly and place on a baking tray. Put the baking tray in

the oven. Once they look about halfway done, pull them out and add salt, chopped tomatoes, basil, and goats cheese. Mix and put back in.

Note: For examples like the hot pot and the stir fry: use organ meat where you can from time to time. This contains the highest density of nutrients that are beneficial to bodybuilders and athletes of all kinds. It is more expensive however.

DESSERTS

There are plenty of ways that you can make protein rich desserts like whey protein cookies and the like. These are the kinds of elaborate meals that again tend to find their way onto Instagram.

The problem with this, is that in reality most of us do not have the time or inclination to make these kinds of desserts. Moreover, they still contain large amounts of sugar and the protein content is usually negligible.

In truth then, you are better off eating regular desserts but just keeping them to a minimum. Eat ice cream on your cheat days, or treat yourself to a small chocolate bar in the morning or evening if you need a treat.

If you want a genuinely performance supporting dessert, the options tend to involve fruit and yogurt:

- Yogurt and blueberries
- Mashed banana in milk
- Bercher cup – Simply take some muesli/granola and mix with a little yogurt, some fruit, and a dash of honey
- Homemade ice lolly – Just freeze some fruit juice with perhaps a pinch of honey

That said, one more traditional dessert that is relatively safe to eat is a European pancake. For this you *do* need exact quantities:

Dessert Pancake

Take 150g of flour and sift into a bowl. Add two whole eggs. Add 300ml of milk. Now add a pinch of salt and whisk. Add just enough to cover a buttered pan and fry until you have a large, flat disc.

You can now add yogurt, cottage cheese, fruits, and honey to enjoy something that is tasty, relatively low in sugar, and high in protein. You can even add some protein shake (about 50g) to the mixture itself.

Simple Low-Sugar Protein Brownie

One more 'safe' dessert recipe is to take half a banana, a quarter cup of Greek yogurt, 1 scoop of protein powder, 2tbsp of flour, 1/8tsp of baking powder. Mix the ingredients together in a ramekin with cooking oil, then microwave for 1.5-2 minutes.

Note: Protein bars are relatively safe to eat in most cases but do not represent good value for money!

Note 2: If you must eat chocolate, then dark chocolate is a relatively safe option containing less sugar and also offering some benefits like vasodilation via epicatechin. In fact, I highly recommend going out your way to eat dark chocolate!

SNACKS

Throughout the day, you can snack on the following things that will provide additional nutrients and protein, while not increasing your calorie count too much:

- Crackers – Low calorie and safe to eat if you're dieting
- Raw carrots – Dip in humus if this is too bland
- Nuts – Almonds are a good choice
- Oatmeal
- Greek yogurt with blueberries
- Edamame
- Olives

High protein snacks include:

- Meat and cheese roll up – Roll up some deli meat in a slice of cheese
- Peanut butter on toast
- Hard boiled egg
- Beef jerky
- Dried fruits

Perhaps the best and easiest 'snack' if you just want protein though, is a protein shake!

Note: This snacking should be kept to 15% of your AMR for the SuperFunctional diet. You can snack a lot more freely for the Muscle Fuel diet, and should avoid snacking at all when using the Reset diet.

Finally, consider the following snacks for intentionally adding large amounts of calories to your diet. This is suitable for those doing a 'dirty bulk' (bulking at the expense of leanness) as well as hard gainers.

Consume large amounts of full-fat milk – This not only contains huge amounts of protein, but also provides the raw materials for protein. GOMAD stands for 'Gallon Of Milk A Day', and while it is not particularly healthy, some people consider this to be almost as effective as a steroid cycle for sheer size. (This is here to illustrate a point, not as a recommendation!)

Olive oil – Yes, you can eat olive oil off a teaspoon as a way to add lots of calories!

Peanut butter – Eat with a spoon.

Cottage cheese – Eat with a spoon.

Eat raw eggs – Despite old myths, they are completely safe and healthy. They raise testosterone and add to your protein total.

Making Your Own Shakes

Another option is to make your own ‘bulking shake’ by adding to a regular whey protein with more high calorie ingredients. Options include: avocado, peanut butter, butter, coconut oil, banana, nuts, mango, melon, milk.

To add flavour, consider things like raisins, dark chocolate chips, honey.

The thing to note is that all of these options while calorific are still healthy. You can make bulking shakes by simply adding lots of sugar, ice cream and chocolate. But while these will help you to add weight (and indeed, this is recommended by certain sources – see the section on the IIFYM diet), they will also make you feel sluggish and unwell and may negatively impact on your muscle gain as well.
