

Weekly Meal Plan for General Endurance Training

Daily target ≈ 2500 kcal · Guidelines for athletes of approx. 65–75 kg body weight · Mixed Diet

Day	Breakfast	Mid-Morning Snack & Smoothie	Lunch	Afternoon Snack	Dinner	Evening Snack
Mon	Oatmeal with banana, honey, cinnamon <i>slow-release carbs, potassium</i> C 55 · P 12 · F 8	Smoothie: berries, yogurt, oat milk, honey <i>antioxidants, calcium</i> C 35 · P 12 · F 4	Chicken & whole-grain rice bowl, vegetables, olive oil <i>complete protein, iron</i> C 60 · P 35 · F 16	Low-fat quark with berries <i>calcium, antioxidants</i> C 18 · P 18 · F 2	Salmon, potatoes, broccoli <i>omega-3, vitamin C</i> C 35 · P 32 · F 18	Greek yogurt, honey <i>calcium, protein</i> C 12 · P 12 · F 4
Total	C 215 · P 121 · F 52 — ≈ 2500 kcal					
Tue	Whole-grain toast, egg, avocado, tomato <i>protein, healthy fats</i> C 30 · P 18 · F 18	Smoothie: mango, spinach, yogurt <i>vit. A/C, iron</i> C 30 · P 8 · F 3	Whole-grain beef wrap, rice, black beans <i>iron, zinc, protein</i> C 65 · P 32 · F 15	Apple + almond butter <i>fiber, vit. E</i> C 22 · P 5 · F 12	Pasta with turkey sauce, parmesan <i>protein, glycogen</i> C 75 · P 35 · F 14	Cottage cheese with pineapple <i>casein protein</i> C 15 · P 16 · F 3
Total	C 237 · P 114 · F 65 — ≈ 2480 kcal					
Wed	Whole-grain pancakes, berries, yogurt <i>antioxidants, protein</i> C 55 · P 18 · F 8	Smoothie: mixed berries, oat milk, protein powder <i>antioxidants, protein</i> C 30 · P 18 · F 3	Quinoa salad with chicken, vegetables <i>complete protein, fiber</i> C 50 · P 30 · F 14	Rice cakes with honey <i>fast-release carbs</i> C 25 · P 3 · F 1	Chicken breast, potatoes, salad <i>protein, easy to digest</i> C 40 · P 35 · F 8	Magnesium cocoa drink <i>magnesium, recovery</i> C 18 · P 8 · F 4
Total	C 218 · P 112 · F 38 — ≈ 2380 kcal					
Thu	Whole-grain bread, cottage cheese, salmon <i>omega-3, protein</i> C 30 · P 26 · F 12	Smoothie: pineapple, coconut water, ginger <i>electrolytes</i> C 25 · P 3 · F 1	Lentil curry with rice <i>plant-based iron, folate</i> C 60 · P 18 · F 8	Trail mix <i>healthy fats, iron</i> C 25 · P 5 · F 16	Shrimp, couscous, peppers <i>protein, zinc</i> C 45 · P 28 · F 8	Kefir with blueberries <i>probiotics</i> C 15 · P 9 · F 3
Total	C 200 · P 89 · F 48 — ≈ 2240 kcal					
Fri	Bircher muesli <i>fiber, calcium</i> C 45 · P 13 · F 10	Smoothie: beetroot, berries, apple <i>nitrate, antioxidants</i> C 30 · P 3 · F 1	Vegetable omelette, whole-grain bread <i>protein, folate</i> C 28 · P 22 · F 16	Apple + walnuts <i>fiber, omega-3</i> C 20 · P 4 · F 10	Grilled chicken, roasted vegetables <i>easy to digest</i> C 25 · P 32 · F 12	Chamomile tea, dark chocolate <i>magnesium</i> C 10 · P 2 · F 8
Total	C 158 · P 76 · F 57 — ≈ 1950 kcal (easy day)					
Sat	French toast, berries, skyr <i>protein, antioxidants</i> C 55 · P 20 · F 10	Smoothie: banana, oats, peanut butter <i>energy-dense</i> C 45 · P 14 · F 10	Whole-grain pasta, lean beef, tomato sauce <i>glycogen, iron</i> C 75 · P 32 · F 12	Energy bar <i>fast-release carbs</i> C 35 · P 6 · F 10	Risotto with shrimp & spinach <i>glycogen replenishment</i> C 60 · P 24 · F 10	Chocolate milk + banana <i>carb:protein 3:1</i> C 32 · P 12 · F 5
Total	C 302 · P 108 · F 57 — ≈ 2650 kcal (intense day)					
Sun	Oatmeal, banana, walnuts <i>slow-release carbs</i> C 50 · P 11 · F 11	Smoothie: watermelon, strawberries, mint <i>hydration</i> C 28 · P 3 · F 1	Turkey sandwich, salad <i>protein</i> C 50 · P 28 · F 10	Trail mix + apple <i>iron, magnesium</i> C 28 · P 5 · F 13	Fried rice with chicken <i>glycogen replenishment</i> C 55 · P 26 · F 10	Low-fat quark with honey <i>casein overnight</i> C 15 · P 18 · F 3
Total	C 226 · P 91 · F 48 — ≈ 2330 kcal					

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Day	Breakfast	Mid-Morning Snack & Smoothie	Lunch	Afternoon Snack	Dinner	Evening Snack
Mon	Oatmeal with banana, honey, cinnamon <i>slow-release carbs, potassium</i> C 55 · P 12 · F 8	Smoothie: berries, yogurt, oat milk, honey <i>antioxidants, calcium</i> C 35 · P 12 · F 4	Lentil & rice bowl, feta, vegetables, olive oil <i>plant protein, iron</i> C 60 · P 24 · F 16	Low-fat quark with berries <i>calcium, antioxidants</i> C 18 · P 18 · F 2	Baked falafel, potatoes, broccoli, tahini <i>plant-based iron, calcium</i> C 40 · P 18 · F 18	Greek yogurt, honey <i>calcium, protein</i> C 12 · P 12 · F 4
Total	C 220 · P 96 · F 52 — ≈ 2370 kcal					
Tue	Whole-grain toast, egg, avocado, tomato <i>protein, healthy fats</i> C 30 · P 18 · F 18	Smoothie: mango, spinach, yogurt <i>vit. A/C, iron</i> C 30 · P 8 · F 3	Bean burrito, rice, cheese, salsa <i>plant protein, zinc</i> C 70 · P 24 · F 14	Apple + almond butter <i>fiber, vit. E</i> C 22 · P 5 · F 12	Pasta with lentil sauce, parmesan <i>plant protein, iron</i> C 80 · P 28 · F 12	Cottage cheese with pineapple <i>casein protein</i> C 15 · P 16 · F 3
Total	C 247 · P 99 · F 62 — ≈ 2440 kcal					
Wed	Whole-grain pancakes, berries, yogurt <i>antioxidants, protein</i> C 55 · P 18 · F 8	Smoothie: mixed berries, oat milk, plant protein powder <i>antioxidants, protein</i> C 30 · P 16 · F 3	Quinoa salad with falafel, hummus <i>plant protein, fiber</i> C 50 · P 20 · F 16	Rice cakes with honey <i>fast-release carbs</i> C 25 · P 3 · F 1	Baked tofu, potatoes, salad <i>plant protein</i> C 35 · P 24 · F 10	Magnesium cocoa drink <i>magnesium, recovery</i> C 18 · P 8 · F 4
Total	C 213 · P 89 · F 42 — ≈ 2270 kcal					
Thu	Whole-grain bread, cottage cheese, avocado <i>healthy fats, protein</i> C 30 · P 18 · F 16	Smoothie: pineapple, coconut water, ginger <i>electrolytes</i> C 25 · P 3 · F 1	Lentil curry with rice <i>plant-based iron, folate</i> C 60 · P 18 · F 8	Trail mix <i>healthy fats, iron</i> C 25 · P 5 · F 16	Smoked tofu, couscous, peppers <i>plant protein, zinc</i> C 45 · P 22 · F 10	Kefir with blueberries <i>probiotics</i> C 15 · P 9 · F 3
Total	C 200 · P 75 · F 54 — ≈ 2200 kcal					
Fri	Bircher muesli <i>fiber, calcium</i> C 45 · P 13 · F 10	Smoothie: beetroot, berries, apple <i>nitrate, antioxidants</i> C 30 · P 3 · F 1	Vegetable omelette, whole-grain bread <i>protein, folate</i> C 28 · P 22 · F 16	Apple + walnuts <i>fiber, omega-3</i> C 20 · P 4 · F 10	Vegetable curry with chickpeas, rice <i>plant protein</i> C 45 · P 16 · F 10	Chamomile tea, dark chocolate <i>magnesium</i> C 10 · P 2 · F 8
Total	C 178 · P 60 · F 55 — ≈ 1960 kcal (easy day)					
Sat	French toast, berries, skyr <i>protein, antioxidants</i> C 55 · P 20 · F 10	Smoothie: banana, oats, peanut butter <i>energy-dense</i> C 45 · P 14 · F 10	Whole-grain pasta, lentil-tomato sauce, parmesan <i>glycogen, plant iron</i> C 85 · P 26 · F 10	Energy bar <i>fast-release carbs</i> C 35 · P 6 · F 10	Risotto with chickpeas & spinach <i>glycogen replenishment</i> C 65 · P 18 · F 8	Chocolate milk + banana <i>carb:protein 3:1</i> C 32 · P 12 · F 5
Total	C 317 · P 96 · F 53 — ≈ 2620 kcal (intense day)					
Sun	Oatmeal, banana, walnuts <i>slow-release carbs</i> C 50 · P 11 · F 11	Smoothie: watermelon, strawberries, mint <i>hydration</i> C 28 · P 3 · F 1	Sandwich with hummus, halloumi, vegetables <i>plant/dairy protein</i> C 55 · P 22 · F 14	Trail mix + apple <i>iron, magnesium</i> C 28 · P 5 · F 13	Fried rice with tofu, vegetables <i>glycogen replenishment</i> C 55 · P 22 · F 10	Low-fat quark with honey <i>casein overnight</i> C 15 · P 18 · F 3
Total	C 231 · P 81 · F 52 — ≈ 2270 kcal					

Recommended Daily Total Intake

Nutrient	Recommendation (g/kg BW/day)	Example at 70 kg	Note
Carbohydrates	4–6 g/kg on normal days, 6–8 g/kg on more intense training days	≈ 280–480 g	With a ~2500 kcal total budget, the average focus is around 5–6 g/kg
Protein	1.8–2.2 g/kg	≈ 120–150 g	Higher end during more intense phases and for vegetarian athletes
Fat	0.8–1.2 g/kg	≈ 55–85 g	Don't reduce too much — important for hormone balance, fat-soluble vitamins, and energy

These figures are general guidelines and do not replace individual nutritional counseling. Fluid and electrolyte intake (especially sodium) should be adjusted further on hot days and during long sessions.