

WEEKLY NUTRITION PROTOCOL

NUTRITION PLAN

PERSONALISED PERFORMANCE FUELLING PROTOCOL

What you eat Monday shows up in the 85th minute Saturday.

PREPARED FOR

MARCUS DELGADO

POSITION
CMBODY WEIGHT
77 KGPHASE
IN-SEASONWEEK
03 OF 12

01 DAILY FUELLING TARGETS

CALIBRATED TO YOUR BODY WEIGHT, TRAINING LOAD, AND PHASE

These targets are your training-day baseline. On rest days, reduce carbs by ~20%. On match days, follow the protocol on page 4. Hydration is the silent variable — most players under-drink by 1L per day.

PROTEIN 160–180 g ~2.0 g / kg Lean meat · eggs · dairy · legumes	CARBOHYDRATES 400–560 g ~5–7 g / kg Oats · rice · pasta · fruit · bread	FATS 80–100 g ~1.2 g / kg Avocado · nuts · olive oil · fatty fish	CALORIES 3,500–4,000 ~50–55 kcal / kg Scaled to training intensity
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HYDRATION TARGET

3.0–3.5 L

BASELINE · 35–40 ml per kg body weight

+500 ml per hour of training

Sip constantly — do not chug. Electrolytes on hot days or doubles.

02 NON-NEGOTIABLE RULES

THE SIX NUTRITION PRINCIPLES THAT BEAT ANY PERFECT MEAL PLAN

- 01 Never train on an empty stomach**
Even a small snack 30 minutes before is better than nothing. Your body needs fuel to adapt.
- 02 The post-training window is 30 minutes**
Protein + carbs within 30 minutes. After that, recovery rate drops significantly.
- 03 Sleep is your highest-leverage tool**
Eating perfectly on 5 hours of sleep negates most of your effort. 8–9 hours is the target.
- 04 Consistency beats perfection**
A good week of eating beats one perfect day. Build habits, not episodes.
- 05 Missed a meal? Don't double up**
Return to the plan at the next scheduled meal. The next meal is always the right one.
- 06 Alcohol destroys recovery**
Even one drink post-match blunts protein synthesis for 24 hours. Saturday night matters.

03

TRAINING DAY TEMPLATE

A FULL DAY OF FUELLING — MEAL BY MEAL, HOUR BY HOUR

Use this as your default template on any day with team training or an individual session. Portions scale with your body weight — if the numbers below feel heavy, your mentor will adjust.

MEAL	CALS	MACROS	WHAT TO EAT
BREAKFAST 06:30–07:30	680	42g P · 90g C	3 whole eggs + 2 egg whites, 100g oats with banana and honey, 250ml orange juice <i>Eat 60–90 min before training.</i>
MID-MORNING 10:00	380	22g P · 38g C	Greek yogurt (200g) with berries and granola, handful of mixed nuts <i>Recovery snack if training was AM.</i>
LUNCH 12:30–13:30	720	52g P · 72g C	200g chicken or salmon, 150g cooked brown rice, mixed salad + olive oil, 1 fruit <i>Biggest carb meal of the day.</i>
PRE-TRAINING 14:30–15:00	350	12g P · 52g C	2 rice cakes with peanut butter + banana, 500ml water + electrolytes <i>60–90 min before training.</i>
POST-TRAINING Within 30 min	320	32g P · 48g C	Protein shake (30g) + banana OR chocolate milk (500ml) <i>Critical recovery window — do not skip.</i>
DINNER 19:00–20:00	750	55g P · 70g C	200g lean protein, 150g sweet potato or pasta, steamed vegetables + olive oil <i>Fuel for tomorrow's training.</i>
EVENING SNACK 21:30–22:00	280	28g P · 12g C	Cottage cheese (150g) with nuts OR casein protein shake <i>Slow-release protein for overnight recovery.</i>
DAILY TOTALS (APPROX) 3,480 kcal 243g PROTEIN · 382g CARBS · 88g FATS			

THIS WEEK'S FOCUS

This week is about rebuilding the post-training recovery window. Protein and carbs within 30 minutes of every session — no exceptions. This is where your next match's sharpness gets built.

04 MATCH DAY FUELLING

KICK-OFF AT 3:00 PM EXAMPLE — ADJUST TIMINGS TO YOUR SCHEDULE

MORNING MEAL

07:30 • ~700 kcal

Porridge with banana, honey, milk. 2 poached eggs on toast. 500ml water.

Slow-release carbs to build energy stores.

PRE-MATCH MEAL

11:30 • ~800 kcal

Pasta or rice with light tomato sauce and chicken. Small salad. 750ml water.

Avoid heavy fats and fibre — they sit in your stomach.

PRE-MATCH SNACK

13:30 • ~250 kcal

Energy bar or banana + 200ml sports drink. Sip water constantly.

Last top-up before warm-up.

HALF-TIME

16:00 • ~150 kcal

200ml sports drink, banana, or energy gel. Small piece of fruit.

Keep it simple — rehydrate first.

POST-MATCH

Within 30 min • ~300 kcal

Protein shake + banana. Begin aggressive rehydration.

This is non-negotiable — muscle rebuild starts now.

POST-MATCH MEAL

2–3 hrs later • ~900 kcal

Full recovery meal — lean red meat or salmon, rice, vegetables.

Iron and omega-3 for recovery.

05 ON THE ROAD

HOW TO EAT WHEN YOU'RE AT A TOURNAMENT, RESTAURANT, OR TRAVELLING

TOURNAMENT / SHOWCASE

Pack your own: oats packets, rice cakes, peanut butter, protein powder, bananas, beef jerky. Hotel fridge for greek yogurt. Never rely on venue food.

RESTAURANT

Grilled protein + rice/pasta + vegetables. Skip fried food, heavy sauces, bread basket. Water over soda. Dessert is fine — once a week, not every meal.

FAST FOOD

Chipotle bowl: double chicken + rice + beans + salsa, skip cheese/sour cream. Chick-fil-A: grilled sandwich + fruit cup. Subway: turkey/chicken + vegetables on wheat.

NEVER ON MATCH DAY

Foods you've never eaten before — don't experiment on match day. Heavy fried or greasy food. Large amounts of raw vegetables or fibre (slow digestion). Carbonated drinks. Energy drinks with stimulants you're not used to. Alcohol in the 24 hours before the match.

06

SUPPLEMENTATION PROTOCOL

EVIDENCE-BASED ONLY • WHOLE FOOD FIRST, SUPPLEMENTS SECOND

SUPPLEMENT	DOSE	WHY IT MATTERS
CREATINE MONOHYDRATE	5g daily	With water or in post-training shake. Improves power output and recovery. No loading phase needed.
WHEY PROTEIN	25–30g post-training	Immediately post-session in 250ml milk or water. Fills the window when food isn't available.
VITAMIN D3	2,000 IU daily	With a meal containing fat. Critical for immune function and bone health in low-sunlight environments.
OMEGA-3 (FISH OIL)	2–3g EPA/DHA daily	With meals. Reduces inflammation, supports joint health, improves recovery.
ELECTROLYTES	Training days	In 500ml water pre/during training. Non-negotiable on hot days or double sessions.
MAGNESIUM GLYCINATE	200–400mg evening	Before sleep. Supports muscle recovery, sleep quality, and nervous system function.
CAFFEINE	3–6mg/kg pre-match	30–60 min before match or training. Coffee works. Avoid after 2pm to protect sleep.

07

WEEKLY GROCERY LIST

THE STAPLES TO KEEP IN YOUR KITCHEN — EVERYTHING ELSE IS A VARIATION

PROTEIN

- ☐ Chicken breast (1kg)
- ☐ Salmon or white fish (500g)
- ☐ Lean beef (500g)
- ☐ Eggs (18 count)
- ☐ Greek yogurt (1kg)
- ☐ Cottage cheese (500g)

CARBS

- ☐ Oats (1kg)
- ☐ Brown rice (1kg)
- ☐ Sweet potatoes (1kg)
- ☐ Wholemeal pasta (500g)
- ☐ Bananas (1 bunch)
- ☐ Berries (500g)

FATS & OTHERS

- ☐ Avocados (3–4)
- ☐ Mixed nuts (250g)
- ☐ Peanut butter (jar)
- ☐ Olive oil
- ☐ Leafy greens (spinach + mixed)
- ☐ Broccoli & peppers

THE ROAD AHEAD

KEEP GOING.

"Nutrition is not about perfection. It's about consistency. A player who eats well 85% of the time beats a player who tries to eat perfectly and burns out every two weeks. Build the habits, not the episodes. The match on Saturday rewards what you did on Tuesday."

— ALBERT ARAMAYO

Professional footballer • National team • Founder, FP by Aramayo

YOUR NEXT STEPS

- 01** Pre-plan your meals on Sunday — have groceries ready for the week.
- 02** Log what you eat for 3 days — we'll review together if anything's off.
- 03** Message your mentor if you travel or hit a week without meal prep access.

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INSTAGRAM

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