TRIMION AFRICA™

Luxury Meal Prep Guide™

GQ-Fitness inspired weekly nutrition structure.

Premium Food Standard

• Keep food simple, clean and repeatable. Premium does not mean complicated; it means controlled.

• Build every plate around protein first, then vegetables, then controlled carbohydrates, then measured fats.

• Prep in advance so discipline is not required at every meal decision.

Coffee & Hydration Timing

• 06:30 - 07:30: Water first before coffee.

• 07:30 - 09:00: Black coffee or Americano if fasting; protein coffee if eating breakfast.

• 12:00 - 14:00: Water with lunch; avoid sugary drinks.

• 18:00 - 20:00: Hydrate with dinner but avoid excessive fluids too close to sleep.

• 21:00: Final light hydration if needed.

Monday to Sunday Meal Prep

• Monday: Boiled eggs + oats breakfast; chicken rice bowl lunch; steak and vegetables dinner.

• Tuesday: Greek yoghurt + berries breakfast; tuna or chicken wrap lunch; salmon and sweet potato dinner.

• Wednesday: Protein coffee + eggs breakfast; lean mince bowl lunch; grilled chicken and salad dinner.

• Thursday: Oats + banana breakfast; steak wrap lunch; fish, vegetables and rice dinner.

• Friday: Boiled eggs + avocado breakfast; chicken pasta bowl lunch; lean burger bowl dinner.

• Saturday: Omelette breakfast; grilled chicken salad lunch; controlled social dinner.

• Sunday: Greek yoghurt + fruit breakfast; meal prep tasting lunch; steak, vegetables and recovery hydration dinner.

Breakfast Options

• Boiled eggs with oats.

• Greek yoghurt with berries.

• Omelette with spinach.

• Protein smoothie with banana.

• Black coffee with later protein meal if fasting.

Lunch Options

• Chicken rice bowl.

• Lean beef mince bowl.

• Steak wrap.

• Tuna salad bowl.

• Grilled chicken pasta bowl.

Dinner Options

• Steak and vegetables.

• Salmon and sweet potato.

• Chicken salad plate.

• Lean beef burger bowl.

• Fish with rice and greens.

Brand	TRIMION AFRICA™
Framework	Premium Final Form Systems™
Document	Luxury Meal Prep Guide™
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