OPTI

COMPANION NUTRITION PLAN · WEEKS 1–4

ROAD TO **POWER**



The Entry Ramp

Four weeks from your current way of eating to the full supply of the 8-week program. Carbohydrates rise step by step, protein stays constant.

"Build up first – then fuel fully."

Omnivore & vegan editions · to be used with the Companion Brochure.

PHASE 1 OF THE 8-WEEK PROGRAM

THE ENTRY RAMP: FOUR WEEKS TO FULL SUPPLY

The Companion Brochure explains why the body performs best when it is fully supplied: more than 300 g of complex carbohydrates per day plus whatever training uses up, at least 2 g of protein per kilogram of body weight and small amounts of high-quality fat. Many participants start the program from a very different place – after diets, with low-carb habits or with irregular meals. Going straight from there to 300 g and more often overwhelms digestion and daily routine.

That is why the 8-week program is organised in two nutrition phases. This plan covers **phase 1, the entry ramp**: four weeks in which the carbohydrate portions rise step by step while protein stays constant. From week 5, **phase 2** follows with Plans 1–3 of the Companion Brochure.

Two phases, one direction

Carbohydrates from the carb portions per day – phase 1 rises step by step, phase 2 holds the full supply.

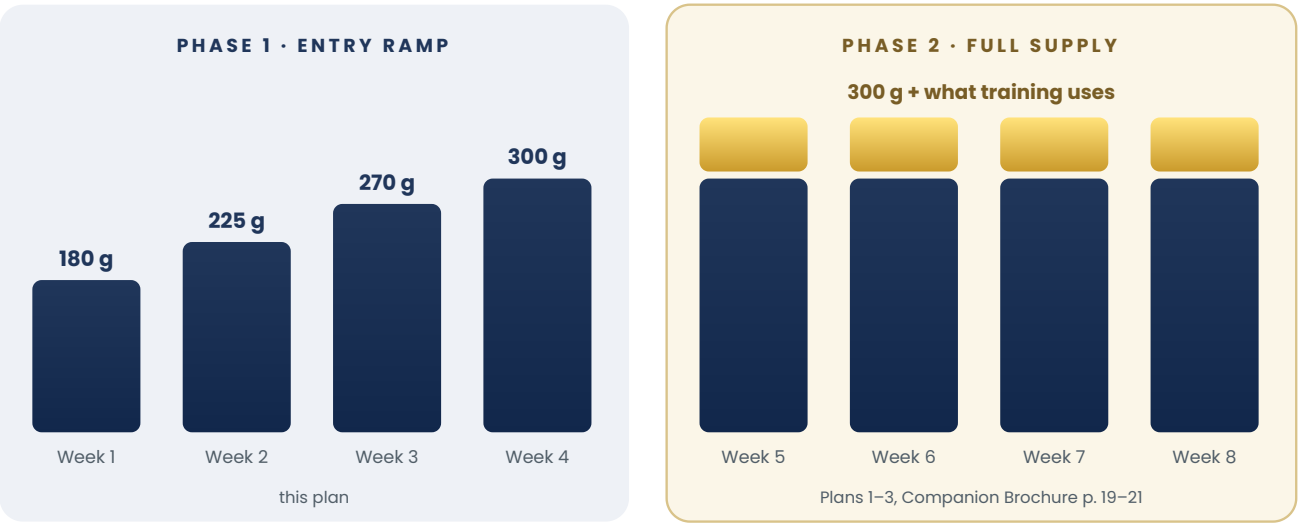


Figure 1: Phase 1 builds up to the program baseline; phase 2 adds what training and movement use up.

IS 180 G IN WEEK 1 ENOUGH?

Yes, as a starting point. The 180 g refer only to the carb portions. Fruit, vegetables and dairy add another 50–70 g, so week 1 lands at about 230–255 g of carbohydrates per day – well above the roughly 150 g of glucose the brain needs. The aim is to rise without long periods of deficiency, not to restrict.

WHERE DO I START?

- Start at the week whose carb portions match what you eat today – **never below your current intake**.
- Move up one level after a stable week. If you train a lot and digestion is fine, you may move up earlier.
- Already eating 300 g of carbohydrates or more regularly? Skip the ramp and start directly with phase 2 (Companion Brochure, p. 19–21).

OVERVIEW: THE FOUR-WEEK PROGRESSION

No starvation diet. Three complete main meals per day; the carbohydrate portion increases week by week. Each main meal contains a protein building block with at least 40 g of protein. Vegetables are encouraged generously and are not counted against the plan.

Week	Carb portion / meal	Protein block / meal	Carb portions / day	Total carbs / day*
Week 1	60 g	≥ 40 g	180 g	approx. 230–255 g
Week 2	75 g	≥ 40 g	225 g	approx. 270–300 g
Week 3	90 g	≥ 40 g	270 g	approx. 315–345 g
Week 4	100 g	≥ 40 g	300 g	approx. 345–375 g

** incl. one portion of fruit, vegetables and dairy – estimated from the menus in this plan.*

HOW TO READ THE AMOUNTS

- **Carb portion** (60/75/90/100 g) = carbohydrates contained in the starchy food of a meal – not its weight. The table below translates it into food weights.
- **Protein block** amounts (e.g. 180 g chicken breast) are food weights; raw weight for meat and fish.
- **Dry weight** is the reference for oats, rice, pasta, quinoa and soy granules – as in the Companion Brochure. Cooked weights are given for orientation only, as they vary with cooking time.
- **"15 g protein powder"** in a meal means 15 g of powder (≈ 12 g protein). A **shake** always means 30 g of protein (≈ 35–40 g powder, mixed with water).

Carbohydrate portions by source

Choose the portion that matches your current week. Dry weight first, cooked weight in brackets.

Carb portion	Oats	Rice	Whole-grain pasta	Quinoa	Potatoes	Whole-grain bread
60 g carbs	100 g	80 g (≈ 215 g)	95 g (≈ 200 g)	95 g (≈ 285 g)	350 g	145 g
75 g carbs	125 g	100 g (≈ 270 g)	120 g (≈ 250 g)	120 g (≈ 355 g)	440 g	180 g
90 g carbs	150 g	120 g (≈ 325 g)	145 g (≈ 305 g)	145 g (≈ 425 g)	530 g	215 g
100 g carbs	165 g	130 g (≈ 350 g)	160 g (≈ 335 g)	160 g (≈ 475 g)	590 g	240 g

Basis per 100 g: oats approx. 60 g, rice (dry) approx. 76 g, whole-grain pasta (dry) approx. 63 g, quinoa (dry) approx. 62 g, potatoes approx. 17 g, whole-grain bread approx. 42 g carbohydrates. Values vary slightly by product.

PROTEIN AND FAT: PORTIONS THAT WORK RELIABLY

Protein building block per main meal (at least 40 g protein)

OMNIVORE

- 180 g chicken or turkey breast (raw)
- 200 g salmon
- 200 g lean beef
- 220 g cod or prawns
- 160 g tuna (drained weight)
- 300 g skyr + 15 g protein powder
- 350 g low-fat quark
- 2 eggs + 250 g skyr or low-fat quark
- also possible: the vegan blocks on the right

VEGAN

- 250 g firm tofu + 150 g edamame
- 250 g tempeh
- 200 g seitan
- 80 g soy granules (dry weight)
- 400 g high-protein soy yoghurt + 30 g vegan protein powder
- 250 g tofu + 30 g vegan protein powder (pancakes)

Reaching your protein target

The program target is at least 2 g of protein per kilogram of body weight per day (Companion Brochure, p. 07–08).

The three protein blocks deliver at least 120 g. Oats, grains, potatoes, vegetables, nuts and dairy add a further 30–50 g, so the three main meals provide **at least about 150 g** of protein per day – on most days 160–190 g. Shakes only fill the remaining gap:

Body weight	Target (2 g/kg)	Shakes per day (30 g protein each)
up to 75 kg	up to 150 g	none needed
76–90 kg	152–180 g	1
91–105 kg	182–210 g	2
106–120 kg	212–240 g	3

Building goal of 2.5 g/kg or a very high training volume: add one more shake. Above 120 kg: plan your target individually with your coach.

Using fats deliberately

- Per main meal about 10 g of olive or rapeseed oil **or** a small serving (about 15 g) of nuts or seeds.
- Salmon, tempeh and tofu + edamame already provide about 25 g of fat per portion – with these, use at most 5 g of oil.
- This keeps fat lower than carbohydrates and protein, as described in the Companion Brochure (p. 09), while still supporting energy intake and the absorption of fat-soluble vitamins.

THE SIMPLE RULE FOR PHASE 1

Protein stays constant, carbohydrates rise step by step, fat is added in small, deliberate amounts – and no meal is skipped.

OMNIVORE PLAN · WEEKS 1–2

Four weeks, one simple rule: keep protein constant, increase carbohydrates gradually, and never skip a meal.

Week 1 **60 g carbs + ≥ 40 g protein per main meal** — *in total approx. 230–255 g carbs per day*

Carb portion per meal, pick one: oats 100 g · rice 80 g dry (≈ 215 g cooked) · whole-grain pasta 95 g dry (≈ 200 g) · quinoa 95 g dry (≈ 285 g) · potatoes 350 g · whole-grain bread 145 g

Day	Breakfast	Lunch	Dinner
Day 1	Oats, 300 g skyr + 15 g protein powder, berries	Rice, 180 g chicken breast, bell pepper and courgette	Potatoes, 200 g salmon, broccoli
Day 2	Overnight oats with 300 g skyr + 15 g protein powder, apple	Potato and beef-mince skillet with 200 g lean beef mince, beans	Rice, 250 g tofu + 150 g edamame, stir-fry vegetables
Day 3	Porridge with banana, 300 g skyr + 15 g protein powder	Rice, 180 g turkey breast, carrots and peas	Baked potatoes, 350 g low-fat quark as herb quark, salad
Day 4	Oats, 300 g skyr + 15 g protein powder, pear and cinnamon	Roasted potato and chicken tray with 180 g chicken breast, vegetables	Rice, 220 g prawns, spinach
Day 5	Omelette from 2 eggs + 250 g skyr, oats and berries	Rice, 200 g lean beef strips, mushrooms	Potatoes, 220 g cod, cucumber and tomato salad
Day 6	Oats, 350 g low-fat quark, peach	Potato and turkey curry with 180 g turkey breast	Rice, 250 g tofu + 150 g edamame, Asian vegetables
Day 7	Porridge with apple, 300 g skyr + 15 g protein powder, nuts	Rice, 180 g chicken breast, ratatouille	Potatoes, 2 eggs + 250 g low-fat quark as herb quark, salad

Week 2 **75 g carbs + ≥ 40 g protein per main meal** — *in total approx. 270–300 g carbs per day*

Carb portion per meal, pick one: oats 125 g · rice 100 g dry (≈ 270 g cooked) · whole-grain pasta 120 g dry (≈ 250 g) · quinoa 120 g dry (≈ 355 g) · potatoes 440 g · whole-grain bread 180 g

Day	Breakfast	Lunch	Dinner
Day 1	Oats, 300 g skyr + 15 g protein powder, banana	Rice, 180 g chicken breast, broccoli	Potatoes, 200 g salmon, spinach
Day 2	Baked oats with 350 g low-fat quark, berries	Whole-grain pasta, bolognese from 200 g turkey mince	Potato & tofu skillet: 250 g tofu + 150 g edamame, peas
Day 3	Oats, 300 g skyr + 15 g protein powder, mango	Rice, 200 g lean beef, stir-fry vegetables	Potatoes, 180 g chicken breast, roasted vegetables
Day 4	Porridge with pear, 300 g skyr + 15 g protein powder	Quinoa, 200 g salmon, courgette	Rice, 180 g turkey breast, bean and sweetcorn salad
Day 5	Oats, 300 g skyr + 15 g protein powder, cherries	Potato and lentil curry: 250 g tofu + 150 g edamame	Whole-grain pasta, 160 g tuna (drained weight), tomato sauce
Day 6	Oatmeal with 350 g low-fat quark, apple and cinnamon	Rice, 180 g chicken breast, green beans	Potatoes, 200 g lean beef, red cabbage
Day 7	Oats, 350 g low-fat quark, kiwi	Whole-grain pasta, 200 g salmon, spinach	Rice, 250 g tempeh, vegetable curry

Daily rule: plenty of vegetables, herbs and spices with every meal. Per meal add 10 g of high-quality oil or 15 g nuts/seeds – with salmon, tempeh or tofu + edamame, max. 5 g oil (these already bring about 25 g fat). One portion of fruit at breakfast and small amounts of legumes in curries or salads come on top of the carb portion. Shakes only as per the table on page 04.

Week 3 **90 g carbs + ≥ 40 g protein per main meal** — *in total approx. 315–345 g carbs per day*

Carb portion per meal, pick one: oats 150 g · rice 120 g dry (≈ 325 g cooked) · whole-grain pasta 145 g dry (≈ 305 g) · quinoa 145 g dry (≈ 425 g) · potatoes 530 g · whole-grain bread 215 g

Day	Breakfast	Lunch	Dinner
Day 1	Oats, 300 g skyr + 15 g protein powder, banana and berries	Rice, 180 g chicken breast, broccoli	Potatoes, 200 g salmon, salad
Day 2	Baked oats with 350 g low-fat quark, apple	Rice, 180 g turkey breast, Mediterranean vegetables	Whole-grain pasta, 200 g lean beef mince, tomato sauce
Day 3	Porridge, 300 g skyr + 15 g protein powder, mango	Potatoes, 180 g chicken breast, beans	Rice, 250 g tofu + 150 g edamame, stir-fry vegetables
Day 4	Oats, 300 g skyr + 15 g protein powder, pear, cinnamon	Quinoa, 200 g salmon, courgette	Potatoes, 180 g turkey breast, cucumber and dill salad
Day 5	Oats, 350 g low-fat quark, banana	Rice, 200 g lean beef, bell peppers	Whole-grain pasta, 160 g tuna (drained weight), rocket
Day 6	Protein pancakes: oats, 2 eggs + 250 g skyr	Roasted potato and vegetable tray with 180 g chicken breast	Rice, 250 g tofu + 150 g edamame as dal
Day 7	Porridge with cherries, 300 g skyr + 15 g protein powder	Rice, 220 g prawns, sugar snap peas	Potatoes, 220 g cod, spinach

Week 4 **100 g carbs + ≥ 40 g protein per main meal** — *in total approx. 345–375 g carbs per day*

Carb portion per meal, pick one: oats 165 g · rice 130 g dry (≈ 350 g cooked) · whole-grain pasta 160 g dry (≈ 335 g) · quinoa 160 g dry (≈ 475 g) · potatoes 590 g · whole-grain bread 240 g

Day	Breakfast	Lunch	Dinner
Day 1	Oats, 300 g skyr + 15 g protein powder, banana and berries	Rice, 180 g chicken breast, broccoli	Potatoes, 200 g salmon, salad
Day 2	Baked oats with 350 g low-fat quark, apple and cinnamon	Whole-grain pasta, bolognese from 200 g turkey mince	Rice, 250 g tofu + 150 g edamame, Asian vegetables
Day 3	Porridge with mango, 300 g skyr + 15 g protein powder	Potatoes, 200 g lean beef, beans	Rice, 180 g chicken breast, pepper and courgette
Day 4	Oats, 300 g skyr + 15 g protein powder, pear and nuts	Quinoa, 200 g salmon, roasted vegetables	Whole-grain pasta, 160 g tuna (drained weight), tomato sauce
Day 5	Protein pancakes: oats, 2 eggs + 250 g skyr, berries	Rice, 180 g turkey breast, curry vegetables	Potatoes, 2 eggs + 250 g low-fat quark as herb quark, salad
Day 6	Oats, 350 g low-fat quark, banana and cocoa	Potato and lentil curry: 250 g tofu + 150 g edamame	Rice, 200 g lean beef, mushrooms
Day 7	Porridge with apple, raisins, 300 g skyr + 15 g protein powder	Rice, 180 g chicken breast, ratatouille	Potatoes, 220 g cod, broccoli

Daily rule: plenty of vegetables, herbs and spices with every meal. Per meal add 10 g of high-quality oil or 15 g nuts/seeds – with salmon, tempeh or tofu + edamame, max. 5 g oil (these already bring about 25 g fat). One portion of fruit at breakfast and small amounts of legumes in curries or salads come on top of the carb portion. Shakes only as per the table on page 04.

VEGAN PLAN · WEEKS 1–2

Four weeks, one simple rule: keep protein constant, increase carbohydrates gradually, and never skip a meal.

Week 1 **60 g carbs + ≥ 40 g protein per main meal** — *in total approx. 230–255 g carbs per day*

Carb portion per meal, pick one: oats 100 g · rice 80 g dry (≈ 215 g cooked) · whole-grain pasta 95 g dry (≈ 200 g) · quinoa 95 g dry (≈ 285 g) · potatoes 350 g · whole-grain bread 145 g

Soy base = 400 g high-protein soy yoghurt + 30 g vegan protein powder (≈ 45 g protein).

Day	Breakfast	Lunch	Dinner
Day 1	Oats, soy base, berries	Rice, 250 g tofu + 150 g edamame, pepper and courgette	Potatoes, 250 g tempeh, broccoli
Day 2	Overnight oats with soy base, apple	Potato & soy granules skillet: 80 g soy granules (dry), beans	Rice, 250 g tofu + 150 g edamame, stir-fry vegetables
Day 3	Porridge with banana, soy base	Rice, 200 g seitan, carrots and peas	Baked potatoes, 250 g tofu + 150 g edamame as herb tofu cream, salad
Day 4	Oats, soy base, pear and cinnamon	Potato & tofu tray bake: 250 g tofu + 150 g edamame, vegetables	Rice, 250 g tempeh, spinach
Day 5	Tofu scramble: 250 g tofu + 150 g edamame, oats and berries	Rice, 80 g soy granules (dry), mushrooms	Potatoes, 200 g seitan, cucumber and tomato salad
Day 6	Oats, soy base, peach	Potato and seitan curry with 200 g seitan	Rice, 250 g tofu + 150 g edamame, Asian vegetables
Day 7	Porridge with apple, soy base, nuts	Rice, 250 g tofu + 150 g edamame, ratatouille	Potatoes, 250 g tempeh, salad

Week 2 **75 g carbs + ≥ 40 g protein per main meal** — *in total approx. 270–300 g carbs per day*

Carb portion per meal, pick one: oats 125 g · rice 100 g dry (≈ 270 g cooked) · whole-grain pasta 120 g dry (≈ 250 g) · quinoa 120 g dry (≈ 355 g) · potatoes 440 g · whole-grain bread 180 g

Soy base = 400 g high-protein soy yoghurt + 30 g vegan protein powder (≈ 45 g protein).

Day	Breakfast	Lunch	Dinner
Day 1	Oats, soy base, banana	Rice, 250 g tofu + 150 g edamame, broccoli	Potatoes, 250 g tempeh, spinach
Day 2	Baked oats with soy base, berries	Whole-grain pasta, bolognese from 80 g soy granules (dry)	Potato & tofu skillet: 250 g tofu + 150 g edamame, peas
Day 3	Oats, soy base, mango	Rice, 200 g seitan, stir-fry vegetables	Potatoes, 250 g tofu + 150 g edamame, roasted vegetables
Day 4	Porridge with pear, soy base	Quinoa, 250 g tempeh, courgette	Rice, 200 g seitan, bean and sweetcorn salad
Day 5	Oats, soy base, cherries	Potato and lentil curry: 250 g tofu + 150 g edamame	Whole-grain pasta, 80 g soy granules (dry), tomato sauce
Day 6	Oatmeal with soy base, apple and cinnamon	Rice, 250 g tofu + 150 g edamame, green beans	Potatoes, 200 g seitan, red cabbage
Day 7	Oats, soy base, kiwi	Whole-grain pasta, 250 g tempeh, spinach	Rice, 250 g tofu + 150 g edamame, vegetable curry

Daily rule: plenty of vegetables, herbs and spices with every meal. Per meal add 10 g of high-quality oil or 15 g nuts/seeds – with salmon, tempeh or tofu + edamame, max. 5 g oil (these already bring about 25 g fat). One portion of fruit at breakfast and small amounts of legumes in curries or salads come on top of the carb portion. Shakes only as per the table on page 04.

Week 3 **90 g carbs + ≥ 40 g protein per main meal** — *in total approx. 315–345 g carbs per day*

Carb portion per meal, pick one: oats 150 g · rice 120 g dry (≈ 325 g cooked) · whole-grain pasta 145 g dry (≈ 305 g) · quinoa 145 g dry (≈ 425 g) · potatoes 530 g · whole-grain bread 215 g

Soy base = 400 g high-protein soy yoghurt + 30 g vegan protein powder (≈ 45 g protein).

Day	Breakfast	Lunch	Dinner
Day 1	Oats, soy base, banana and berries	Rice, 250 g tofu + 150 g edamame, broccoli	Potatoes, 250 g tempeh, salad
Day 2	Baked oats with soy base, apple	Rice, 200 g seitan, Mediterranean vegetables	Whole-grain pasta, 80 g soy granules (dry), tomato sauce
Day 3	Porridge, soy base, mango	Potatoes, 250 g tofu + 150 g edamame, beans	Rice, 250 g tempeh, stir-fry vegetables
Day 4	Oats, soy base, pear and cinnamon	Quinoa, 250 g tempeh, courgette	Potatoes, 200 g seitan, cucumber and dill salad
Day 5	Oats, soy base, banana	Rice, 80 g soy granules (dry), bell peppers	Whole-grain pasta, 250 g tofu + 150 g edamame, rocket
Day 6	Protein pancakes: oats, 250 g tofu + 30 g vegan protein powder, berries	Roasted potato and vegetable tray with 200 g seitan	Rice, 250 g tofu + 150 g edamame as dal
Day 7	Porridge with cherries, soy base	Rice, 250 g tempeh, sugar snap peas	Potatoes, 200 g seitan, spinach

Week 4 **100 g carbs + ≥ 40 g protein per main meal** — *in total approx. 345–375 g carbs per day*

Carb portion per meal, pick one: oats 165 g · rice 130 g dry (≈ 350 g cooked) · whole-grain pasta 160 g dry (≈ 335 g) · quinoa 160 g dry (≈ 475 g) · potatoes 590 g · whole-grain bread 240 g

Soy base = 400 g high-protein soy yoghurt + 30 g vegan protein powder (≈ 45 g protein).

Day	Breakfast	Lunch	Dinner
Day 1	Oats, soy base, banana and berries	Rice, 250 g tofu + 150 g edamame, broccoli	Potatoes, 250 g tempeh, salad
Day 2	Baked oats with soy base, apple and cinnamon	Whole-grain pasta, bolognese from 80 g soy granules (dry)	Rice, 250 g tofu + 150 g edamame, Asian vegetables
Day 3	Porridge with mango, soy base	Potatoes, 200 g seitan, beans	Rice, 250 g tofu + 150 g edamame, pepper and courgette
Day 4	Oats, soy base, pear and nuts	Quinoa, 250 g tempeh, roasted vegetables	Whole-grain pasta, 80 g soy granules (dry), tomato sauce
Day 5	Protein pancakes: oats, 250 g tofu + 30 g vegan protein powder, berries	Rice, 200 g seitan, curry vegetables	Potatoes, 250 g tofu + 150 g edamame as herb tofu cream, salad
Day 6	Oats, soy base, banana and cocoa	Potato and lentil curry: 250 g tofu + 150 g edamame	Rice, 80 g soy granules (dry), mushrooms
Day 7	Porridge with apple, raisins, soy base	Rice, 250 g tofu + 150 g edamame, ratatouille	Potatoes, 200 g seitan, broccoli

Daily rule: plenty of vegetables, herbs and spices with every meal. Per meal add 10 g of high-quality oil or 15 g nuts/seeds – with salmon, tempeh or tofu + edamame, max. 5 g oil (these already bring about 25 g fat). One portion of fruit at breakfast and small amounts of legumes in curries or salads come on top of the carb portion. Shakes only as per the table on page 04.

RULES THAT KEEP THE RAMP WORKING

Rule	Practical implementation
1. Do not skip meals	The meals are deliberately planned to be complete and satisfying. The goal is energy and muscle building – not another period of hunger.
2. Increase carbohydrates	Start at the level that matches your current intake – never below it. Move up after one stable week; very active people may move up earlier.
3. Keep protein consistent	At least 40 g of protein per main meal from the protein block. Add shakes only as per the table on page 04.
4. Use training	Strength training is the key: the additional energy should go into performance and muscle.
5. Pay attention to digestion	Increase fibre and carbohydrates gradually; drink enough. If symptoms are marked, use smaller portion increases or stay one more week at the current level.
6. After week 4	The program baseline is reached: about 300 g from the carb portions, about 350 g in total. From week 5, switch to phase 2 (see below).

From week 5: your phase-2 plan

Plans 1–3 in the Companion Brochure (p. 19–21) keep carbohydrates at the level reached in week 4 and scale protein and energy to body weight.

Plan	Energy	Body weight	Carbohydrates	Protein
Plan 1	approx. 2,500 kcal	approx. 60–70 kg	approx. 340–350 g	approx. 155–175 g
Plan 2	approx. 2,800 kcal	approx. 70–85 kg	approx. 355–370 g	approx. 200–205 g
Plan 3	approx. 3,000 kcal	approx. 85–100 kg	approx. 365–380 g	approx. 235–245 g

- Very high training volume or an ambitious building goal: choose the next plan up.
- On intense training days, add carbohydrates around the session (Companion Brochure, p. 10).
- Do not increase further automatically – assess energy, training, body composition and wellbeing instead, and record them in the logs of the Companion Brochure.

Key message: *do not eat less simply to become lighter – fuel better, train, and become more capable.*

Nutritional values are approximate and depend on the products used. This plan does not replace individual medical or nutritional advice; in case of illness, pregnancy or digestive disorders, adjust portions with a professional.

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